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NGTC NEWS

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CONGRATS US GYMNASTS!

NGTC would like to congratulate the American Woman's Gymnastics Team. The USA put together a FABULOUS group of women to bring home the TEAM GOLD! Great Job Gabby Douglas for her individual all-around



championship!

If you're wondering how they do those great skills, it all starts with pre-school age, then pre-team, compulsory teams (level 4, 5, 6), then optionals (levels 7,8,9,10, elite). Our coaches take great

care to teach the proper steps at every level to prepare them for the future. This keeps them safe and ensures they are strong and flexible enough to do the skills you will see some of our Optional Level gymnasts practicing!

Also, watch how the gymnasts prepare themselves for each event: mentally and physically. You'll see our coaches working with the gymnasts on the same things.



NGTC Compulsory Meets

September

15-16 NAAG Eugene

19-20 Gymnest Hillsboro

October

6-7 MAC Portland

20th Roach Gym Sumner WA

November

3rd Westside Tigard

10th Grace Gym Tacoma, WA

17-18 Sectionals Portland

December

1-2 STATE USGA

NGTC Is Growing...Please Help Us

Thanks to you, NGTC is growing rapidly. Help us keep NGTC safe for all by following some basic safety rules:

Important Safety Reminders

Spectators **MUST NOT** come onto the blue floor unless asked.

Athletes on equipment during his/her scheduled class time only.

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

We have two viewing areas for siblings and parents.

Please keep the stairs between gyms clear at all times. *Athletes and staff must be able to get through the doors safely.*

We understand the difficulty at times watching your child if they move into the other gym. However, please understand the need to keep the gymnasts safe. Please ask the coach prior to class which gym they will be in most of the time and drive/walk to that side to watch.

Thank you for your cooperation!

Invite your friends and share those gymnastics skills! Open gifts and eat cake! What could be more fun!

Birthdays Are a Blast at NGTC

Celebrate your next birthday with a bash at NGTC! Invite all your friends and have the place virtually to yourself for a couple hours of tumbling, leaping, springing and swinging on the equipment!



Serve your favorite cake, ice-cream, or whatever you wish. We take care of the set-up and we'll even take care of the clean-up.

Several different birthday party packages are available to choose from to fit almost any budget. Pick up a Birthday Brochure in the office today!

Give your friends a birthday party they will thank you for, for years and will never forget.

Contact us today to reserve your spot!



Other items of note:

Look for new classes this fall, including:

More Ballet Offerings

Saturday AM Classes

Masters Gymnastics Classes

Yoga...returns Fall 2012

Tumbling...for Cheer

Saturday Evening Open Gym

Drop & Shop

Look for new training aids and equipment coming soon!

NGTC Gymnasts Perform in Events

The Girls and Boys of NGTC recently showed their stuff in front of countless spectators. The events included several community celebrations: Corbett Days Parade, Wood Village Night Out, and the Sandy Family Fun Festival.

The Corbett Parade was the first for NGTC. The girls loved the beautiful day (although the route is long) as they tumbled, smiled and handed out more than 85 pounds of candy! WOW.

Wood Village Night Out was special for NGTC also. The 4th straight year NGTC has been a part, this year featured the gymnasts front and center, right next to the attack police dogs and Lifeflight helicopter! New for us, however, was our



15-minutes of main-stage demo time. The girls tumbled and showed their stuff as some of the other team girls performed their dance, taught by Coach Jessica.

The third, Sandy Family Fun Festival, was also a first for NGTC. An excellent, well-run event, Sandy welcomed NGTC with open arms and took a liking to the gymnastics demo!

NGTC was also in the annual Troutdale Parade. The gymnasts tumbled and leaped into the hearts of the spectators. Still to come this year is Fairview on the Green. If you've missed the other events, we encourage you to join us in late August for this fun event. Support the girls, watch some fun stuff, catch some great food and catch the wave!



Olympian/Champion Chellsie Memmel

Former Olympian and World All-Around Champion Chellsie Memmel visited NGTC June 29, 2012.

Her visit marked an opportunity for the NGTC community and the public at large to listen to Chellsie talk about her gymnastics accomplishments, goals, triumphs and tribulations. Time was made for her to answer questions from the 90-100 people in attendance, then she signed autographs and gave every visitor a chance to pose with her for a picture.

