

*The STAR*

*December 2011 -  
February 2012*



# HEAD-OVER-HEELS



# FOR WINTER



# OWNERS' INSIGHT



WHAT...It's December? It's almost 2012? You know what they say, "Time flies when you're having FUN." We hope everyone at Premier is having lots of fun!

Speaking of fun, the Halloween Costume Party and Sleepover was a big success. As always the kids had a blast and looked great in their costumes! We hope all the parents had a nice evening alone. Now that you know how much fun our sleepover parties are, **MAKE PLANS NOW** and don't forget to plan on our New Year's Eve Party and Sleepover. Wouldn't you like to go out with friends without having to worry about your children? Premier has the solution. We offer a fun New Year's Eve Party and Sleepover for your children. Sorry parents you are not invited. Be sure to tell your friends about it so you can all go out together!

Since December is fairly short for Premier classes, we will begin enrolling for January classes on December 12th. Mark your calendars now so you don't miss out.

**MINI CAMPS**, what are those? Premier holds Mini Camp when elementary school is off. Need a safe fun place to take the kids, bring them to Premier. We have gym play time, arts, games,

and more. Our next Mini Camps will be during winter break, December 19-23 and 26-30. We run camps from 8:00am – 5:00pm. Drop your kids off for the whole time or just a few hours. Call 571-6630 for more information!

We know it seems strange to think about, but Premier is running an awesome DEAL for summer day camps. This is a LIMITED TIME offer which ends **March 31st**. **If you sign up for 10 weeks of summer camp before the deadline, you only have to pay \$1000 and you save \$500. You only have to pay \$500 for each sibling and save \$750 each, also you get the 11th week FREE.** We had a large number of families take advantage of our special offer last year and many who missed out. Plan now so you don't miss out! Our summer camps will have 4 groups divided by age and only 15 spots per group. Once the groups are filled, you will not be able to register in that group. **Summer camp registration will begin January 2, 2012!** Look for more information in this newsletter.

Thank you for all your support and have a happy and safe Holiday Season and New Year!

Tom and Jody

## PRO SHOP & ADMIN AD-LIBS



### Proshop Notes

Lots of new gift items have arrived! Signs are up soon showing many of these new gift items. You will have plenty of time to shop for your special student for the holidays, but don't wait too long, supplies are limited! If you need a hot cup of coffee to warm up or just need a caffeine boost, stop in the Pro Shop and try Flavia brand coffee and tea or LaRue flavored coffee's! Mark your calendars, December classes will run only through December 17, 2011. The tuition for December classes has been prorated to 2 weeks for Monday through Wednesday and 3 weeks for Thursday through Saturday classes. This does mean no Make-up

vouchers for classes not held Dec 19, 2011 - Dec 31, 2011. With winter weather already upon us, please also remember any class cancellations will be posted to our web site, so if in doubt, check it out! It is always your decision whether or not to venture out on inclement weather days regardless if classes are being held. Any student who misses a class(es) due to any reason, weather, sickness, family functions will have a Make-Up voucher in the store good for either a Friday or Saturday night free open gym, or may be used during the summer to schedule a summer class at no cost!

Celeste



## Do You **twitter** OR **facebook**

Stay up to date on the latest happenings at Premier. Follow us on Twitter or become a fan on Facebook and you can get quick updates. Both of these websites allow you to set your account to receive emails or set your cell phone to receive instant messages. Be sure to check with your cell phone plan as regular text charges may apply. What a great way to always be in the 'know'.

In this day-in-age, convenience is crucial for many families. This option gives people just another opportunity for more communication from Premier.

Check the home page of our website for ways to be a follower or a fan:

[www.premier-gymnastics.com](http://www.premier-gymnastics.com)

You still have the option to check the website for all these postings.

## MEET THE STAFF

Premier would like to introduce you to our newest member of the Premier Family; the new Girls' Artistic Team Director, Bob Matthews. Bob has been active in sports his whole life. After lettering in 5 sports throughout High School, he began working at Disneyland, dancing and performing in shows. During college, Bob played baseball and basketball while studying dance, psychology, and architecture. Events happened to turn him toward coaching gymnastics in 1989. With his background and wide range of abilities, he has advanced his gymnasts to high levels of accomplishment. For the past 15 years, he has coached

clinics and camps throughout the western USA and Canada.

In his spare time, Bob enjoys training and competing in Ironman Triathlons and Ultra events.

We are thrilled to have Bob on our team. It will be great to have a strong leader heading up the team program that will foster a great work ethic in our young athletes through positive coaching methods. Welcome Bob!



