

August is Balance Month

Having completed a successful "Rolling Month" during July, we are moving onto another extremely important aspect of gymnastics...Balance! It is essential for all gymnasts to continually work to improve their balance and body control. During the month of August, all recreational classes will spend some extra time working on drills and skills that focus on balance. Whether your child has been doing gymnastics for one month or is a seasoned gymnast with years of experience, balance training is so important and will in turn, have a positive effect on the overall progress of your child. During the month of August, students can expect to work on some of the following drills and skills: Mountain tripods, Tripods, Headstands, Elbows stands & Chest stands, Handstands (various positions), Scales (Y-scale, Ring, etc.). Balance training not only helps students perform static holds, such as the ones listed above, it helps to improve core strength. Encourage your kids to practice and show you the balance skills at home that they have been learning in class! Practice makes Perfect!



Team Update

World Championships

In early July, ATA's elite athletes showed their patriotism "acro style" at the Acrobatic Gymnastics World Age Group Championships in Paris, France. ATA's men's pair, Bryan Allen and Brennan Atsatt performed solid routines earning them a silver medal in the 13-19 age group division, narrowly missing the top slot to the Russians. Also showing strong performances were women's group: Kaitlyn Kennedy, Shannon Kennedy and Kendall Tarvin and women's pair: Madeline Bones and Samantha Servellon.



Team Update continued...

National Championships The 2014 Acrobatic Gymnastics National Championships concluded mid July in Louisville, KY. Elite competition resulted in 5 gold medal and 7 silver medal performances by elite men's pair, Bryan Allen and Brennan Atsatt, elite women's groups Shannon & Kaitlyn Kennedy and Kendall Tarvin and Neena Deshpande, Mikaela Fincannon and Hannah Pack and elite women's pair, Samantha Servellon and Madeline Bones. This year, for the first time, Acrobatic Gymnastics, Rhythmic Gymnastics and Tramp and Tumbling joined forces to compete together in one spectacular event! All told, Team ATA brought home a total of 21 medals!

Amazing Animals



During the weeks of August 18th through August 30th, all Intro Tumblers (3-6 yrs) will take a walk on the wild side as they tumble into the world of Animals! All Amazing Animal activities will follow ATA's curriculum. Students will learn the following song and sing during circle time. Sung to the tune of "The Wheels on the Bus"

The wings on the bird go up and down, Up and down, Up and down. The wings on the bird go up and down, Go birdie Go

The hooves on the horse go clop, clop, clop, Clop, clop, clop, Clop, clop, clop. The hooves on the horse go clop, clop, clop, Go horsie Go

The cute little bunny goes hop, hop, hop, Hop, hop, hop Hop, hop, hop. The cute little bunny goes hop, hop, hop Go bunny Go

Sing at home with your child!

Back 2 School Sleepover

Bring your sleeping bag to an unforgettable night of organized games, relays, obstacle courses, supervised free play and more...Space is limited, sign up today! *ATA will provide dinner as well as a breakfast snack.

When: Aug. 9th **Time:** 7:30pm—8:00am **Ages:** 6-12 yrs

Cost: \$45 ATA students

\$50 non enrolled students

