



National Gymnastics Day 2009

USA Gymnastics and clubs across the United States celebrated National Gymnastics Day on September 12.

Many clubs submitted photos and descriptions of their events, and it has been wonderful to see the variety of activities that took place! If you haven't already sent in your pictures and details, please do so, and we will feature your club on our website and/or in our magazines! Submit to clubservices@usa-gymnastics.org. Everyone who has taken part in the fundraising initiative for the Children's Miracle Network has done a great job and the level of creativity has been impressive! Read on to see how a few clubs celebrated National Gymnastics Day.



Phantom Gymnastics, Hampstead, New Hampshire **Club Owner: Catherine Lowell**

"Phantom Gymnastics of Hampstead, N.H., celebrated National Gymnastics Day with a free open house to the public. More than 300 people attended and were introduced to gymnastics with games, activities, bouncing and swinging. Parents were invited into the gym to watch their children experience the fun and watch our team exhibitions throughout the afternoon. The event was a huge success. All participants left with prizes and National Gymnastics Day ribbons!"



American Powerhouse Trampoline & Tumbling, Rocklin, California **Club Owner: Susan Jacobson**

"American Powerhouse T&T headed to the Westfield Galleria at Roseville for National Gymnastics Day to help promote gymnastics and Trampoline and Tumbling. We set up a little fitness challenge course with a beam, springboard, mat, and bar and had more than 275 kids take the Fitness Challenge. Our girls' team performed on Saturday and our Trampoline and Tumbling Team performed high flying feats soaring above the second floor both days. Many times there were crowds of more than 100 people watching."

City of Tampa Parks and Recreation, Tampa, Florida **Club Owner: Patti Gross**

"This year we held our first in-house competition on National Gymnastics Day and the girls had a great time with our country theme. Instead of medals or ribbons, each athlete was given a special prize from the judges for each of the four events. Keeping with the theme, each competitor received a cow girl hat, a bandana patterned grip bag, bubbles (just for fun) and a ribbon uniting the two centers as one.

We had a rootin' tootin' good time!"



Jewart's School of Gymnastics, Wildwood, Pennsylvania **Club Owner: Elaine Jewart**

"We decided to participate in the National Service Day in honor of National Gymnastics Day. We planted four trees, cleaned trash in the Hampton Nature Reserve, sent beautiful handcrafted letters to our troops, entertained Somali children, and made the elderly smile with wonderful performances at Fosnight and Vincenzian Nursing Homes. Awesome job Northstars!"

World of Gymnastics, Woodstock, Georgia **Club Owner: Laura B. Mikszan**

Champion Tumbling & Cheer, located in Ada, Okla., hosted the Tyson Fitness Challenge in their community. The Challenge featured a two hour clinic focused on physical fitness and nutrition, with kids participating in several different stations. Each fitness station was run by three or four Oklahoma University Women's Gymnastics Team members (Big 12 Champs two years in a row...going for their third next season). The kids were challenged to push ups, pull ups, relay races, obstacle courses, and balancing skills. Local businesses donated door prizes. Four Oklahoma University Football Tickets were among the most coveted of the prizes. To promote the importance of nutrition, a local Registered Nutritionist brought flyers, pamphlets, recipes and more to hand out to all the kids. A highlight of the event was Oklahoma University Women's Gymnastics Head Coach K.J. Kindler's speech to the kids on the significance of nutrition. Later, the kids were entertained watching the experienced team do tumbling passes. Forty kids completed the challenge and received their certificate. Champion Tumbling & Cheer raised a total of \$465.00 for the Children's Miracle Network. The club and community look forward to next year and is ready to step up their fundraising efforts to help more local children in need. ✂