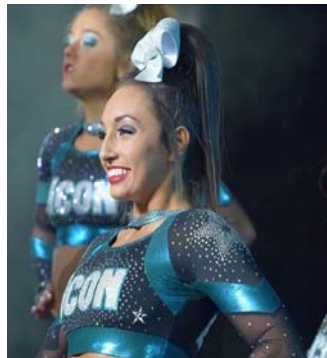


Where little dreams turn to gold!

APRIL 2016



**Look what's happening in April!**

**Parents Night Out!**

April Fools Parents Night Out will be held from 6-10pm at Republic Road on April 1st and at Pythian on April 8th! The cost is \$15 per person. Ages is 5 and up! There will be pizza, lemonade, games, open gym and so much more. You don't want to miss out!

**April Open Gyms!**

Republic Road Open Gyms: April 9th

Pythian Open Gyms: April 2nd, April 16th

Time: 1-2:30pm

Cost: \$5 per person

Ages: 5 & up (4 and under must be accompanied by an adult.)

**Fun in the Sun Tumbling Meet!**

We are so excited about our upcoming *Fun in the Sun* tumbling meet! It will be held Saturday, April 30th at the Pythian location! This is a fun way for your child to get rewarded for all their hard work in class. Your child will be learning a floor routine and a trampoline routine during their regular class over the next few weeks. The cost of entry is \$25 and deadline to sign up is April 9th!

**Dynamics Gymnastics Team Tryouts!**

Want to see what competitive gymnastics is all about? Come to our team tryouts where our experienced competitive staff will place your child on one of our teams. Tryouts are open to any gymnast that is interested. Tryouts and a parents information meeting will be held on April 23rd at 1:30pm at the Republic Road location. Can't make tryouts? No problem! Contact team director Coach Megan for more information! 417-890-0946.

**April Tumbling Clinics!**

Need extra tumbling practice? Check out our tumbling clinics on April 2nd, 9th, and 16th at the Pythian location from 1-3pm. Just \$20 with USAG certified coaches!





### Dynamics Gymnastics Athletes of the Month!

- **Gymnast of the month: Meet Fabian!**

Level: Advanced Beginner    Age: 7

Miss Fabian always comes to class trying her hardest, takes advice seriously, listens, follows directions and always finishes her tricks. She is a delight to be around and always has a smile on her face!

- **Ninja of the month: Meet Quentin!**

Level: Ninja White    Age: 4

Mr. Quentin is always eager to improve his skills and always has a great attitude in class towards his instructor and classmates!

- **Cheerleader of the month: Meet Hunter!**

Level : Icon Envy    Age: 18

Mr. Hunter is a second year member of Icon Cheer Envy, the level 5 competitive cheer team from Dynamics. He is an incredibly talented athlete but an even better role model for all young cheerleaders. Best of luck to Hunter and Icon Envy as he competes in the Cheerleading World Championships at Walt Disney World in April.

- **Dancer of the month: Meet Lauryn!**

Level: Jazz Contemporary 1    Age: 8

Dynamics Dance would like to introduce Miss Lauryn, our April dancer of the month. She is a great performer and always has a positive attitude. We love having her in our Jazz class!

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### February Employees of the Month!

- **Meet Coach Danielle:** Danielle coaches our USAG Boys team and coaches various boys and girls recreational gymnastics classes as well as our Ninja Zone classes! She works hard, always has a smile on her face and is a joy to be around.



- **Meet Coach Emily!** Emily is a coach for Icon Cheer. She always steps up and goes above and beyond what is expected. She is great member of the Icon Cheer staff!



### March Employee of the Month!

- **Meet Miss Ashley!** Ashley works behind the front desk of the Pythian location. She is a hard worker, keeps us organized and does a great job at communicating to the parents and students. We are excited to see her grow as a member of the Dynamics staff!



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## Good luck at Regionals to USAG Gymnastics Boys Team members Evan and Curtis!!

Evan and Curtis have earned a qualifying score at State in order to compete at the USAG Men's Region 3 Championships on April 8th. We wish them the best of luck. We know you will make Dynamics proud!



## Good luck at Worlds to the Icon Cheer Envy members!!

Icon Envy will be competing at the Cheerleading World Championships in April! In March they competed in New Orleans and received a paid bid for this competition. We send good vibes and good luck to all team members!



## Summer Clinics and Workshops at Dynamics!

Need extra practice on your dance and gymnastics skills? Check out one of our many summer clinics and workshops this summer! Clinics will be held from 10-12noon on Tuesdays (Gymnastics/Ninja), on Wednesdays (Dance) and on Thursday (Cheer). You don't want to miss out! For more information check out our website at [dynamics-gymnastics.com](http://dynamics-gymnastics.com) or call us at 417-890-0946!

## Save the Date: Competition Team Tryouts!

Want to be apart of the Dynamics team? Tryouts are open to any gymnast, cheerleader and dancer that is interested in competing for one of the Dynamics teams. During tryouts skills will be evaluated in order to place your child on the appropriate team. For more information call 417-890-0946.

