

# Unlimited Potential

Gymnastics Unlimited, Inc. Newsletter

1st Quarter: January-March 2010

Volume 20 Number 1

## First Quarter Newsletter Distribution Begins December 14th

Continuing with our policy to distribute our newsletters in class the week before the period covered begins **and** the first week of the newsletter period, we are handing out the 2010 First Quarter Newsletter during the last week we are open for classes December 14-19. We will hand out any remaining newsletters when we return to classes in January from 1/4-1/9, 2010.

If you are getting this newsletter in December—please remember that we still have December activities going on including our Santa Party and Rudolph One-Stop Shop from 1:30-3:00 on Saturday, December 19th. Our Holiday Adventure Camp will be held when the schools are closed for the holidays—on December 21-23 and December 28-31. Our office hours will be on these listed days **only** from 9 AM—5 PM daily.

### **OUR CLASSES RESUME ON MONDAY, JAN. 4th**

**Because school does not start back until January 5th—we will be having a Day at GU on Monday, January 4th. Please sign up by Saturday, December 19th at our front desk or sign up with credit card payment over the phone by 5 PM 12/30. We will NOT accept “walk-ins” for this event!**

The weekend we return from our Holiday Break, we are hosting the *Gymnastics Unlimited Boys Invitational*, the Boys Team’s home meet. Sign-up sheets for volunteers are at the front desk.

## Bring A Friend to Open Gym on January 16th

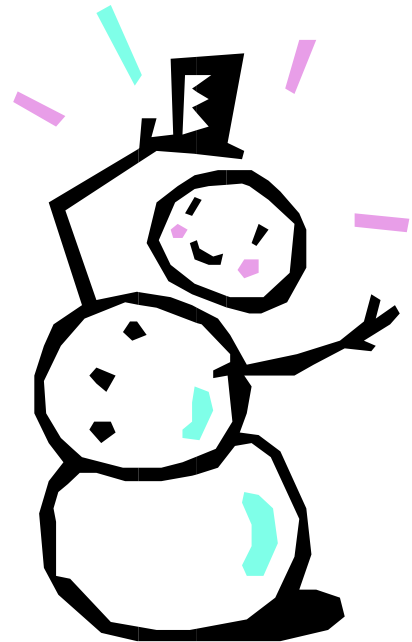
On Saturday, January 16th come to Open Gym and bring your friends along! They can try out all the fun gymnastics events at Gymnastics Unlimited. Open Gyms are from 10 AM—12 noon. The cost for Open Gym is \$4. On this day, your friends can join you for **FREE**. Sorry, but friends **MUST** be at least 6 years old to participate in Open Gym (members, too!). We will have a cool prize drawing for our members. You can enter one time for each friend that joins you at Open Gym on Jan. 16th!

On this day **ONLY**, for Pre-Schoolers, there will also be a special Pre School Open Gym from 12—1 PM! Cost for Pre-School open Gym will be \$2—or **FREE** for you and a non-member guest.



## JANUARY 2010 SCHEDULE OF EVENTS

Fri. 1/1 1/1-1/3	<u>Happy New Year!</u> <b>WINTER BREAK—NO CLASSES!</b>
Mon. 1/4	<b>CLASSES RESUME</b> <b>Day at GU 8am-4pm</b>
Sat. 1/9	<b>GYMNASTICS UNLIMITED BOYS INVITATIONAL</b> No Open Gym
1/11-16 1/15-17 1/16-17	<b>SESSION F TUITION DUE (Teams)</b> <i>Girls Optional Team @ Winterfest Invitational—Univ. of Denver</i> <i>Boys Team @ Rocky Mountain Open—AFA</i>
Sat. 1/16	<b>BRING A FRIEND TO OPEN GYM 10am-12pm</b> <b>Special Preschool Open Gym 12-1 pm</b>
Mon. 1/18 Mon. 1/18	<b>SESSION F BEGINS (Teams)</b> <u>Martin Luther King Day—YES! We do have classes!</u> <b>Day @ GU 8am-4 pm</b>
1/21-25 Sat. 1/23	<i>Girls Optional Team @ San dDollar Invitational—Orlando FL</i> <i>Boys Team @ Mountain Gymnastics—Ft. Collins</i> Open Gym 10 am—12 noon <b>Night @ G.U. 6-9 pm</b>
Sat. 1/30	Open Gym 10 am—12 noon



