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THE TUMBLE TIMES

www.gmskids.com

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Did You Know?

At the 2006 World Gymnastics Championship, Italy captured its first all-around title when Vanessa Ferrari took the gold.

Alpha, Beta Graduation To Be Held In February

Another graduation for Alphas and Betas will be held in February.

Children will be assessed by their instructors to see if they are ready to move up a level.

Graduating gymnasts will be sent a notice of graduation, which will need to be filled out and returned to the office.

***GMS's next home meet is Feb. 10 and 11.**

****Please, check out the website for picture updates.**

GMS Gymnast Featured In Local Newspaper

A team gymnast was featured in the "winter sports preview" of the *Manassas Journal Messenger*, Wed., Dec. 6.

Erin Turner, a Level 8 gymnast, was the focus of an article about high school gymnastics. A freshman at Battlefield High School, Turner stated that her favorite event is floor, because that is her "moment to shine."

Battlefield coach Chevonne White knows that Turner will have the focus of all the judges and present herself well.

Good luck to the Battlefield team.

Caring For Shin Splints During Workouts And At Home

A well-structured plan to deal with shin splints could lessen the occurrence of them and alleviate the symptoms of ailing shins.

According to medicinenet.com, shin splints are inflammation due to an injury to the tendon and the adjacent tissues to the front of the outer leg.

To prevent shin splints flexibility and strength must be acquired. Flexibility stretches should be done at the beginning and end of workout. Do three minutes of ankle board, one minute of ankle board with bent knees and one minute of sitting on knees, rocking backward.

To build strength, these exercises should be completed after a workout, three or four times a week. Complete 50 ankle circles in both directions, three sets of 20 toes lifts, three sets of 20 toe rises, 50 toe curls and 50 ankle tilts.

For gymnasts who already have shin splints, shins should be iced before and after a workout if they're sore. Gymnasts should pay extra attention to stretching out feet and ankles. Finally, they should do an extra 20 toe raises at the beginning and end of workout, except when shins are sore prior to workout.

How Athletes Can Get A Better Night's Sleep

- Avoid stimulants before bed.
- Do not eat food two to three hours before bed.
- Exercise daily.
- Avoid stress before bed.
- Make your bedroom off limits to anything but sleep.
- Make your bed, linens and pillows as comfortable as possible.
- Keep a steady sleep schedule.



**VAUSAG Multi-Level
Sectional #1 Results**

Level 6

Ages 7-9

Vault

3. Noa Caperton

Uneven Bars

2. Noa Caperton

3. Lauren Golden

Balance Beam

1. Lauren Golden

2. Lindsey Klein

Floor Exercise

1. Lauren Golden

All Around

1. Lauren Golden

2. Noa Caperton

3. Lindsey Klein

Age 11

Bars

3. Emma Nowak

All Around

3. Emma Nowak

4th Place Team Finish

Level 7

Ages 8-10

Vault

2. Kalia Batistas

Uneven Bars

2. Kalia Batistas

Floor Exercise

1. Kalia Batistas

3. Leah Turner

All Around

1. Kalia Batistas

Age 11

Vault

3. Megan Klein

Uneven Bars

1. Megan Klein

Floor Exercise

3. Megan Klein

All Around

2. Megan Klein

Ages 13+

Uneven Bars

1. Tandece Mazloum

Balance Beam

3. Abby Smith

6th Place Team Finish

Level 8

Age 12

Vault

2. Kelly McKay

Balance Beam

1. Kelly McKay

All Around

3. Kelly McKay

Ages 14+

Vault

1. Erin Turner

Uneven Bars

1. Sara Mogavero

Balance Beam

1. Erin Turner

Floor Exercise

1. Erin Turner

3. Sara Mogavero

All Around

1. Erin Turner

2. Sara Mogavero

21st Place Team Finish

GMS Meet Results

Recreational Scores

Ages 6-8

Vault

1. Cameron Hall

2. Sydney Wrighte

3. Morgan Stakel

Uneven Bars

1. Jackie Herbein

2. Morgan Stakel

3. Cameron Hall

Balance Beam

1. Jackie Herbein

2. Olivia Marquis

3. Cameron Hall

Floor Exercise

1. Sydney Wrighte

2. Cameron Hall

3. Jackie Herbein

All Around

1. Cameron Hall

2. Jackie Herbein

3. Sydney Wrighte

Ages 7-8

Vault

1. Claire Belcher

3. Kayla Dotson

Uneven Bars

1. Nicole Yemen

2. Kylee Epperson

3. Kayla Dotson

Balance Beam

1. Marion Richard

2. Kylee Epperson

3. Nicole Yemen

Floor Exercise

1. Kylee Epperson

2. Nicole Yemen

3. Jessica Hall

All Around

1. Nicole Yemen

2. Kylee Epperson

3. Kayla Dotson

Age 9

Vault

3. Taylor Nirich

Uneven Bars

2. Taylor Nirich

Balance Beam

1. Julia Wease

2. Julia Harris

Floor Exercise

1. Julia Harris

2. Julia Wease

All Around

1. Taylor Nirich

Age 10

Vault

1. Kendra Thornton

Uneven Bars

1. Kendra Thornton

Balance Beam

2. Kendra Thornton

3. Danielle Hornbaker

Floor Exercise

1. Danielle Hornbaker

All Around

1. Kendra Thornton

Age 12

Vault

2. Jamie Weaver

Uneven Bars

1. Jamie Weaver

Balance Beam

2. Jamie Weaver

Floor Exercise

1. Jamie Weaver

All Around

2. Jamie Weaver

Level 4

Ages 6-8

Uneven Bars

1. Sabrina Hostetter

All Around

2. Sabrina Hostetter

Ages 9-11

Floor Exercise

1. Isabella Land

3. Abigail Whitacre

Ages 12 & up

Vault

1. June Mumo

Uneven Bars

2. June Mumo

Balance Beam

1. June Mumo

Floor Exercise

1. June Mumo

All Around

1. June Mumo

Level 5

Ages 10-11

Vault

3. Shelby Blanton

Level 6

Ages 8-11

Vault

1. Lauren Golden

2. Noa Caperton

3. Ciara Hunter

Uneven Bars

1. Noa Caperton

2. Lauren Golden

Balance Beam

1. Lauren Golden

2. Lindsay Klein

Floor Exercise

2. Lauren Golden

3. Noa Caperton

All Around

1. Lauren Golden

2. Noa Caperton

3. Emma Nowak

Ages 12 & up

Uneven Bars

1. Haylea Wisniewski

Balance Beam

2. Haylea Wisniewski

Floor Exercise

2. Haylea Wisniewski

All Around

1. Haylea Wisniewski

Level 7

Vault

1. Airielle Jenkins

2. Megan Klein

3. Leah Turner

Uneven Bars

1. Megan Klein

2. Kalia Batistas

3. Alexis Williamson

Balance Beam

1. Alexis Williamson

2. Megan Klein

3. Kalia Batistas

Floor Exercise

1. Kalia Batistas

2. Leah Turner

3. Megan Klein

All Around

1. Megan Klein

2. Leah Turner

3. Megan Klein

Level 8

Vault

1. Erin Turner

2. Kelly McKay

3. Michelle Bruton

Uneven Bars

1. Michelle Bruton

2. Kelly McKay

3. Erin Turner

Balance Beam

1. Kelly McKay

2. Morgan Northrop

3. Michelle Bruton

Floor Exercise

1. Morgan Northrop

2. Kelly McKay

3. Michelle Bruton

All Around

1. Kelly McKay

2. Morgan Northrop

3. Erin Turner

Level 9

*Britani Myers won all events, including the all around.