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# NGTC NEWS

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## Welcome New Members!



Northwest Gymnastics Training Center, that little tucked-away gym in Gresham, is a secret no longer! More new families have joined the NGTC family in the past 30-days than any previous 30-day period in our proud history!

Thank you to everyone that has referred their friends, relatives, co-workers, etc. to us these past few months. (Please don't forget to pick-up your NGTC Bucks earned just for your referrals.)

A time existed when we could name all the new families in our newsletter or on our website. While those numbers are simply too great to effectively display any longer, you're importance to

the health and success of our gymnastics community has never been larger.

NGTC is, almost more than anything, a family. You can feel it the way our coaches interact with your children. You can sense it as the coaches joke around with parents. And you're assured that the coaches enjoy the atmosphere by the smile on their faces, the positive tone in their voice, & the willingness to go that extra mile for each of their students.

But don't be mistaken: this is one competitive family! Led by a former NCAA-I Coach & six of the most experienced competitive gymnasts around, together

they comprise more than 60-years of coaching experience & multiple Levels 8 & 9 US Regional Champions.

We welcome all our newest gymnasts into our family. We invite you to follow our teams successes both on & off the gymnastics arena. And remember, our goal for you isn't to make you just a great gymnast...our goals, consistent with our Mission Statement, are to create Habits...for a Lifetime.

We invite you to get involved with all NGTC has to offer.

## Safe Gym: Simple Reminders...

We are proud of our excellent safety record. Just look at the gymnasts....rarely will you see bandages, braces and wraps around ankles, knees and wrists at NGTC. But, to assist us in keeping NGTC safe, we ask that you please adhere to a few simple rules.

### Important Safety Reminders

**Gymnasts must wait inside the gym for your ride.**



### **Spectators MUST NOT come onto the blue floor**

Please stay behind the "ropes" as this will keep NGTC a safe place to perform and learn.

### **Siblings / Friends cannot be left unattended during class.**

If not enrolled, they have to have an adult present.

**Please do not let siblings/ friends play on equipment.**

### **No Flash Photography**

**Park in front of the gym only if parking on the large gym side** (spots with C or D). Neighbor is not



friendly on that side & will tow.

**Please arrive 3-5 minutes early for class.** Late arrivals don't receive proper warm-ups or stretching and are more at risk for injury.

# Twitter...Facebook Big Hits for NGTC

We would like to personally thank the more than 2,000 people that are friends and/or fans of our social media sites.

Because of the involvement of friends just like you, NGTC now ranks as the number one liked gymnastics facility in social media throughout the entire Pacific Northwest.

THANK YOU!

If you haven't yet checked-out our Facebook page (facebook/northwest-gymnastics-training-center), we invite you to do so as it's packed with useful information,



great photo's of many different gymnasts each week, and great deals you can extend to your friends and family simply by "liking" the deal from our page. Hundreds of people share and like the weekly specials & really help make NGTC what it is.

And don't miss our Twitter feeds at Twitter/NW\_Gymnastics for great tips, tricks and insight from some of the most successful gymnasts and coaches around. But your involvement doesn't need to end with a simple "Like" or "Follow". Post your



favorite photo's, link NGTC on your page, and tell your friends about this great sport.

Remember, if you refer your friends to NGTC, you can earn



up to \$20 in NGTC Gym Bucks for every referral that signs up for a full-month of classes! Details can be found in the office, just tell your friends to mention your name at the time of registration! It's that simple!!!

**Give the Birthday Party that won't be forgotten!**  
**An NGTC Birthday Party is a great way brings kids together...Show skills on all the equipment, eat cake/ice cream and have tons of fun!**  
**Book your party today and save!!!**



## First Place at STATE!

NGTC keeps rolling! Our compulsory gymnasts (levels 3-5) had a successful Fall, 2013 season, capped by newly crowned State Champions Deanna Gutwig (Level 4-Floor) and Riley Gergen (Level 3-Vault).