- Girls Gymnastics Tryouts and parents information meeting: April 23rd at 1:30pm at Republic Road
- Icon Cheer Placements: May 7th at Republic Road
- Dance Auditions: May 21st from 2-3pm at Dynamics Dance Studio (Republic Road)
- Boys Team Evaluations: Contact Coach Varuni or Coach Danielle to schedule an appointment.



## Sign up for a chance to win a FREE year of classes (up to a \$1000 dollar value)!

Sign up to enter for a chance to win a free year of gymnastics and other various prizes to help Dynamics raise money towards new equipment and fund the gymnastics, cheer and dance teams competition seasons. For more info on this great opportunity call 417-890-0946.

## Dynamics Reading Corner: Why Gymnastics-The Benefits of Gymnastics by Tom Burgdorf!

ALL children benefit from classes and participation in gymnastics. The areas listed below are a small sampling of the actual benefits from gymnastics activities. You have done a terrific job of parenting by getting your child interested in this educational sport. Many of the benefits of gymnastics are NOT related to learning gymnastics skills, but more important developmental areas that will help your child become a better student and young adult. Gymnastics programs are not solely about creating gymnasts. There are so many more important areas to consider. ALL children, regardless of ability, should stay in gymnastics for 3 - 5 years, if not longer, to get the full benefit of what gymnastics teaches.

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## Dynamics Reading Corner: *Why Gymnastics-The Benefits of Gymnastics* by Tom Burgdorf!

Continued from page 3.

### Self Confidence

Through the challenge of learning gymnastics skills, the students gain confidence with each step that they take. Doing skills on the beams and bars help them gain confidence in their own abilities. This improved self confidence will transfer to other areas of their lives including school.

### Non-“Star” Athletes

Some children do not have the skills to be a “star” athlete in any sport. But in gymnastics we can control their progress and challenges. Children who are a little weaker, a little overweight and/or a little less flexible can all find success with our terrific, caring gymnastics teachers. EVERY child can benefit from gymnastics.

### Flexibility

Participation in gymnastics helps the athletes become more flexible. Baseball players, basketball players, football players and all other sports need more flexible athletes. Gymnastics builds flexibility better than any other sport. Flexibility also helps limit injuries.

### Discipline

Discipline is so important today. We do have rules in gymnastics classes and the teachers treat these rules as being very important. The more discipline the children get today the better off they will be. Gymnastics classes are a very controlled environment. This is very helpful for the child.

### Fitness

In this world of a lot of obese children, fitness is CRITICAL to the current and future health of our children. Gymnastics classes are full of activities that will make your child more fit and help keep them healthy. You have them in the right place if fitness is important to you and your family.

### Learning To Perform In Front Of People

What a terrific, sometimes overlooked, benefit of gymnastics. Gymnastics classes have the students perform their skills in front of other students which help teach “performance” and makes performing in front of others easier. Gymnastics students tend to be the first ones at their school to volunteer to do things in front of the class as they have learned to “perform” which is going to help them throughout their lives.

### Strength Development

Moving and lifting their bodies during gymnastics activities helps build upper body strength as well as leg strength. This helps the gymnast as well as the students who are also in other sports. Do you want a strong child? You have them in the right place.

### Coordination

Gymnastics instruction helps develop better coordination and body movement. For the young child, a great deal of their self confidence comes from how coordinated they are because their “world” is so physical rather than mental. Gymnastics improves coordination.

### Hard Work Ethic

Gymnastics is a tough sport. The best thing about it is that the kids have to earn the skills. We just can’t give them to them. This hard work shows them that the more they work the more they learn. What a great lesson. You want your children to have a “hard work ethic,” don’t you?

### Social Skills

Especially for the younger ones, gymnastics gives the little ones a weekly chance to learn about social skills like listening and following directions, taking turns, being quiet, respecting others and a lot more. The gymnastics teachers work hard to build social skills with their students because they are so important in other aspects of the lives of the little ones.

### Politeness

Yes, we stress politeness in classes as the way to treat others. The teacher is polite to the students and the students are expected to do the same to the teachers and to their class mates. The more the kids are exposed to “politeness” the better.

### Overcoming Fears

Some parts of gymnastics are very challenging. We think that this is good training for all kids. They need to be challenged. The key is that we challenge them with “attainable challenges” so that they are successful the majority of the time. To face a challenge, maybe with a little fear, and then to accomplish the challenge is a wonderful part of gymnastics classes and it happens all of the time. We want confident, aggressive children.

### Determination

Gymnastics builds determination. Some gymnastics skills are hard to master so the children learn determination in continuing to work hard even when things are tough. This is such an important skill to learn.

### Caring Teachers

Our gymnastics teachers care about EVERY student regardless of their potential. We KNOW that every child can learn a great deal by being involved in this incredible program.

### Great Parenting

You have done a great job of parenting by having your children in gymnastics. Keep them with us as long as possible as gymnastics benefits all athletes and every child regardless of talent and ability. Your child will be a much more mature, well prepared young adult because of their involvement in gymnastics instruction. Gymnastics



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