## MINI & SUMMER DAY CAMP

Brrr! It is getting cold outside! Which means it is time for winter and better yet winter breaks! With these breaks, comes Mini Camps. We have many Mini Camps upcoming in December, January, and February. Don't forget that these Mini Camp days coincide with each elementary public school districts' days off! For December, we have the 19-23 and the 26-30. Also for January, we have Mini Camps the 2-6 and on the 16th. For

February, we hold Mini Camps on the 9th, 10th, 17th, 20th, and the 21st.

Just a reminder to get your kids signed up ASAP for the Mini Camps because we do have a limited amount of spots in the camps.

Unlike our Summer Day Camps, we do not accept drop-ins and parents do need to pre-register at least the week prior.

Korina



## BIRTHDAY PARTIES

We do the work so you can enjoy your child's special day! We supply invitations, goodie bags, and the clean up. The children enjoy 1 hour of jumping into foam pits, bouncing on the trampo-

lines, and playtime in our giant inflatable with our staff, plus ½ hour in our party room for celebrating with their friends! .

Nova

## MARTIAL ARTS

Hiiiiiiii ya

The martial arts class has had many conversations about self control and self defense recently. We talked about coming to class and working your hardest makes you very strong physically. We learn how to kick and punch very hard. Along with developing a strong body we need to learn to be mentally strong as well. I teach self control is not using your skills for bad. When is it right to use them? Self defense is the only time you can use your skills to protect yourself your friends and family. Just because a bully calls you a name does not give the right to karate kick them in the head. We can always walk away and tell someone

that can help us ...only as a last resort can we use our abilities to fight.

"A weapon isn't good or bad, depends on the person who uses it". Jet Li

Feel free to email me with any questions or concerns: wesley@premier-gymnastics.com

Thank you and let's keep kicking!

Sensei Wesley



## PARKOUR

Happy Holidays!

The last few weeks, the Parkour classes have been preparing for level 2 testing. Students are progressing quickly as we work through and review the movements. Level 2 Students are to show a level of competence in: Landing, Rolls, Precisions,



Vaults, Wallruns, Cats, Underbars, Ballance, and General Conditioning.

"First, do it. Second, do it well. Third, do it well and fast." - David Belle

Jonathan



## TRAMPOLINE & TUMBLING

It's been an eventful fall leading into winter thus far. Premier has added two poly bed trampolines specifically for recreational classes. These trampolines are perfect for beginner to intermediate trampolinists learning the basic jumps and positions used in the sport. Ask your child about learning pike jumps and seat drops on the trampoline. We've been working hard



on those skills and then some.

We would also like to welcome Leslee as a new coach to the program. Leslee along with Sherri and Jon are having a great time working with the

children in our program and are looking forward to the rest of the winter session.

Eric

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## DANCE

We have settled in nicely into our third month of Dance classes. It's great to have so many new faces in the dance studio this year. And, it's fun to see familiar faces moving up a level in dance.



Many parents have had questions regarding this year's recital and the recital fee. If your child has maintained enrollment in their dance class starting in September thru the end of May your child will have no recital fee. For those children who enrolled after September there will be a \$10.00 per month fee of non enrollment to cover the cost of recital expenses. (This does not apply to Team) This years Dance recital Theme is "Shall We Dance" and will be held on Thursday, May 24, 2012. Your dancer should have received information regard-

ing this year's recital.

Our Mini Star classes had a lot of fun these last two months, dancing in the dark with pumpkins, and dancing like leaves falling from the trees. Imagination has been a big part of our last few lesson plans, from being silly statues to making imaginary muffins. The stars and shooting stars dance classes have been doing a great job on keeping in time with the music and learning new tap combinations.

It's hard to believe that Recital is just around the corner. Costumes need to be ordered in January in order to have them in time for pictures day. Please be sure to turn in your child's commitment form by January 9, 2012.

Gerry



## PRESCHOOL INSIGHTS

Gymnastics and buildings have something in common. You build them both from the bottom up, and if the foundation isn't true and strong anything built on it will be shaky. Our building blocks are shapes, drills and basic skills. As we stack them up, we revisit and maintain our base. Through the year we will vary the drills, use fun props and concepts, and raise our expectations on each child's performance of the basic skills. We will build new skills where the basics are strong.

But, I have gotten ahead of myself. I skipped the first, and by far the most important step. In order to lay a foundation, the ground must be leveled and prepared. We work (play) very hard at Premier to foster a joy of movement in the children. We bulldoze their nervous

doubts into piles of "watch me! I can do it!", exclamations. We rake out the bumps so that your child can and wants to try.

FYI-I am planning on making things so fun and exciting for your children that we will occasionally have an accident. I keep extra clothes in one of my drawers for these occasions.

Thank you for bringing you child to us. Enjoy, as we build towards reaching for stars!