Congratulations to these two fine NGTC gymnasts for outstanding performances at the State Championships in Grants Pass last December.

Several of our other gymnasts were very close as well, and the team, as a whole, had it's best team finish as an entire group in the history of NGTC!

This success follows a tremendous finale to the 2013 Spring season. Zayna Betrous (Vault)

and Cailyn Farness (Beam) added State Champion to their list of accomplishments.

Also last spring, Sarah Stinson was the first gymnast in NGTC history to capture an Optional State Championship for NGTC. Competing as a Level 7, Sarah convincingly won Balance Beam, Floor, and then captured the All-Around Title in commanding fashion over her nearest competitors.

We could not be more proud! Our gymnasts showed tenacity, class & fierce determination throughout the season.

And, proud of our coaches!

Coaches Haylee Trautman, Dani Gergen & Yonty Urrutia got this team ready in a very short period of time in the Spring of 2013, & carried

that into the Fall of 2013.

All we ask is that our coaches and gymnasts remain committed to excellence. Not only have our teams shown that, but it has been led by our great coaching staff.

All of our JO Team and Pre-Team Coaches competed at least to Level 7, with 5 of them Level 9 or higher!

The years of competitive gymnastics experience show's as they fully understand the physical, as well as the mental aspects of performing at high levels.

Way to be committed to excellence coaches and team!



# Did You Know?

Many of our members are somewhat new or brand new to gymnastics. While we cover much of this information on our website, we thought it couldn't hurt to remind you

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All of the coaches and staff at NGTC are First Aid and CPR Certified!

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Every coach at NGTC has passed an extensive background check and takes continuing education classes every year! Compare our coaching USAG credentials against any gym in the area...You might just be amazed at what you see.

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The term "gymnastics" actually derives from the Greek word "gymnazein", actual translation: To exercise naked.

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Gymnastics has been shown to increase bone density in children.

## Earn NGTC Bucks for referrals!

Tell your friends, family, etc. If they sign up at NGTC, we will give you \$10 in NGTC Bucks that you can spend any way you'd like!

And better yet, if they sign up for one of our weekday morning or Saturday classes we will double it! That's \$20 in NGTC Bucks to apply to your tuition, but a leotard, snacks, Open Gym, You Name It!

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Gymnastics leotards were designed and first created by a man: Jules Leotard, in 1859. He was looking for the perfect costume that would show off all aspects



of movement, including muscles.

NGTC hosts Birthday parties all week-end long! Saturday afternoon and Sunday are the most popular times!

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Conditioning is vital to a gymnast's health! Notice very few of our gymnasts are taped or have any kind of wrap or support....That is by design...and we are proud of the NGTC Conditioning Program we've designed to help prevent the most common injuries!

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The mural in the small gym was hand painted by a single artist, Brecca Taft. And, it is all freehand!

It is based on an actual area of Africa. All the animals, even the landscape and plants you see are native to that region!

Even the cave is real. But, who knows..

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## Saturday Classes / Mornings & Afternoons

Sometimes evening classes are too full or difficult to get to on a regular basis. We understand, and appreciate you're trying to fit gymnastics into your busy schedule. To help facilitate your needs, we'd like to remind you of some alternative classes on our schedule.

Saturday morning, beginning at 9am, we have a full offering of classes, taught by many of your favorite weekday & evening teachers and coaches!

Pre-School Gymnastics

Intro to Gymnastics

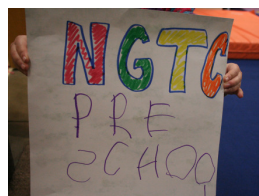
Intermediate Gymnastics

Call or email for availability and/or current class times as new classes are being added.

What are the benefits of Saturday's or weekdays?

It's quiet! Saturday's and weekday mornings, along with early afternoons offer a different feel to the gym. Fewer simultaneous classes mean more time on different apparatus and fewer distractions to your little gymnast!