## FEBRUARY 2010 SCHEDULE OF EVENTS

Fr. 2/5 2/6-7	<b>Day @ GU 8am-4 pm</b> <i>Girls Optional Team @ GK's Money Invitational, Ft. Collins</i>
2/8-13 2/13	<b>SESSION 4 &amp; G TUITION DUE (ALL Classes and Team)</b> <i>Boys Team @ Wyoming School of Gymnastics</i> Open Gym 10 am—12 noon <b>Night @ G.U. 6-9 pm</b>
Sat. 2/14	<u>Happy Valentines Day</u>
Mon. 2/15	<b>SESSION 4 &amp; G BEGINS (All Classes &amp; Team)</b> <u>Presidents Day—YES! We DO have classes</u> <b>Day @ GU 8am-4pm</b>
2/19-21 Sat. 2/20	<i>Girls Optional Team @ Pikes Peak Cup—Broadmoor, Colo Spgs</i> <i>Boys Team @ Stiletto Invitational—Boulder</i> Open Gym 10 am—12 noon
Fri. 2/26 2/26-27 2/27-28 Sat. 2/28	<b>Day @ GU 8am-4pm</b> <i>Boys Team @ Colorado Open—Olympic Training Center, C Spgs</i> <i>Girls Optional Team @ Adrenaline Gymnastics, Centennial</i> Open Gym 10 am—12 noon

### Policy Review:

**Snow Days:** Gymnastics Unlimited has students attending from many different school districts. Sometimes the weather in the morning is bad and schools are closed due to weather— but as you all know Colorado weather is very changeable and the afternoon weather could be fine. Because of this we do **NOT** tie weather closings at Gymnastics Unlimited to any school district closings. It is our policy to hold regular classes every day. We will close only due to **EXTREME** weather conditions. In the event of a storm or bad weather, please call the Gymnastics Unlimited office at 303-452-4075. Our recording will inform you if we are closed. Make-ups may be scheduled for bad weather closing or if you are unable to drive to class due to bad weather.

