

State Meet Placements

Level 4

Emily Briggs: 14th Bars, 3rd Beam, 13th AA
Kate Heiberger: 4th Beam
Summer Koons: 14th Floor
Ally Lewis: 14th Vault
Samantha Lewis: 9th Vault, 10th Floor
Rachel Lissner: 7th Bea
Alexis Losee: 5th Vault
Alyssa Richards: 5th Vault, 10th Beam
Adrienne Shaw: 3rd Beam, 11th AA
Samantha Snyder: 6th Bars, 5th Beam
Mackenzie Wander: 11th Vault
Cheyenne Yehle: 9th Beam, 10th AA

Level 5

Breann Barker: 9th Vault, 4th Beam
Makenna Petrusha: 1st Beam, 9th Floor
Haley Douglass: 9th Vault, 3rd Beam, 7th Floor, 5th AA
Danielle Roof: 10th Beam, 9th Floor
Emily Lundeen: 9th Vault, 4th Bars, 6th Floor
Sofi Henke: 5th Bars, 4th Beam
Kathryn Dolan: 4th Bars, 6th Beam, 9th Floor
Ali Dolan: 6th Vault, 6th Floor
River Wheaton: 5th Bars, 4th Beam, 5th Floor, 3rd AA
Rachel Dolan: 5th Vault, 6th Bars, 8th Beam

Level 6

Alison Rousseau: 6th Vault
Savanna Mowl: 5th Bars
Emma Montague: 12th Beam
Catherine Wilhelm: 10th Beam, 5th Floor

Level 7

Abbie Hoffman: 6th Vault, 7th Floor
Eryn Scannell: 8th Vault, 7th Bars, 7th Beam, 2nd Floor, 5th AA
Taylor Rush: 11th Beam
Savannah Coomer: 9th Vault, 4th Beam, 1st Floor, 9th AA

Level 8

Karina Brown: 5th Vault, 5th Floor
Taylor Higdon: 6th Vault
Kristin Dawson: 2nd Vault, 4th Bars, 1st Beam, 2nd AA
Stac Trent: 4th Vault, 7th Bars, 5th Beam, 7th Floor, 4th AA
Morgan Ryder: 7th Bars, 4th Beam, 5th Floor, 5th AA
Jessica Glitz: 7th Beam, 3rd Floor

Level 9

Tori Carlson: 3rd Beam, 4th Floor, 3rd AA

Boys

Elijah Eubanks: 1st Floor, 8th Pommel Horse, 9th Rings, 9th AA
Hashem Bakr: 9th Parallel Bars

Prep Op

Sam Ford: 6th Beam
Megan Howell: 8th Beam
Madison Waier: 1st Beam, 8th Floor, 5th AA
Anna Hoglin: 10th Vault, 3rd Bars, 1st Beam, 2nd Floor, 2nd AA

GBGC TEAM NEWS

BIRTHDAY BOX

| | |
|-----------------|------------------|
| Camryon S. 5/11 | Madeline L. 5/11 |
| Erin C. 5/2 | |
| Kate H. 5/31 | Megan L. 5/23 |
| Caleb R. 5/7 | |
| Molly L. 5/1 | Julia M. 5/27 |

Summer Training Groups

Summer is almost here! You should be receiving your gymnast's end of the year progress report shortly after their last meet of the season. As ALWAYS, please communicate directly with your child's coach with any questions or concerns. You will notice on your gymnast's report card their, "summer training group." As our team grows, levels often end up with too many

gymnasts for just one group. In order to give your gymnast as many training opportunities as possible, one level is often split into two groups. Many factors are considered when placing gymnasts into training groups. Number of years at a level, age, car pools, and personality are just a FEW of the factors considered by coaches when determining what group is best for each gymnast. The coaches put a great deal of time and effort

into group determination. Each group receives equal opportunities and one group is never considered "better" than the other. Each gymnast is placed into a group because it is the best fit for him/her as an individual. As always, the coaches always have each gymnast's best interest at heart!



GBGC'S Bryce Nichols Wins Shining Star Award

Bryce received the state of Michigan's, "Shining Star Award" at his 2011 State Meet. This award is given to a handful of young male gymnasts in the state who show great potential in the sport. Nominations are turned in by coaches and voted on by the state board. Congrats Bryce!

PARENT CORNER

Why Should We Stick With Gymnastics?

Works Cited: "Why Sports for Girls" by William Sands Ph.D.

