



Gymnastics February 2012 News

The Olympic Rings - A Symbol



The Olympics are 4 months away and counting! June 2012 will be an incredible month in the gymnastics world! Once every four years the best athletes in the world assemble to participate in the Games.

The Olympic Rings symbolizes represent the five continents. The Olympic Games are known for its mission of peace and unifying nations and people.

This month in February we are incorporating team building activities such as contests and games that give students a chance to work together. These games consist of strength and skill activities that help build on our current gymnastics curriculum.

Westside Mini-Olympics 2012 June 9th and 10th

Don't forget Mini-Olympics charges are being posted on March 1st. Please email Kellie French at kfrench@westsideacademy.com if you will be unable to participate.

Questions or comments about a class or program?
Please feel free to contact Kellie French at 503-639-5388 or kfrench@westsideacademy.com.

Presentation—

Gymnasts are learning how to “present” and “finish” each skill this month. Presentation is an important element of gymnastics. The ability to present a skill or short routine with correct form teaches students to work toward an element of quality which will ultimately benefit them in many other areas of life.

February Gymnastics Schedule at Westside

2/20
*Presidents Day -
Regular Class Schedule*

Olympic Countdown

The 2012 Olympic
Games will be held
July 27th-
August 12 in
London, England.

In our monthly
newsletters we will
discuss an important
Olympic value or
symbol such as
excellence,
friendship and
respect.

2/20
*“Flip Like a Rock Star Gym-
nastics Camp” 8:30 to 11:30
am. Ages 3-14. Register at
503-639-5388.*

2/20
*“All Day Activity Camp” 7:30
am to 6:00 pm. Field trip
featuring “Art Ala Carte”.
Register at 503-639-5388.*

3/1
*“Mini-Olympics Fees Auto-
matically deducted with your
March EFT*