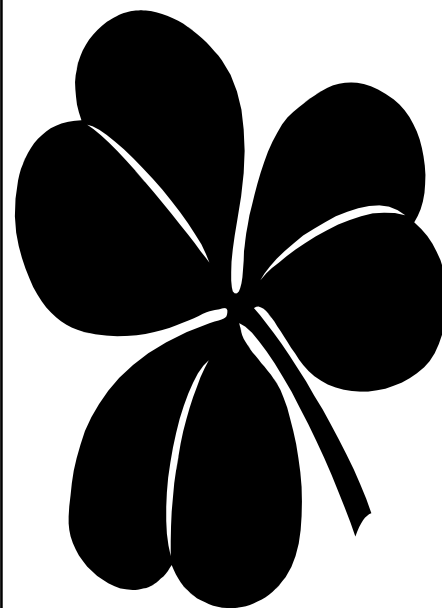
## MARCH 2009 SCHEDULE OF EVENTS

3/6-7 Sat. 3/7	<b>ROCKY INVITATIONAL—Girls Optional Home Meet</b> <i>No Open Gym</i>
3/8-13 Fri. 3/12 Sat. 3/13	<b>SESSION H TUITION DUE (Teams)</b> <b>Luau Sleepover—8 pm-8 an Sat morning</b> <i>Boys Team @ 5280 Gymnastics—Wheat Ridge</i> Open Gym 10 am—12 noon
Mon. 3/15 3/15-20 Tues. 3/17 3/20-21	<b>SESSION H BEGINS (Team)</b> Wear Green to Class! - Special Treats! <u>Happy St. Patrick's Day!</u> <b>Optional Girls Level 9-10 State Championships</b> <b>Boys State Championships</b> Open Gym 10 am—12 noon
Sat. 3/20	Open Gym 10 am—12 noon
3/22-27 3/23-26	<b>SPRING BREAK—NO CLASSES</b> <b>SPRING BREAK ADVENTURE CAMP 7 AM—5 PM Daily</b> <i>Team Practice for Eagles, Boys Team and Optional Girls Team</i> <b>Level 8 State Championships @ Gymnastics Unlimited</b> NO Open Gym
Sat. 3/27	NO Open Gym
Sun 3/28 3/29	<b>Level 7 State Championships @ Boulder Flyers</b> <b>CLASSES RESUME</b>

### UPCOMING IN APRIL

**Sat. 4/3 — EASTER EGG HUNT**

*Girls Optional and Boys Teams Post Season Meets*  
*Eagles Season Begins*



Birthday Parties  
Being Scheduled  
for January — March

We are now scheduling birthday parties into the 2010 year.—Ask for information at the front desk—  
January times are filling up fast!

### Weather Brings Exercise Inside - Summer Tans Start to Fade Sign Up Now for our Fitness Machines, Tanning Booth

As the weather gets cold, remember that you can continue your exercise program or keep your “summer tan” while your children are in gymnastics classes. You may pay by the visit or purchase a package to save money. The fitness room or tanning bed may be scheduled by appointment or you may walk-in on a space available basis.

Did Santa bring you everything you wanted for Christmas? If not - check out our pro shop for Leos, grips, gymnastics shoes, T-Shirts and gift items to please the discriminating gymnast!

**In January....  
SALE on selected  
T-Shirts and Leos**



### Book Swap in Lobby

The book swap shelf is located on the coffee cabinet in the front lobby. We've been rather light on book donations lately! Please check it out—bring in extra books you have lying around the house and help yourself to any books that look good for you to read!

"If you look and see a book  
That you would like to read  
Help yourself - Don't feel bad  
There really is no need

These books are here  
to pass around  
With anyone and share  
So if you find one catch your eye  
Then that is why it's there

But if you have a book at home  
That you no longer need  
Put it here upon the shelf  
For someone else to read"

# Upcoming Events at GU in January, February,

## Sleepover Planned—Come Join the Fun!

On March 12th we will have an All-Gym “Luau” Sleepover. All gymnasts attending will receive a special lei to take home. The sleepovers is from 8 PM to 8 AM the next morning. Gymnastics and other games and activities will be part of the night’s festivities. Children should eat dinner before coming but a SNACK and breakfast are provided. Cost is \$30 per person for GU members, and \$35 for non-members.

## Night Out Scheduled on January 23rd and February 13th

We will have an All-Gym Night Out on Saturday January 18th and February 13th for all students—in pre-school (ages 3 and up) and instructional level classes as well as team level .

Nights Out are from 6-9 PM. They include a games, snack, movie and gymnastics. Nights Out are always “Lots of Fun!”

Cost is \$14 for members and \$17 for non-members. You MUST sign up and pay at the front desk in advance. Space is limited. - You MUST pre-register!

## Days at G.U. Scheduled

We will be having our Day at G.U. program many days throughout the winter months. We have Days at GU when Adams 12 School District does not have classes. Upcoming dates include Monday 1/4 and Martin Luther King Day (Monday) 1/18. February days include Friday 2/5 and Presidents Day (Monday) 2/15, and Friday 2/26.

Days at G.U. run from 8 A.M. to 4 P.M. although arrangements may be made for drop off as early as 7 A.M. and late pick-up. Activities vary depending on the desires of the participants for the day. Gymnasts must be 6 years old and in Beginner classes or higher.