The season is over and it is time for gymnasts and families to decide between sticking with it for at least another year or retiring. For some, the choice is obvious. For others, not so clear-cut. Below are some important facts to keep in mind. Remember that GBGC prides itself on teaching LIFE SKILLS through the sport of gymnastics! Often times parents may wonder, "Is it worth it?" Gymnastics is an incredibly demanding sport. However, the lessons your child will learn in the gym will provide them with an advantage in life. Gymnastics specifically offers so many character building opportunities as well as forcing athletes to face fear. It is a unique stage to learn invaluable life skills. Listed below are 5 reasons that may provide a different perspective to the, "Is it worth it" question.

1. "I will" in sports translates to "I can." Athletes learn that playing a position or learning a new skill requires practice and commitment. Athletes learn to believe that they can solve any problem, or meet any demand with practice and hard work.
2. Athletes learn to respect good performance, even when it comes from an opponent.
3. Athletes learn to respect and handle a hierarchical work structure, with is crucial for success in the modern workplace.
4. Errors in sports are expected when athletes try new things (particularly in the sport of gymnastics). The most important thing is not to make the same mistake twice. Athletes learn not to dwell on errors. Athletes are expected to practice to reduce errors and accept criticism for errors, but not take the criticism personally.
5. Successful athletes are skilled in practicing the illusion of confidence. It is important to show confidence and conceal weaknesses to opponents. Employees who are practiced at the illusion of confidence get to play the most important positions.

Gymnastics IS a demanding sport, but that is in part what makes it so special and unique. Gymnastics demands that young athletes learn important life skills such as goal setting, time management, team work, communication, commitment, and perseverance.... just to name a few!



Summer Training

Summer time in the gym means, "time to learn new skills!" Although there are no competitions during the summer months, summer is NOT an off-season for gymnasts! Often times, summer training proves to be the most IMPORTANT time of the year, as gymnasts are trying to master new skills that will determine what level they will compete the following season. Please make every effort to have strong attendance this summer. Of course we understand the importance of family time and vacations...the coaches need them as well ☺! If your gymnast will be gone for an extended vacation this summer, make sure that you speak with her coaches about the possibility of training at a gym once or twice while on your vacation. Remember that a GENERAL rule of thumb is that, "For every week missed, it takes the average gymnast about 3 weeks to get back to where they were prior to their break."

Did You Know?

TUMBLE-A-THON

Tumble-a-Thon 2011 was a HUGE success! We raised a total of \$7028.80, which is our best total ever!!! We are giving CMN at Hurley Hospital \$1000.00 MORE than last year! This will also help with having to buy so much equipment for our new gym! The new gym will feature new bar sets, new balance beams, new foam for the pits, a NEW FLOOR, and MUCH MUCH MORE! We are so proud and excited to offer such a state of the art training facility for your children.

We truly want to thank everyone who participated this year.

Although we expect every gymnast on pre-team and team to participate in our ONE annual fundraiser, it's important that you know we appreciate your help and dedication to improving our program. We heard of some very creative ways (like collecting cans) our gymnasts raised money this year without having to just ask for donations. Keep up the GREAT work!

TOP FUNDRAISERS

CHEYENNE YEHLE \$412.00

EMILY ZATELLI \$360

ABBIE AND BAILEY

HOFFMAN \$300.00

Tid-Bits

LEVEL 8/9/10 REGIONALS

Both of GBGC's level 10s and only level 9 qualified to the Region Championships this year. Megan Lamphere (10), Sarah Crosby (10) and Tori Carlson (9) all scored above 34.00 at state meet, earning them the honor of competing against the best level 9s and 10s from Michigan, Ohio, Indiana, Illinois and Kentucky.

Unfortunately, Sarah was unable to attend the Regional Championships. Megan and Tori traveled to Cleveland Ohio on April 16th and both had a great showing. Megan placed 10th on bars and Tori placed 8th all around. Tori earned the title of second alternate to the National Championships!

Level 8s Stac Trent, Taylor Higdon, Kristin Dawson, Karina Brown, Morgan Ryder and Jessica Glitz all qualified to the Level 8 Regional Championships in Lansing on April 30th. Kristin placed 3rd on

Vault, 7th on Beam, 10th All Around and 18th on Bars. Stac placed 6th on Floor and 10th on Vault. Jess placed 11th on Floor and Karina placed 11th on Floor. Nice showing girls!

WELCOME BABY LIV!

Coach Renee had a baby girl, Liv Renee Serges on Easter Sunday. She weighed 8 pounds 1 ounce and was 19 and a quarter inches long. Both Renee and Liv are doing well.

GO GRAND
BLANC
GYMNASTICS!!

