
KGA NEWS & KLUES

Fall 2008

Welcome to KGA News & Klues!

Got questions? Got comments? Want to "Ask Jack" a gymnastics question? Write us at gym@kauaigymnastics.com or kauaigymnastics@aol.com, or drop a note at the gym.

NEWS

How about Those Olympics!

We hope you enjoyed watching the Olympics as much as we did. For your (re)viewing enjoyment, we taped the gymnastics events and will be playing it on our gym VCR. ☺ If you'd like to watch a particular competition (men's or women's or team vs individual), let us know and we'll switch out the tapes. If we're tied up in teaching, look on the counter and swap 'em out! ☺

A New Team / Other Changes

We are starting a new team called "Mini Gymrats." It's by invitation only and it's considered a "pre-Iki" team. They will be working out on Wednesday afternoons, taking the place of the Intermediate/Advanced class that is currently taking that slot. We're inviting those kids to select from several options (we'll be talking to them individually). Also, Wave Flips (our Boys-Only class) is back and so is the Adult Class. ☺

Refer a Friend ... Get a Credit!

If your friend signs up ... you get a \$10 credit! Make sure they put your name on the Registration Form. ☺

Sally Splits

Your children can tell you about Sally ... our gym trick visualization "doll." We're happy to announce that we've just been awarded the exclusive distribution of Sally (her technical name is Visual Image Coaching Doll - VIC Doll) for the States of Hawaii and California. We'll be stocking both sizes: 12" and 24". The cost is a low \$15 and \$20 respectively. *Look ma ... no shipping!* ☺

The 12" ones come in several colors. We'll have them in stock in a few weeks. They are PERFECT Christmas or Hanukah gifts to help your kids "see" the tricks they do at home!

Welcome Home ...

Do you have a home for sale or are you planning on putting your home on the market? You'll want to talk to Kay about her home staging company: K&C Home Presentation Services. For a very low fee, she can help your home become a "**welcome home**" for another family. Call her cell: 634-8697 or email k4homeservices@aol.com.

KLUES

In every newsletter we provide a list of "Klues" to help your child have a successful experience in the gym. They are on the "address" side/page. PLEASE READ AND FOLLOW THE KLUES so your child can feel happy and successful in the gym! ☺

Dates/Deadlines for Discounts and Saving Spaces:

KGA offers the opportunity to save 10% IF you reregister a current student by the Early Registration Date (Sept 20th). HOWEVER, if you'd rather wait and pay at the first Fall Session class, no problem! But be SURE to let us know by September 20th that your child will be returning so we save their space. We will give up available spaces to Priority Two and New Students if you don't let us know.

Here are the important dates:

Priority One & Early Registration (10% off)	Saturday, Sept 20 th
Priority Two	Saturday, Sept 27 th
Open Registration Begins	Sunday, Sept 28 th
Last day of Current Session	Saturday, Oct 4 th
Session Break	Oct 5 th - 12 th
Fall Session Begins	Monday, Oct 13 th

Legend:

Priority One -- current students re-registering for their SAME class

Early Registration 10% Discount - you MUST re-register and pay in full - **For current students only**

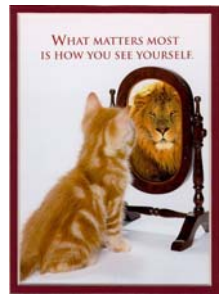
Priority Two -- siblings, returning students from a past session, students changing to a different class or adding a class

Open Registration - new students may sign up



FALL 2008 ISSUE OF "KGA News & Klues"

1536 Haleukana Street, #104
Lihue, HI 96766



KLUES

Tips for your child's success in the gym:

1. **Arrive on time** – warm-ups are an integral part of gymnastics. Moreover, even though we are excited to see each child no matter WHEN they arrive, many children feel VERY self-conscious walking into the class late. This affects their self-confidence in class.
2. **Come prepared** – for girls that means in a leotard (leo) and their hair tied up or back. For boys that means in a shirt that doesn't hang in their face when they are upside down and in shorts WITHOUT zippers, buttons, or belt-loops. Cheerleaders wear shirt/shorts.
3. **Encourage your gymnast to talk to the Coaches when they don't understand something** – This is especially important for the more advanced gymnasts. We need to know when we haven't been clear enough in our instructions. We've found that often the kids will just stare at us or will shake their head in assent when we ask them if they
4. **Don't coach from the sidelines** – leave the coaching to the coaches. The kids need to know who to listen to and it needs to be us. There are times when a mom or dad comes in with a Tot because they were too shy to come in by themselves. Please encourage them to listen to us and let us help them with their gymnastics. Once warm-ups are done, you will probably be able to quietly move back to the chairs.
5. **Remind your child to stay with their group/coach** – Some kids want to keep running out of the gym to get a hug or drink or whatever. Before class, prompt them to stay with their coach and to ask if they need a drink or to use the restroom. We'll let them if they ask. ☺

Clip and Save ✂ **IMPORTANT DEADLINES/DATES:**

Priority One AND Early Registration (10% off)	Saturday, Sept 20 th
Priority Two	Saturday, Sept 27 th
Open Registration Begins	Sunday, Sept 28 th
Last day of Early Fall Session	Saturday, Oct 4 th
Session Break	Oct 5 th – 12 th
Fall Session Begins	Monday, Oct 13 th

PHONE NUMBERS:

Gym – 808-245-8863
Kay's Cell ph – 808-634-8697
Fax # – 808-822-7937
gym@kauaigymnastics.com
kauaigymnastics@aol.com
(use either)

www.kauaigymnastics.com

You can always find our schedule, the calendar, updates on the website ... day or night! Put us in your Favorites!