Participants must bring a sack lunch and a few snack items. Cost for the day is \$25 for members and \$30 for non-members.



## Annual Easter Egg Hunt Planned for April 3rd

Our annual Easter Egg Hunt is always great fun for both the children participating as well as the adults attending the event. So... bring your Easter basket and come find some special eggs that the Easter Bunny left at GU! This year’s Egg Hunt will be Saturday, April 11th from 1:30-3:30 PM.

The Easter Egg Hunt is for gymnasts, sisters, brothers, and friends from preschool age through eight years old. Children will be divided by age groups and hunt for eggs in the Pre-School room. There will be time for children to play on equipment in the "big gym" - and parents can come into the gym to watch them!. The Easter Bunny makes his Annual visit to Gymnastics Unlimited during our hunt.

There is no charge for the Easter Egg Hunt, but we **gladly accept donations of eggs and candy!** Donations should be dropped off at the gym by Friday 4/2. Additional information will be handed out in classes.



## and March

**Wear GREEN to class  
on the week of  
March 15-20  
in honor of  
St. Patrick's Day!  
*Special treats for all wearing  
green this week.***

### **SPECIAL EVENT SIGN UP POLICY!**

Many of our Special Events can only take a limited number of participants. In order to make it fair to all and accommodate as many as possible we need to enforce our policies for Special Events.

**PAYMENT IS REQUIRED WHEN SIGNING UP FOR A SPECIAL EVENT.** If an event (such as camps) requires a card or form filled out—you must bring that in to the office and you cannot register over the phone. If the event is simply one where you sign up to participate in our special events book, you may sign up at the front desk or call our office to sign up. **You may not sign up with a note that you'll "pay later". If you are calling to sign up for an event, you need to have a credit card ready for us to process in order to pay for your spots.**

Once you have signed up for the special event, we expect you to attend and we staff the event accordingly. **Some activities, such as camps have NON REFUNDABLE deposits.** Others (such as Days at GU and Nights Out) allow you to cancel your participation. **HOWEVER you will receive a credit to your account ONLY if you cancel by the CANCELLATION DATE listed on the Event Sheet in our book.**

# SPRING BREAK

## Team Practices, Adventure Camp Planned

### No Classes March 22 - 28

We will not have regularly scheduled classes during our Spring Break, March 22-28. This week is NOT a week that you pay for classes. This session is nine calendar weeks so there will still be eight FULL weeks of classes.

### Team Practices

Our Eagles, Boys and Optional Girls Teams will be "in season" during our Spring Break and they will continue to have practice during Spring Break. Practices will be at night (since not all of our gymnasts will have the same week off for Spring Break) We will let you know exact days and times at a later date. There is no additional charge for this week - because these teams will have their "Spring Break" and take a week off after their competition seasons are completed.

### Spring Break Camp Scheduled

A Spring Break Adventure Camp will be offered Monday through Friday on March 22-26. Spring Break Camp runs from 8 AM to 5 PM, although arrangements may be made for early drop off (beginning at 7 AM) or late pick-up.

We will have a variety of activities to keep your child busy while you are at work. Field Trips will include activities such as the skating, bowling, swimming, movies, etc. A schedule of activities per day may be picked up at our office and will be sent out to all those signed up to participate. Participants must bring a sack lunch and snack items for a morning and afternoon snack.

Camp is \$45 per day or \$180 for the entire week. **DO NOT WAIT TO SIGN UP! Registration deadline is Friday, March 14th but space may be filled up prior to the deadline. You must be pre-registered to attend.** After March 13th, we will assign staff to work the Camp. There will only be additional spaces available IF there are openings left based on how many staff members have been assigned. Sign ups will begin February 9th.

