

September 2008

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The Flipside

Keeps You Informed

The Flipside Newsletter is published twice each session to keep you informed of the upcoming events, information, and schedules at Jump Start Gymnastics. We encourage you to read it completely and keep it as a reference.

Important Dates

- September 13th - National Gymnastics Day & Jump Start Open House 1-4pm
- October 13th - Priority Registration for Winter Session
- October 18th - Brownie Try-It Day
- October 20th - Open Registration for Winter Session
- October 25th - Halloween Spooktacular Party
- October 31st - Halloween, No PM Classes
- November 3rd - Winter Session Begins
- November 24th - Make Up Day for Labor Day

Welcome From the Owner

Welcome to the fall session of classes at Jump Start Gymnastics. I hope many of you enjoyed watching the gymnastics in the Summer Olympics and are as excited as we are about the upcoming year. As a result of the summer Olympics, we have lots of new and old faces joining us this session. We want to thank all of you who shared your positive experiences here with others and encouraged them to give us a try. We are honored so many of you have chosen Jump Start Gymnastics for their child's movement and gymnastics education. As it is with any new school year, it will take a few weeks for all of us to settle into the routine. When we all settle in, that's when the real learning will happen! To help make this process happen more quickly, we are asking for your help in

a few areas: 1) Please arrive at least 5 minutes before your child's scheduled class time. 2) Please make sure all students use the restroom and get a drink before their class starts. 3) In the evenings, gymnastics students need to line up along the 1/2 wall next to their class sign. Signs will be placed in order from the youngest class to the oldest class. 4) Please keep the main entrance to the gymnastics area clear for students to enter and exit. 5) Put all personal belongings in the cubbies or under the benches and chairs in the viewing area. 6) Supervise siblings and younger children at all times. 7) Parents, please escort students to class and remain on site until their class starts. If you leave the premises, please stop by the office and fill out the "Off Site" form that provides us

with a contact number in the event of an emergency. 8) Please arrive on time to pick up your child. Your child will not be allowed to wait at the main entrance door for you. They will be asked to wait in or next to the main office. If you have questions or concerns regarding our program, please do not hesitate to contact us. Thank you for your patience during this period of transition. We are looking forward to a FUN and SAFE year packed full of learning!

Jump Start's Mission Statement

To educate young children in a safe, fun learning environment through guided play, experimentation, exploration and discovery.

National Gymnastics Day & Open House

On Saturday, September 13th the country and Jump Start Gymnastics will be celebrating National Gymnastics Day! National Gymnastics Day is held to increase excitement and raise awareness for the sport of gymnastics and also to raise money for the Children's Miracle Network hospitals. To celebrate this day, Jump Start Gymnastics is holding its annual Open House from 1-4pm. There will be fun, food and games and children will have the opportunity to participate in the Tyson Fitness Challenge!

In May, we ran a Tumble-a-Thon and students helped raised over \$6000 for the CMN. This fall, during the Open House, we will be raffling off a Nintendo Wii to raise

additional money for the Children's Hospital of Illinois, the local Children's Miracle Network hospital. Raffle tickets will be sold in the weeks before the Open House at Jump Start. Tickets are \$5 for one or \$10 for three tickets.

So come join us on Saturday, September 13th any time between 1:00 and 4:00pm. No need to register! Just stop on by!

LOST & FOUND

Located in the container in the viewing area

RE: BLEACHERS

No climbing on the bleachers! Thank you!

What's with the Bubbles?

Why am I paying for my child to blow bubbles and play? After watching your child's class, you may be asking yourself this question? At Jump Start, our mission is to educate young children in a safe, fun, learning environment through guided play. We encourage exploration and discovery while



introducing basic beginner gymnastics skills. Blowing bubbles is a basic example of hand/eye coordination, even just watching the bubbles float is an example of ocular tracking. We also end classes with bubbles to establish a routine to wind down and prepare to leave the gym. Through games and play, we are engaging children to try things in a new and fun way. So as you

watch your child jumping from square to square, or playing Duck, Duck, Goose, remember, they are learning balance, hand/eye coordination, gross motor skills, etc. Children learn by doing, but they also learn by just watching. If your child doesn't participate in a circuit, he or she may still be learning. Children learn in many different ways and it is our job to make it fun and exciting.

**Make Up Day
For Labor Day**

Monday, November 24th

Same Time as Current Classes

If you cannot attend this day, you can check with the front desk about doing a make up in another class. Please keep in mind, we do not guarantee that there will be room in another class during the session.

QUESTION? Why can't I take pictures or video of my child during classes?

Answer: Unfortunately, in today's society pictures of children sometimes get used inappropriately. Jump Start wants to do its part to protect our children. Therefore, we cannot allow any unauthorized pictures or videotaping. We will have camera weeks at least two times in each session. You may bring cameras during those times and take as many pictures as you would like.

Answer: USA Gymnastics Safety guidelines prohibit the use of flash photography during gymnastics activities. Camera flashes can cause momentary blindness that could cause a fall or injury.

Answer: Cameras are distracting to our students when they are trying to focus on the instructors.

Thank you for your understanding.

UPCOMING CAMERA WEEKS

Week 5 (Sept. 22-27) & Week 10 (Oct 27-Nov 1)

Parking Lot

We realize our parking lot is to capacity during our peak hours. Classes are scheduled on staggered start times, so there is constant flow in and out of the parking lot at night between the hours of 3:45 and 6:30pm. There is additional parking available behind and on the North side of the building (by World Wide Pen

and Sues & Stitches). During 9:00am and 5:00pm, please do not park in the spaces directly in front of the entrance to World Wide Pen. Please drive slowly in the parking lot and watch for children.



