

FEBRUARY '11 TEAM NEWSLETTER

MEET SCHEDULE UPDATE

Sun. Feb. 6	***ALL LEVELS	Groundhog Inv.	All Stars, Windsor	Levels 5,6,7 Prep Op
	LEVEL 5		8:15am Stretch 9:00am March In	
	LEVEL 6,7, Prep Op		12:45pm Stretch 1:45am March In	
Sun. Feb. 27	Next Dimension	Trumbull	Level 7 ONLY	TBA
Sun. Mar. 6	Deary's	<u>RESCHEDULED TO MARCH 20TH</u>		
Sun. Mar. 13	Dunne's	Hebron	Levels 4,5,6,7, Prep Op	TBA
Sun. Mar. 20	TNT	Guilford	Levels 4,5,6,7, Prep Op	TBA

LEVEL 4,5,6 AND PREP OP SPRING ASSESSMENTS FEES DUE FEB. 15TH

All team members competing in the Spring Season (March -June) are required to pay the \$125.00 spring assessment fee.

FEBRUARY VACATION TEAM PRACTICE SCHEDULE

- **MONDAY FEB. 21ST - TEAM WORK-OUT** is as follows:
 - Tiny Tumbler / Pre Team / Level 4 4:00-6:00pm
 - Level 5,6,7 and Prep Op INT, ADV 5:00-8:00pm
- **TUESDAY. FEB. 22ND - BACK HANDSPRING/BACK TUCK CLINIC and OPEN WORKOUT**
 - BACK HANDSPRING/BACK TUCK CLINIC -**
5:00-6:00PM \$10.00 SIGN UP IN OFFICE BY 2/19
 - OPEN WORK OUT -**
6:00-7:30PM \$15.00 SIGN UP IN OFFICE BY 2/19
- **WEDNESDAY Feb. 23RD TEAM OPEN WORK OUT**
 - 10:00am - 12:00pm ALL LEVELS
- **THURSDAY FEB. 24TH TEAM WORK OUT** is as follows:
 - REGULARLY SCHEDULED PRACTICE 3:30-6:00PM
 - T.I.P. TOP REGULARLY SCHEDULED PRACTICE 4:15-6:15PM
 - PREP OP NOVICE ONLY -- 5:00-7:00PM
- **FRIDAY FEB. 25TH AND SATURDAY FEB, 26TH GU IS CLOSED!!**

****PLEASE SIGN UP ON THE CLIP BOARD IF YOU ARE PLANNING ON ATTENDING ANY OF THE VACATION PRACTICES.**** THANKS ☺☺

INCLEMENT WEATHER CLOSINGS: With winter in full swing, GU may have to delay or cancel practice or classes due to weather conditions. Before venturing out, please call 584-2644. Our voice mailbox will pick-up and will contain the updated info regarding practice / class delays or cancellations. You may also go to www.wfsb.com, or www.gymnasticsunlimitedct.com or check us out on Facebook - Gu Gym

THURS. **FEB. 24TH GU TEAM FAMILY NIGHT at JUMP-N-JAMMIN 6:30PM-8:00PM**

Where: Jump-N-Jammin Pine St. Plaza Bristol. 860-582-JUMP
Who: All GU Team Members and their family.
Cost: FREE

- Please wear gym type clothing, sweat pants or gym shorts, t-shirt and **SOCKS ARE MUST**
- There are snacks, drinks and ice cream for sale.

Please sign up on clip board if you will be attending GU Team Family Night!

PRIVATES – DURING FEBRUARY VACATION.

Please book privates with individual coach.
\$30.00 ½ hour, \$40.00 45 min., \$50.00 1 hour

**NO SHOW – you are responsible for payment to the coach you scheduled your private with. If you must cancel, please call within 24hrs.
Thanks ☺

GU TEAM PICTURES – MON. MAR. 21ST

Fredrick West Photography will be here on Monday March 21st to take our 2010-2011 Team Pictures.

- 3:45pm T.I.P. TOP, Pre Team, L-4 Individual Pictures
- 5:00pm T.I.P. TOP, Pre Team, L-4 Group Pictures
- 5:30 ALL TEAM LEVELS Group Pictures
- 5:45pm Level 5,6,7, PREP OP Individual Pictures
- 6:15pm Level 5,6,7, PRRP OP Group Pictures

GU TEAM TANK LEOTARD ORDERS – All new T.I.P. TOP TEAM MEMBERS are required to order a GU Team Leotard, any other GU Team member who would like to order a GU team tank leotard, you may also order at this time. The leotards are \$58.00.

Orders will be place on Feb. 10th. Orders are needed by Feb. 5th. If your order is not received by Feb. 5th, your order **will not** be place. Please use the chart below to properly size your daughter. Leotards are customized and are not exchangeable / returnable. **PLEASE USE THE CHART BELOW TO DETERMINE THE CORRECT SIZE. FILL OUT THE FORM BELOW AND RETURN TO NICKIE WITH PAYMENT BY FRI. FEB. 5TH.**

Select the row of measurements that best represents your size. If all your measurements do not fall within the same row, use the row that best represents your largest measurements. **Please note: the torso measurement is the most important measurement followed by the chest and hip measurements; the least important measurement is the waist.**

Girl's/Women's Size Chart-Gymnastics(inches)						
Chest	Waist	Hip	Torso	Inseam	Sleek Fit	Growing Room
17-19	18-19	19-21	37-39	---	TD	CXS
20-22	19-21	22-24	40-42	20	CXS	CS
23-26	21-22	25-27	43-45	22	CS	CM
26-29	22-23	28-29	46-48	24	CM	CL
29-31	23-25	30-31	49-51	26	CL	AXS
32-34	23-25	32-34	52-54	28	AXS	AS
33-35	25-26	33-35	55-56	29	AS	AM
35-36	26-27	35-36	57-59	30	AM	AL
36-37	28-29	37-38	60-62	31	AL	AXL
37-39	29-30	39-40	63-65	32	AXL	---
39-42	30-33	40-43	65-67	33	2XL	---
41-44	32-35	42-45	67-69	34	3XL	---
43-46	34-37	44-46	69-71	35	4XL	---

NAME _____ LEVEL _____ SIZE _____

UP COMING EVENTS:

- | | | | |
|------------------|----------------|---|--------------------------------|
| • MAR. 6 | DEARY'S | RESCHEDULED TO MARCH 20TH | |
| • MAR. 13 | DUNNE'S | HEBRON | LEVELS 4,5,6,7, |
| PREP OP | TBA | | |
| • MAR. 20 | TNT | GUILFORD | LEVELS 4,5,6,7, PREP OP |
| TBA | | | |

QUESTIONS? CALL ME ANYTIME WITH ANY QUESTIONS @ 584-2644 NICKIE
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REMINDERS

PARENTS ARE ASKED TO WAIT OUT IN THE LOBBY UNTIL PRACTICE IS FINISHED.

PARENTS PLEASE REMEMBER TO CHECK YOUR TEAM FOLDER ON A WEEKLY BASIS.

PLEASE UPDATE ANY NEW INFORMATION BELOW and GIVE TO NICKIE THANKS

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**TEAM INFORMATION UPDATE. PLEASE UPDATE ANY INFORMATION
THANKS**

Name: _____

Address: _____

Home E-Mail _____

Work E-Mail _____

All team newsletters, memos, gym closings, meet updates, and anything team related is e-mailed. Please make sure I have all your correct e-mails.