**Annual Easter Egg Hunt**

**Saturday, April 3rd**

**Reserve the Date**

**Space is LIMITED  
for ALL these activities!  
Be sure to sign up EARLY  
to participate!**

# Gymnastics Unlimited Team News

## Home Meets Scheduled

Gymnastics Unlimited will be hosting two meets during the winter competitive seasons. On Saturday, January 9th we will host the Gymnastics Unlimited Boys Invitational. On Saturday and Sunday, March 6-7 we will host the Rocky Invitational where gyms from throughout Colorado will be competing with our Girls' Optional team levels 7, 8, 9, and 10. Come and cheer on our teams as we enjoy "home field advantage" from the crowd!

We need a LOT OF HELP to host these meets!! Assistance will be needed for set up and clean up. We also need volunteers for admissions, computer, scorekeepers, timers, runners, flashers, and meet announcers.

Meet volunteers are admitted free and unless otherwise indicated at sign-up need to arrive 45 minutes prior to the meet. Sign-up sheets are posted for team members needing to meet their participation commitment two weeks prior to each meet in the lobby. Volunteer sign-up is available for everyone in the gym one week prior to the meet. Please give some of your time to help out for our upcoming meets!

## Mental Training Tip:

**“I Can’t” is an incomplete sentence used by Losers as an excuse to give up. “I Can’t Yet” is a complete sentence used by Winners to admit that they still have a lot of work to do.**

The words we choose to express ourselves say a lot about the way we think. When we say “I can’t” we are telling ourselves two things.

1. That we have not yet done the things necessary to learn what we can’t yet do.
2. That we have no intention of doing the things necessary to learn whatever it is we can’t do.

That is not the talk of a winner. A winner may choose not to do something or may be in the process of learning how to do something, but, he or she rarely uses the word “can’t”.

from *Going For It!* By Mark Gibson

**Compulsory Gymnasts who have been invited to “move up” in January— Please stop by or call our office by 5 PM, December 30th so that we may be ready to go with our new groups when we return on January 4th!  
THANK YOU!**

## GYMNASTICS UNLIMITED 2009-2010 BOYS SCHEDULE

Date	Meet
11/21	Judges Cup
12/12	Golden Invitational—Lakewood
1/9	<b>Gymnastics Unlimited Boys Invitational</b>
1/15-17	Rocky Mountain Open—Air Force Academy
1/23	Mountain Motorcycle Meet—Ft. Collins
2/13	Wyoming School of Gymnastics—Laramie
2/20	Stiletto Invitational - Boulder
2/26-27	Colorado Open—Olympic Training Center
3/13	5280 Invitational—Wheatridge
<b>POST SEASON</b>	
3/20-21	State Championships— Location TBD
4/9-11	Regional Championships— New Mexico

**Good Luck!  
Boys and Optional Girls  
USAG Teams  
on your upcoming Seasons**

**Congratulations  
Compulsory Gymnasts  
Level 4-5-6  
for a GREAT SEASON  
and  
Success at State Championships**

And...

Congratulations to Compulsory Gymnasts  
Who have moved to the next level—  
in January!

**GYMNASTICS UNLIMITED  
2010 GIRLS OPTIONAL SCHEDULE**

<b>Date</b>	<b>Meet</b>
1/15-17	Paige Smith Winterfest Invitational (Gymnastics Institute) @ Denver Univ.
1/21-25	Sand Dollar Invitational—Orlando FL
2/6-7	GK's Gymnastics—Ft. Collins
2/19-21	Pikes Peak Cup @ The Broadmoor - Colorado Springs
2/27-28	Adrenaline Gymnastics—Centennial
3/6-7	<b>Rocky Invitational (GU Home Meet)</b>
<b>POST SEASON</b>	
3/28-29	Level 9 - 10 State Championships @ Denver University
3/27	Level 8 State Championships @ Gymnastics Unlimited
3/28	Level 7 State Championships @ Flyers—Boulder
4/8-11	Level 9-10 Regionals @ New Mexico
4/16-18	Level 8 Regionals @ Colorado Springs
4/30-5/3	Level 9 Western Nat'ls @ Des Moines, IA
5/6-10	Level 10 National Championships @ Dallas, TX

