



The Byers' Buzz



May 2012

Memorial Day



Remember Our Fallen Soldiers

Gymnastics at Home Part Two

So what should gymnasts practice outside of the gym?

Flexibility is always a great choice.

Splits, closed pike, shoulder stretches, any of the solo static stretches they do in the gym can safely be done at home (and will help kids significantly in the gym.)

Simple strength work can also be safely done at home (within reason – we don't want kids to show up to practice already sore and worn out from at-home strength work.) Handstands can be practiced at

home as long as the gymnast has developed proficiency at the skill in the gym, and as long as there is enough room to avoid running in to any furniture – just remember that the goal is not to hold at all costs, but to hit the straightest possible body line. One great drill that is to some extent self-correcting is handstands with the stomach against the wall. In this drill, the gymnast should strive to get their hands as close to the wall as possible without falling (this is effective at reinforcing a straight body line).

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Congratulations Regional Champions

Girls

Carly Pratt: Level 8 Senior Vault and All Around Champion

Savannah Kooyman: Level 9 Junior Uneven Bars and Floor Ex. Champion

Boys

Brandon Nguyen: Level 6, 8-9 Years Rings Champion

Isaac Hammett: Level 7, 12-18 Years All Around Champion

Brandon Ngai: Level 9, 12-13 Years Pommel Horse Champion

Tanner Dowell: Level 10, 16-18 Years Parallel Bars Champion

Good Luck

To the following National Qualifiers

Hannah Takekawa, Hannabeth Magnussen, Jessica Edger, Kimberly Yee, Melanie Francisco, Natalie Mills, Savannah Kooyman, Shasta Ayala, Brandon Ngai, Christian Kalustian, Darrel Yamamura and Nick Gleghorn

Go Byers!

Byers Gym Calendar

May 3-6 Girls Level 9 Western National Championships at the Century Link Arena In Boise Idaho

May 5th Western Festival Parade (Time Approximate 9:00 to Noon)

May 5th Men's Visa National Championships Qualifier at the Olympic Training Center in Colorado Springs Colorado

May 9-13 Boys Level 9-10 National Championships at the Duke Energy Convention Center in Cincinnati Ohio

May 12th Open Gym 12:30 to 2:00

May 19th Open Gym 12:30 to 2:00

May 26th Parents Night Out 5:00 to 10:00

May 28th Memorial Day Gym Closed

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Another good challenge is for the gymnast to see how high on the wall they can touch their feet in a handstand (this is effective at reinforcing good extension through the entire body). More advanced gymnasts can also practice press handstands. Competitive-level gymnasts sometimes get at-home equipment, such as floor beams for girls or mushrooms for boys. This is not necessary, but I don't see any reason to discourage it, as long as the gymnasts stick only to simple and basic skills which they have already perfected at the gym.



Byers Team

2012 Medal Count

As of April 1st

Boys:	Gold	Silver	Bronze
	200	142	153
Girls:	Gold	Silver	Bronze
	127	90	98

**You deserve a night on the town
and we will do the baby sitting.**

Parents Night Out

May 26th

5:00pm to 10:00pm

- ✓ Ages 4 years old and up
- ✓ \$35.00 non members
- ✓ \$30.00 members
- ✓ \$5.00 sibling discount
- ✓ Includes Pizza, Games, and Fun!!!
- ✓ Space is limited, sign-up at front desk

**all non-gym-members must have a signed wavier to participate*

Enjoy the gym without the structures of class

Open Gym

Saturday May 12th

Saturday May 19th

12:30pm to 2:00pm

All Byers members 5 years old and up

Members \$20, Non Members \$25,

\$5 off sibling discount

Look for the \$10.00 off coupon that is emailed to you about one week before each Open Gym.

To receive the email, your current email address must be registered with the front desk.