And, many times we offer discounts for morning and / or Saturday classes. Keep your eyes open or ask the office for availability and any current specials.



Been to Open Gym? You're missing out!

20-50 kids per session fill NGTC Open Gyms (Parent's Night Out).

Every Friday night 7-10pm!

Bring your friends!



### Open Gym Prices:

Members and Non-Members

Pre-Registered \$11

Drop-In's \$15

NGTC Team Gymnasts \$8

Don't miss our new Wednesday Open Gym for our younger guests!

# Xcel Team...Forging a New Beginning

For many years, top clubs from around the region and country have pleaded our cases with USA Gymnastics (USAG) that we needed a way for gymnasts that wanted an alternative to Junior Olympics (JO) competition to stay active. Well, they finally listened.

2013 marked the first time USAG has endorsed and sponsored a competitive program that is not under the JO banner. This new program, Xcel, is the perfect blend of competition, excellent coaching, new high-level skills development, and value for the money.

"Think of it like Intramural Sports in College" stated Eric Stinson, Director of Gymnastics at NGTC. "Gymnasts train using the same equipment as the JO team. They learn routines, hold practices, and sharpen their skills and techniques just like JO. They even compete against other gyms and regions if they wish" added Stinson. The major difference is its a fraction of the cost."

While JO meets can range from \$125-200 per meet, Xcel meets fall almost entirely under \$90. The leotard, warm-ups and other team gear

Normally associated with JO teams, still applies, but at a much lower cost.

And, the commitment to the large number of hours of practice each week many times scares athletes away from gymnastics. Xcel is the answer for many of those athletes with 2-3 days of practice/week, and usually only 4-6 hours, rather than the 12-20 that can accompany JO athletes.

Tuition is less due to the fewer practice hours required. Meet fees are fewer and less per meet per USAG standards. And the routines are quite as

Regimented which means Xcel athletes can spend time learning new skills while still mastering old ones, and do so in the amount of time allotted.

The NGTC Xcel Team began practicing Summer 2013 in preparation for it's first competitive season. That season, which begins just one month from now, includes 3-meets and is headed by Coaches EJ Stinson and Tonja Anderson.

Eleven girls will compete this Spring for NGTC Xcel, making it one of the largest Xcel groups in the state! Good Luck Xcel!



## SUMMER CAMPS

Last year's camps sold out with over 45 campers! Be looking for early registration for our July & August Sessions!

## CART-WHEEL-A-THON

This has become an annual tradition! Ton's of fun, free food and Open Gym after as part of our Open House.

## OPEN HOUSE—May 17

Held every spring, our Open House is the NGTC way of saying thank you and welcome to our fabulous community.

## IN-HOUSE MEETS

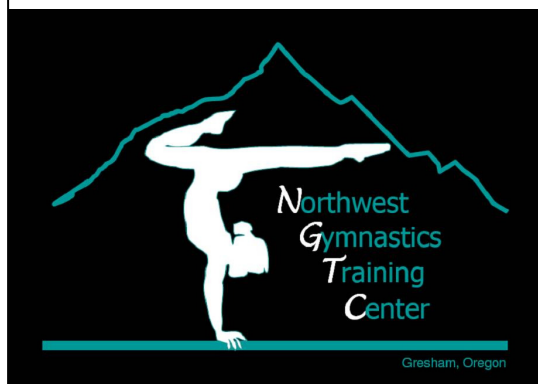
April 12— Pre-Team Meet  
May 17—Explosion Meet (Rec) incl. the Cart-Wheel-a-Thon



## Upcoming Events

### OUR MISSION:

NGTC Will Provide a Safe, Fun, Family Environment of Continual Self-Improvement for Members to Learn & Develop Healthy Habits, Goal Achievement, Competitive Spirit and Self-Confidence Through the Sport of Gymnastics.



Serious Training...Serious Fun



**Receive 20% off your next birthday bash at NGTC!**

*New bookings only for parties in January, February, March & April.*

**20% OFF ANY PARTY**

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