

Klahhane Gymnastics News



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Important Dates

Sept. 7
First day of fall classes

Sept. 18
National Gymnastics Day

Oct. 3
Team Intra-squad meet

Oct. 9
Level 4 @ Candy Corn
meet & clinic
Newport HS Bellevue

Oct. 24
Rec Optional meet @
Metropolitan - Tukwilla

Nov. 1
Raffle Drawing
7:30pm

Nov. 6
Level 4 meet @ Eastside
Woodinville

Nov. 13
Level 4 meet
@ Ally Oop - Olympia

Nov. 14
Rec Optional meet
@ Ally Oop - Olympia

Nov. 20-21
Level 4 Sectionals
Sky Valley – Monroe

Nov. 24-28
Thanksgiving Break
No Pre-School or
Recreational classes.

Dec. 4-5
Level 4 @ Fall State
Sammamish HS Bellevue

Dec. 17
Level 7 @ Holiday
Express Meet & Clinic
Metropolitan - Tukwilla

Dec. 20 – Jan 2
Winter Break
No pre-School or
Recreational Classes

WELCOME BACK

Our school year schedule of classes begins Tuesday Sept. 7th. We are again offering Parent/Child, Pre-School and Recreational Gymnastics classes, trampoline and tumbling and Girls Competitive Teams including the Recreational Optional Team which has been reactivated this year. Our current schedule of classes is available in the office and on the website. Please note that we are scheduling specific make-up classes this year on Friday and Saturday. We will not be doing make-ups in other regularly scheduled classes. Remember to schedule your fall Birthday Parties early!

Pre-School Corner

For many pre-schoolers gymnastics is their very first experience in a structured activity. Here are a few suggestions to make the first classes easier.

Time your arrival. Arrive in time to help your child put away clothes and shoes in the upstairs cubbies and use the rest room before class. However, kids arriving too early get restless waiting for class. 5-10 minutes is about right. Coaches meet classes at the top of the stairs and return them there at the end of class. Some kids do better if you leave after class starts. It's your choice to stay or leave, but please tell your child in what you will be doing.

Little girls should have hair in a ponytail or braids with no hair hanging in the face before class starts. This is a big safety issue that needs to become a habit right away. Please save leotards with skirts for ballet. In the gym skirts make spotting difficult and may catch on the equipment. Remember a water bottle with water only. Flip top bottles with a built in straw are best for this age group.

It's normal for kids to take a few weeks to adjust to the class routine. Instructors are used to this, so let them handle any issues unless they ask for your help.

It's a Changing Room, not a Playhouse!

Some of our students come to class directly from school. We have attempted to provide a place for them to change upstairs to relieve congestion in the rest rooms. Last year children often used them as "playhouses" which caused falling curtains and other issues leading to the eventual closure of one room. The remaining changing room is not intended to be used as a play area. Please keep children in sight at all times and encourage and help them to put away toys and books and put trash in the garbage before you leave.

Parking Reminder

Please remember not to park on Acorn Lane or in the Am San lot before 5:30pm. Tucks return and make deliveries until closing. They need the turning space. There is lighted overflow parking at the north end of our building. For their personal please supervise kids in the parking lot at all times.

Gymnastics Traditions

Gymnastics is a sport of many traditions. High on the list of expectations for gymnasts are manners, courtesy, and respect. Please and thank you are a given. From youngest to oldest we will ask them to address coaches similar to the way they address teachers at school by adding a prefix in front of their first name. (example: "Miss Susan", "Coach Alice" not "Mary") If you refer to their teacher that way when talking to your child it will reinforce this concept. Hair is a tradition rooted in safety. All hair up and out of the face before class starts please!

Team Fundraising Raffle

Our competitive teams are holding a raffle to help offset their competition expenses. First prize is 8 days/7 nights at Bay Club condominium in Waikoloa Hawaii (accommodations only) Second prize: Standard Birthday Party Package at Klahhane Gymnastics Gym; Third prize: A Klahhane Gymnastics Sports Bag. Tickets are \$25 and are available in the office or from team parents. Only 200 tickets will be sold. The drawing will be held at the gym on Nov. 1 at 7:30pm. (Team parents check out your tickets in the office and sign up to help with Saturday sales!)