Cyd and the preschool staff



## RECREATIONAL GYMNASTICS

First, my staff and I would like to wish all of our gymnasts and families Happy Holidays! I hope that you all have a safe and fun holiday season. We have just finished our first evaluation cycle of the year and I would like to congratulate all of our students on a job well done. They did such a fantastic job and we are excited to see what they will accomplish in next few months. I would also like to thank my staff for all of their hard work and enthusiasm during this time. Evaluations allow us to see if our students are ready to advance to the next level and they also show us where we need to focus a little more attention. They are also a great way for parents to see their child's progress, just like a report card in school does. My hope is that it will allow parents to use it as a tool to aid in the progress of their child in the sport of gymnastics.

Open gym is the perfect time for children to work on specific skills that they may need to advance to the next level. Even though we do not have regular classes during our holiday break, we are still having open gym on Friday December 23rd and Friday December 30th. We will not be holding open gym on Saturday



December 24th or Saturday December 31st. Just an FYI, for the upcoming year we will be adding a Parkour Open Gym on Saturday nights beginning in January. This open gym will start at 5:30 pm and go until 7:00 pm. It will only be for ages 10 and up. The Saturday night open gym from 7 to 8:30 pm will still go on as scheduled but will only be for ages 12 and under. This is to allow for a safer environment for our younger students and families. We look forward to seeing you all there!

Jamie



## ALL STARS



Our All-Star season is almost upon us! The All-Stars are currently working on routines to prepare for our upcoming season. The first meet of the year is the Premier Invitational which is held February 4th and 5th here at Premier. We

certainly hope that you will all come and support our gymnasts. We have a great group of gymnasts who are very excited to start the season. During the holiday break, we will be holding a clinic for the All-Stars to focus in on refining their routines and putting them with music. Last year the clinic was a huge success, so we decided to hold it again this year. I hope to see all of our All-Stars there!

Jamie, Wendy, Rebecca, Abby, Emily, Sammy Jo

## T&T TEAM

The pace of workout is picking up for our team and staff as we get closer to season. The past month has been very productive in many of the athletes locking into the skills needed for this upcoming season. We have several new members to the Red Squad and they are hitting the ground running!

A good friend of Premier T&T, Carl Neidholdt will be visiting Omaha in a couple of weeks to work with our team. He will be working with the Red Squad during our normal workout time of 5-6:30pm on Friday December 16, 2011.

The Green and Blue Squad will have an extra practice Saturday December 17, 2011 from 9:30am to 12:30pm. Carl is the head coach of the Xtreme Trampoline Team based out of Lee's Summit, MO. His team is one the more successful competitive trampoline teams in the country. It will be a treat to have him in the gym.

Eric



## TOP TOTS

The Top Tots have been having a great time in the gym. Lots of great stuff has been happening. It's always fun to hear the girls saying "watch me!" because they have accomplished a new skill. We have been doing a lot of climbing and leg lifts to get ourselves stronger. We have improved our confidence on beam. Not only are we walking across the beam with confidence but we are also jumping across the beam. Way to go!

Some of the new skills we have been

working on are straddle forward roll to a straddle stand, candle shape to stand on the balance beam, and straddle swings on the bars.

The Top Tots performed in their very first Team Testing in October. They did a great job. It was fun standing on the award stand and receiving all those ribbons for a job well done. Mark your calendars because our next testing will be held Saturday January 7, 2012 at 7:45am.

Gerry and Christine



## LEVELS 1 & 2

The Level 1-2's competed in their first testing of year in October. They looked AWESOME! Our next testing will be Saturday January 7, 2012 at 7:45am. Come and support this incredible group of girls.

In addition to working on new skills and perfecting our basics, we have been working on conditioning and flexibility.

We are hoping to improve in these two areas at our next testing.

We are going to try to focus a little better while doing are routines. Distractions have been an issue lately.

The girls love to climb the rope, and have been climbing a little higher each week, its fun to hear the parents in the viewing area cheering on all the girls to motivate them to work a little harder. Keep up the hard work.

Gerry and Susan

## LEVEL 3

The level 3's have been working hard on mastering their skills with great execution as we start to put our routines together in time for competition season! Soon we will be adding music to our floor routines and doing our whole bar routine without

being spotted. For most of the level 3's this will be their very first time competing and we look forward to them showing off their hard work!

Stephanie, Christine, Emily



## LEVELS 4, 5 & 6

The level 4's have been getting stronger and working hard on flexibility for the past few weeks. Flexibility plays a very important role in becoming a successful gymnast. To continue improving, we just started our flexibility sheets this past month. The girls take these sheets home with them and record time spent working on splits outside of the gym.

Our level 4's have had a very successful meet season so far this year and are still working to improve their gymnastics. We have been perfecting routines and getting picky for State meet which is right around the corner. After State Meet, they will begin learning new skills for level 5 will have the opportunity to move up. Congratulations on your season so far, keep up the hard work and determination.