“What a fantastic opportunity for our gymnasts to meet a ‘real’ gymnastics legend” stated Head Coach and Co-Owner Danita Rigert. “She is a real inspiration to young gymnasts and people everywhere as she has overcome almost everything thrown at her to become one of most decorated gymnasts in U.S. history!”

Chellsie was in town to promote the upcoming Kellogg’s Tour of Gymnastics Champions. The Tour, slated for September 22, 2012 at the Rose Garden in Portland, is a chance for people to see most of the current Olympians, along with former champions like Chellsie, performing some of their old skills, along with some new ones in a fun, non-competitive

atmosphere.

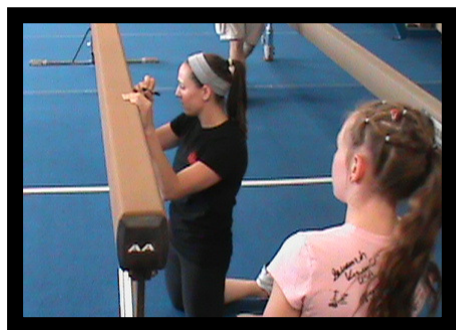
Chellsie is one of only three U.S. Gymnasts to ever win the World All-Around Championship, which she took in 2003. A member of the 2008 U.S. Olympic Team, Chellsie has had to overcome numerous injuries during her career, including one that kept her out of the 2004 Olympics. The fifth most decorated U.S. gymnast of all-time, it was a true honor that she chose NGTC to visit while in Portland for just that one short-day in June.

“We had to think on our feet to put that together so fast”, added Tina Stinson, the gym’s other Co-Owner and General Manager. “We got a call on June 21st, asking us if we would be willing to host her visit. By June 22, the visit was finalized and plans immediately began being drawn-up.”

Chellsie took time to visit with the office staff and coaches prior to being presented to the crowd of anxious gymnasts. A true champion in every sense, NGTC thanks USA Gymnastics and Chellsie for her graciousness and



June 29, 2012 at NGTC



Proper Nutrition: Garbage In...Garbage Out

So let's first admit it, most of us eat poorly, at least at times. And, no, we aren't exactly training for the Olympics ourselves, but as parents, and us as coaches, shouldn't we at least help our kids understand that what goes into our bodies really does matter?

With the Olympics Gymnastics over, many of us have spent hours watching those amazing athletes perform to near perfection. And wondering how they do that! Yes, practice and training is important, but much of that training has to do with what's going into their body. So what if we start giving ourselves, and our kids, a little better head-start by starting the life changing habit of improving our diets.

Please don't think you can, or even should, change everything you eat and drink, overnight. It rarely ever works and usually ends in some level of depression, regret & complete failure. Instead, let's start this new monthly

section off with one or two simple things we can start doing today.

First: JUST TAKE NOTE

That's right! Paying attention to what you actually put into your body is the first of the simple long-term nutrition improvement steps we suggest. By simply becoming aware of what you are eating and drinking, you are making a step that most people never do.

After a week of just plain basic awareness building, start to write things down. Again, you aren't looking to write a nutritional journal about yourself down to the last ounce, but just write down in a small notebook what you had for breakfast, lunch, dinner and the occasional snack. Be sure to date each new day because this is step two in the awareness phase. You'll be amazed, if you're like the rest of us, just what all you're scooping into your mouth.

Second: WATCH THE AFFECT

People try to diet all the time. While what we are suggesting here isn't dieting at all, it's simply improving the quality of food/drink that you put into your body. Now, to make this last, you need to convince yourself that it's the quality, not quantity, that affects how you feel after, how you perform, and even how you look.

So try it, eat some of the junk you've been eating (McDonald's, Wendy's, mmm French fries...) and see how you feel. How much energy did you have? Did you feel tired after?

Then pay attention to your body after, say, a turkey sandwich on wheat bread...or a salad. Perhaps fruit with some of your favorite granola. How do you feel now? More energy? More on this next month!



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Serious Training...Serious Fun

NGTC MISSION:

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

www.nwgymnasticstc.com

Mention this ad and receive 10% your next birthday bash at NGTC!

10% Discount

New bookings only.