

November Newsletter

From: Gymcats Gymnastics (utahgymcats@gmail.com)

To: andrea.nelson12@yahoo.com

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Happy Thanksgiving Month Everyone! We hope you all had a wonderful Halloween.

In the spirit of Thanksgiving, we want to say thank you to all who participated in our dress up week. Both coaches and children were awesome. We also want to thank all of those who came to our post Halloween Parent's Night Out. It was a huge success and lots of fun. In order to show our gratitude to each of our families we are offering a special referral credit this month. **Refer a friend who signs up for classes and receive a \$20 referral credit** on your account that you can use for anything you want. Here is what's coming up this month.

Calendar

- Tuesday, Nov 12th 6:45-8pm Flip Flop Shop Back Handspring Clinic
- Nov 9th Team Intrasquad
- Nov 15th December charges
- Nov 28th, 29th and 30th Closed for Thanksgiving
- Preschool Open Gym is every Friday from 12-1:15pm
- Every Friday 4:30-6:30pm and 7:30-9:30pm is Open Gym

- Every Friday from 5:30-10pm is Parent's Night Out

Gymcats Thankful Tree

We are grateful for all of you and for your children and their dedication to learning new things. We want to encourage everyone to think about what they are grateful for this year so we are going to be placing a **Thankful Tree** in the gym lobby with leaves your child can fill out with something they are thankful for and add it to our tree.

Coach Spotlight



Once upon a time...in the far away land of Nebraska, a coach named Renee Fry was born. She did Gymnastics as a child, and went on to compete in 7th grade on the beam. In high school she transitioned to cheer and then took Gymnastics and stage tumbling in college.

She has been coaching since July 2018 and loves it. Renee is not new to teaching children though, she has spent many years teaching her four children as a home school mom and co-op participant. Teaching comes naturally to her. She has a BA in Theatre Arts with a minor in Family Science and one course from a minor in Ballroom.

She enjoys all things theatre, including backstage and tech as well as ballroom dancing. Currently, she is on a ballroom dance performance team out of Pleasant Grove.

When Renee is not at the gym working on new skills or coaching your children, She spends her time parenting, reading, at the theatre, or out dancing. Renee says, "Luckily for me, my kids also share these activities. We regularly dance together in our living room."

Some of you may have noticed that Renee has a shaved head. She used to have long beautiful hair but when her best friend got cancer she wanted to show her support and shaved her head so that when her friend started to lose her hair from Chemo she would feel Renee's support. We have all enjoyed Renee's fun bandannas and the regular reminder of what a friend is.

Thank you Renee for your dedication to your students and for the work that you put into making your classes so fun and effective. Also, congratulate Renee when you see her on WINNING THE COACH COSTUME CONTEST.

Theme Weeks

This week is **evaluation week**, you may see your child's coach filling out the evaluations on their phones. You should be able to view these on your app or parent portal. Use this

opportunity to see what your child needs to work on at home. Please let us know if you have any questions or concerns about these evaluations.

The 11th through 23rd is **Flight Week**. We will be focusing on jumps and flips and other kinds of flights.

The 25th-December 7th is **Dance week**. Dance is an important element in gymnastics that people sometimes forget about. Your child can work on jumps, splits and leaps at home

Gymcats Gymnastics | 3300 W Pilgrims Loop Rd
801-331-8643 | www.gymcatspoint.com | utahgymcats@gmail.com



Gymcats Gymnastics | 3300 W Pilgrims Loop Rd, Lehi, UT 84043

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