Make Up Policy

Make ups are guaranteed only for classes canceled or rescheduled by Jump Start Gymnastics. Make ups are **NOT** guaranteed for classes missed due to an illness or other reasons. The office must be **notified in advance** if the student is going to miss their regular class in order for a make up to be scheduled. Make ups must be scheduled in advance by calling or visiting our office. Make ups are scheduled in similar classes that do not have the maximum number of students

already registered. **Please note: Many of our class times are filled and therefore unavailable for make ups. This is especially true for our girls gymnastics classes.** We are also holding a general make up day on November 25th. Children who take classes in the morning can come between 9 and 11am for classes and those who take in the evening can come between 4 and 6. The children will be divided into classes based on who attends and receive an hour class.

The Potty Train

Watch out! Here it comes! The occasional potty train! What is a potty train? Potty trains happen when one child needs to potty during class and everyone else gets the urge to climb aboard and go potty too. We try our best to derail the train, but its always better to be safe than sorry. If the train happens, hey, that's okay! We do ask that children go potty before class, please!

A Note to Our Preschool Parents

Our Jungle Gym classes are packed full of activities. These activities are designed not only to teach movement and gymnastics skills and concepts but also to assist with the development of such social skills as self regulation and modulation, taking turns, following directions, sharing, listening, and so much more. All of these skills develop over time with some students developing faster than others. Each week your child will be asked to participate in a warm up and ending activity and three activity circuits. The activity circuits may have 5-8 stations included in them. Some of the stations are designed to be educational and some are designed just to be fun. The older the child the more stations he/she will actually perform. If your child skips a station or doesn't quite do the right thing at a station, don't be alarmed. We do not expect the children to be able to do or remember all of the stations correctly. This process will improve and instructors will expect more as the children get older or are in our program longer. Often times,



especially with 3 & young 4 yr olds, an attempt is a success. A few tips to make your child's learning experience more enjoyable for you and him/her:

- 1) Allow instructors to deal with behavior issues. They will consult with you or ask you to intervene if they need additional assistance.
- 2) Read the preschool bulletin board each week. This indicates the focus and review skills being emphasized in the lesson plan.
- 3) Remember—even preschoolers have good days and bad days. If your child is having a bad day and unable to participate, reschedule the class.
- 4) Please do not give children drinks or food over the 1/2 wall while they are in class.

If you have questions about our preschool program, please contact Ms PeaJay Craig, Preschool Program Director.

A Note to Our School Age Parents

Jump Start uses the Rainbow Skill System of evaluating and tracking the progress of all of our school age students. The first two weeks of this session, our staff was evaluating key skills to determine a starting point in the system for each child. Once each student's level is identified, staff will begin working very specific skills required at each child's level. We know that this initial evaluation period may not be perfect as this is a small amount of time to get to know a child's ability. Students previously in our program will continue in the level they last participated in. We encourage parents who feel their child may have been leveled incorrectly to discuss this with

our staff. We would be happy to do further evaluations. Once a child is leveled, he/she will be asked to master a minimum of 80% of the skills at his/her current level before advancing to the next level. A skill is considered mastered when a student can perform the skill at least 3 out of four times in a row with proper form and technique. A student may know how to do a skill but it may not be considered mastered until the student can display good form and technique. Parents can view a list of skills at each level on the skill board next to the main bulletin board in the viewing area.

To help our staff teach more efficiently, we ask students to wear colored wristbands in class that coordinate with the level they are working in. Because we place students by

age first, a class may have children working different levels in it. Wristbands are an indicator to our staff to modify stations and activities to challenge students appropriately. Gymnastics is an individualized sport and we try to individualize our instruction to meet each child's needs. Do not be alarmed or concerned if your child is in class with a slightly more advanced student. Please encourage your child to work at his/her pace and take pride in his/her accomplishments. If a child feels discouraged by his/her class placement, please contact us and we can explore other class options. If you have questions, please contact our school age program director, Renee Campbell.

Our Staff

Our staff has been busy this summer preparing for our fall classes. Not only have they helped clean up the place by scrubbing all the nooks and crannies, painting walls and floors, etc, but they have also dedicated many hours to training in preparation for working with your children. All of our staff attended an in house all day training session in August lead by our senior staff members. Ms PeaJay and Ms Dawn attended the "I Love Gymnastics"



Workshop in Dyer, IN hosted by national speaker and founder of the Tumblebear Connection, Patti Kamora. Finally, our team coaches, Miss Renee and Miss Jenny, spent a week at Lake Owen Gymnastics Camp as guest coaches where they had an opportunity to network and learn from some of the best coaches in the country. We are happy that so many of our staff will be returning from last year. New staff members joining us this season, include Jackie Sehring, Jennifer Lapke, Kristen Barra, and

Christy Rudolph. Miss Jackie, Miss Jennifer, and Miss Kristen will be serving as teacher's aids, teaching preschool and some younger school age classes. Christy Rudolph will be a new face in the office during the morning hours. Don't worry, Miss Rachel hasn't left! Miss Rachel will be spending some much needed time marketing our special events and keeping up with our communications to parents. To learn more about our staff members, visit our website at www.jumpstartfun.com.