The 5's and 6's have been working very hard the past few months, continuing to clean up their routines. They will be leaving for Kansas to go to their away meet and state will be the following weekend, so we wish them the best of luck! After state meet is over, the girls will start spending more time on their strength and flexibility, along with shape review and some new skills! We have some work to do in these areas, but they are continuing to put in more effort every practice and we hope to start seeing great improvements soon. They will take part in the Premier invite in February and then meet season will be over for the year. Keep up the great work, congratulations to all, and again good luck at the last few meets!

Becca and Nikki



## OPTIONALS

As the new year approaches, so does the competition season for our level 7-10 optional girls. The skills they have learned and accomplished over the past few months are now being put together and routines created. The optionals had their intrasquad here at Premier on Sunday, December 4th where they

performed their competitive routines in a meet like atmosphere. We look forward to a fun and exciting competition season...come watch us here at the Premier Invite, the first weekend in February!

Bob and Stephanie

Winter or  
Spring Break

Presidents' Day

Teacher  
In-service  
days

# School Year Mini Camps

Children **MUST** register at least the week before.

OPTIONS	1st Child	Sibling
Full Week (40 + hrs. / week)	\$150	\$125
Full Day (8:00am - 5:00pm)	\$40	\$35
Less than 40 hrs. / week	\$5.50/hr.	\$5.00/hr.

Whenever public schools schedule days off for elementary students, Premier will hold Mini Camp from 8:00 am - 5:00 pm for boys and girls ages 5-12.

The day will be filled with structured activities such as: sports, games, arts & crafts, gym play time, and more.

Campers must supply their own lunch / snacks / drinks.

A \$10 Membership fee applies to each student who does not have a 2011-2012 Premier Membership.

## MINI CAMP dates which coincide with each elementary public school districts' days off.

2011 - 2012	OMAHA	MILLARD	WESTSIDE
December	19-23, 26-30	22-23, 26-30	23, 26-30
January	2, 16	2-4, 16	2-6, 16
February	17, 20, 21	9, 10, 20	20
March	8, 9, 19-21	16	15, 16
April	27, 30	2-6	2-6
May	21-25		

## Party and/or Sleepover

# New Years' Eve

December 31, 2011 - January 1, 2012



**Who:** School age (kindergarten and up) girls and boys are invited to both the party and the sleepover.

You may choose both or just the party. You do not need to be a member at Premier to attend.

**Where:** At Premier of course!  
Premier Gymnastics, 10702 Browne St.  
(1 block SE of 108th & Fort)

**Bring:** Play clothes for the gym. Overnight guests need to bring a sleeping bag, pillow, toothbrush, a stuffed animal if needed, and PJs. These are coed parties.

**Cost:** Party ONLY - \$40  
Party & Sleepover - \$45  
Save \$10 if paid **BEFORE** December 24th

# UPCOMING EVENTS

DEC

<b>1</b> Recreational classes begin
<b>10-11</b> Level 4-6 State Meet, Omaha, NE
<b>12</b> January enrollment opens
<b>19 - 23</b> Mini Camp
<b>19 - Jan 1</b> Winter Break - No recreational classes Team - See WEB SITE for changes
<b>24</b> No Open Gym
<b>26 - 30</b> Mini Camp
<b>31 - Jan 1</b> New Year's Eve Party No Open Gym

JAN

<b>2</b> Recreational classes begin
<b>2-6</b> Mini Camp
<b>7</b> TopTots / Levels 1-2 Test- ing
<b>13-15</b> Chow's Invite (Levels 7-10) Des Moines, IA
<b>16</b> Mini Camp - Martin Luther Day
<b>20</b> February enrollment opens
<b>20-22</b> Lady Luck Invite (Levels 8-10), Las Vegas, NV

FEB

<b>1</b> Recreational classes begin
<b>3-5</b> Premier Invite @ Premier (All artistic Team levels and All Stars)
<b>9-10</b> Mini Camp
<b>11-12</b> Valentines Party
<b>17</b> Mini Camp
<b>17-19</b> Gym Quarters Invite (Lev- els 7-10), St. Louis, MO
<b>20</b> March enrollment opens
<b>20-21</b> Mini Camp - Presidents' Day

## STAY UP-TO-DATE!

Premier has a number of ways to be sure you are 'Up-To-Date':

- **Premier web page** - [www.premier-gymnastics.com](http://www.premier-gymnastics.com)
  1. 'Twitter and Facebook' Updates located just under the blue bar on the home page. Follow us on Twitter or 'Like' our Premier Fan Page on Facebook and set up notifications on your phone.
  2. Calendar - located just under the blue bar on the home page.
- **Email** - EVERY email from Premier Gymnastics highlights something about our program and is to your benefit. Please open every email.
- **Events Board in the lobby** - This is located just to the right as you enter the building.
- **Google+** - Just like Twitter and Facebook, this is another social network we feel gives a slight edge of customization.