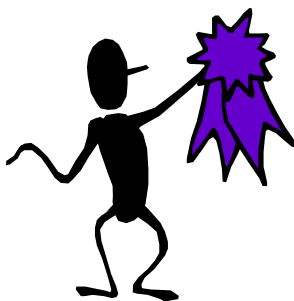
### Open Gym Punch Cards Available

If you need extra practice on all the new gymnastics skills you are trying to learn, come and participate in our Saturday Open Work-outs from 10 AM to 12 noon. Our Open Gyms are \$3 payable at the door. You may purchase an Open Gym punch card for \$15. This way you pay for five Open Gyms and receive the 6th one free. This 6th time free is ONLY good for punch card holders. Sorry we cannot be responsible for lost punch cards. Punch cards may be purchased at the front desk.

### Sign Up To Be Evaluated for the Next Class Level

Although our staff tries to let students know whenever they think they are ready to move to a new level, sometimes they may miss telling your student. If at ANY time, you or your student thinks that it is time to move from Beginner to Level One (or Level Two or Three) or from Beginner to Intermediate in the Boys Program, please schedule an evaluation at our front desk. Evaluations are conducted at a variety of times throughout the week by our senior staff members. Even if you do not pass your current evaluation, by being evaluated, you will know what you still need to work on in order to pass the test on your next try! Requirements for movement may be found in the Parents Handbook which is handed out to all member families.

**Coming up  
in the  
2nd Qtr.  
Edition of  
Unlimited Potential:**



#### Summer Camp Info

Adventure Camps  
Training Camp  
Mini-Camps

#### Eagles Season Info

#### Spring Show Info

Some thoughts from the book, GOING FOR IT:

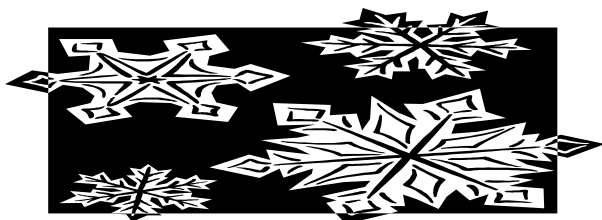
“Great gymnastics is not the result of a million repetitions, great gymnastics is the result of a million corrections.”

“The kind of gymnast you are today is the result of how you trained yesterday. The kind of gymnast you will be tomorrow will be the result of how you train today.”

“At every workout you are either building future dreams or future disappointments.”

**In This Issue:**

- \* December, January 4th Info .....1
- \* Bring a Friend to Open Gym! .....1
- \* January and February Schedule of Events .....2
- \* Snow Day Policy .....2
- \* March Schedule of Events .....3
- \* Miscellaneous Info .....3
- \* Planned Special Events for January through March .....4-5
- \* Spring Break Activities .....5
- \* Team News .....6
- \* Boys Team Season Schedule .....6
- \* Optional Girls Season Schedule.....7
- \* Miscellaneous Info .....7
- \* Thank you, Special Visitor.....8



***Thank you for a  
Great Holiday!***

THANK YOU so much for making this past holiday season such a special one for us. So many of you participated in our many holiday activities - from the Holiday Show to the Christmas party to Team Training Camps - it made it a very busy season for us!

THANK YOU for all of you who gave us cards, gifts and holiday goodies this past December. They brought real delight to our Christmas and we appreciate your thoughtfulness.

***Pat and Kay***

**SYTYCD—Kayla Visits GU!**

Our teams were treated to a special visit by Denver’s own KAYLA, a So You Think You Can Dance Season 5 Finalist. Kayla visited with the Compulsory and Optional Girls Teams and they were given autographed pictures.

# Unlimited Potential

Gymnastics Unlimited, Inc.  
 525 W. 115th Ave.  
 Northglenn, CO 80234  
 303-452-4075  
[www.gucolorado.com](http://www.gucolorado.com)

***Tell Your Friends  
About Us!***