



# Spring Newsletter

Volume 16 Issue 3

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Spring 2010

## Open Gym Friday Nights 7-9pm

Every Friday night Gymnastics Unlimited is offering Open Gym to students ages 7-17. The cost is \$15.00 per visit. Non-Members will need to pay the \$35.00 registration fee, one time per year.

It's a great way to come and practice those routines for the All School Meet!  
**(No Open Gym Friday, May 7th)**

## Summer Adventure Days

### TNT Tramp Camp (6-12 yrs)

This 1.5 hour camp will work on strength, flexibility, tumbling and trampoline with the use of the pit. We will introduce and work on the beginner level trampoline routines \$15.00  
June 21 4:30-6 pm

### Scavenger Hunt Day

1.5 hour of chasing down clues indoors and out.  
June 22 4:30-6 pm \$15.00

### Bounce Day (5-10 yrs)

Come join us for heaps of fun! We offer a clean, safe environment where your kids can enjoy playing on our bouncers, slides and obstacle courses. What a perfect way to burn some energy and get some great exercise!  
June 23 4:30-6 pm \$15.00

## What are your *Little Monkeys* doing this summer?

We invite you to join us this summer for a highly motivating and exciting camp for boys and girls ages 3.5-12. Our camp programs will chase away boredom, have your kids in great shape and sleeping well at the end of the day. Cheerleaders and preschoolers also have programs filled with fun. Our camps are geared for beginners to advanced students focusing on improving their gymnastics skills. Come have fun with our talented staff and counselors whose mission is to make this summer your greatest yet!

Train with the best in a fantastic facility with state of the art equipment, in an ultra safe environment. And after all the fun in the gym come soak in the sun at the pool. Join us for an incredible amount of fun at this year's Gymnastics Camp 2010... Have you heard about our new programs? They are listed below! Also, check out our Camp Kids Brochure. These programs are sure to keep your kids happy this summer! For more information on all of our Summer Programs please visit our website: [www.gu-nj.com](http://www.gu-nj.com)



*New Programs for the Summer*  
American Girl Camp, Arts and Crafts Camp,  
Just Being a Little Kid Camp,  
and Pirate Camp

## Mark your calendars for these important dates:

### Parent's Night Out 6:00-9:30pm

April 30th, May 14th

**May 7:** All School Meet

**May 10:** Fall Recommendations

**May 17:** Fall Sign-ups 2010

**May 17-22** Parent Observation

**June 14:** Last day of classes  
for the Spring Session

### Back handspring Clinics 7-7:45pm:

**April:** 16

**May:** 21,28

**June:** 4,11

### Lunch Bunch :

May 4 and June 1- 12-3pm

June 15 and 16 -10am-1pm

### Movin' and Groovin' 2-2:45pm:

April 20 and May 18

# Senior Highlights–

This year Gymnastics Unlimited will graduate four seniors. Once again, each athlete has been with us her entire gymnastics career. This is no small feat. Gymnastics requires a level of discipline unlike any other sport and our seniors Maria Bryant, Samantha Eddins, Jennifer Naumovitz, and Kelly Sladden possess that discipline. Our lives have been made richer by their presence on team, both as athletes and role models for their younger teammates.

Jennifer is the definition of hard work, through her entire career she continues to improve as an athlete and never falling into the senior slump competed new skills every season.



## *JOGA 2010 Seniors*

*Left to Right*

*Kelly Sladden, Samantha Eddins,  
Jennifer Naumovitz  
Maria Bryant pictured below*

Samantha was pulled by outside interests and social pressure but continued to persevere and be an important member of our team. Kelly had the misfortune of being sidelined for her senior year, but rarely missed a workout and was always an ambassador for the sport of gymnastics and G.U. Maria, who started with us as a two year old, has a natural talent that cannot be denied. She has always reflected great sportsmanship and a true love for gymnastics that has everyone watching her.

Each graduate will continue their advanced studies next year and will continue their involvement in gymnastics either on a team, club or as a teacher.

## **Vallorosi and Bryant are State Champions!**



**Jessica Vallorosi  
Level 8  
All Around and  
Vault State  
Champion  
Junior C Division**



**Maria Bryant-  
Senior headed to  
Penn State.  
Level 9 Floor  
State Champion  
Senior B Division**

The Level 8 and 9 Teams competed in the New Jersey State Championships at Rutgers, Saturday, March 20, 2010 and Sunday, March 21, 2010.

In their best performances of the year, Jessica Vallorosi and Maria Bryant both came home as State Champions. Jessica was crowned State Champion in the Level 8 Junior C Division with an all around score of 36.65. She was also the State Champion on Vault with a score of 9.425. Maria was crowned the State Floor Exercise Champion for the Level 9 Senior B Division with a score of 9.275. Maria also placed 3<sup>rd</sup> All Around with a 36.375. Rounding out the Level 8 Team were Lara Haberle placing 3<sup>rd</sup> on Beam with a 9.1, Nicole Bednar placing 5<sup>th</sup> on Vault with a 9.05 and Kara Knoop placing 6<sup>th</sup> on Bars with an 8.575 in the Level 8 Senior C Division. Nicole, Kara, and Lara placed 5<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> All Around in the Level 8 Senior C Division. The girls will be representing New Jersey at the Level 8 Regionals April 24-25, 2010 in Maryland, while Maria will be competing in the Level 9 Regionals April 9-10, 2010 in Virginia Beach. Congratulations to all of the girls!!



# All School Meet 2010



## **Top Hat Classic.....The Magic Happens Here!**

Our Annual All School Meet is here. This years theme is "Magic" We have lots of fun surprises planned. Here are the basic details for that Friday: On May 7th report to the gym in your Purple leotard (girl) or GU T-Shirt/Shorts (boy) for a great

competition. Our recreational gymnasts have been working hard on their routines in class and are anxious to show off their stuff.

Doors open at 3:30 and competition starts at 4:00 pm. Competition will end around 6:00. Unlike recitals there are

no other fees. Admission for family and friends is free. Stay to watch our exhibition team perform and see our competitive teams show off their stuff.

Parking is tight, carpool if possible. If you have a spare folding chair bring it along.