



NEWSLETTER

Granite Bay 791-4496

Folsom 351-0024

Sacramento 481-4496

Jan 2013

I'M BACK!

I haven't written a newsletter since May!! That's the longest **TRICKS** has gone without a newsletter in the 22 years we've been in business. My husband, Vern and I started **TRICKS** when we were 27 and 29. It's hard to believe how far it's come and how it's grown since then. I'll try not to be a slacker this year keeping you informed on what's going on in this place we love so much!

I think one reason I haven't focused on this form of communicating is because of our website and FaceBook. I keep things up to date there, but we realize that many of you may not think to check there for information. You should check us out, especially the blog. That's where you can really get a feel for what we do at **TRICKS**.

SACRAMENTO TRICKS

We've been in Sac for just over 15 years, which meant our lease was coming due. We've re-negotiated a wonderful lease and will be here for a very long time. We love Sac!

Swim Lessons!

Those swimming suits don't have to stay in the drawer until summertime. The water is **always warm** in the **TRICKS** pool! You may not know that we have an indoor pool for swim lessons in our Folsom facility. Even if you attend Sacramento or Granite Bay, you are welcome to the 20% discount for a second class in the Folsom pool!

Enjoy the balmy atmosphere and fun of swimming lessons at **TRICKS**! Learning to swim in an encouraging environment, with a loving teacher, is a lifelong gift to your child.



It's going to be a GREAT year!

We exist to make a difference in the lives of our students.

Our purpose is to develop happy, healthy, confident children.

We believe that participation at **TRICKS** will greatly improve physical abilities and build self-confidence that will last a lifetime.

This is our mission statement and we not only memorize it, we internalize it. It's 3 sentences and the first letter of each sentence spells "WOW." That's what we always want you to feel. We want to "WOW" you with customer service, great coaches, a clean facility, exciting events, memorable shows and most of all—our genuine love and concern for your child(ren).

All three of our disciplines, **gymnastics**, **dance** and **swim**, have incredible benefits for developing bodies and brains. The more I learn, the more humbled I feel to be involved in something so important and truly meaningful in a child's life.



On January 28th we'll start giving out magnets to those that want to display them on the back of your vehicle. We're playing a game with you the entire month of February. The staff will be out looking for cars with **TRICKS** magnets so that you can be entered in a weekly drawing for a free month of tuition. The drawings will be on Feb 9, 16, 23 and March 2. Winners will be announced on the website. We're also having an "in-house" raffle for everyone who tells us why they love gymnastics, dance or swim. We will have all of your comments up on the website for the whole world to see. That drawing for a free month will be on Feb 28th and the winners will be posted ...you guessed it, on the website.

We think it'll be a blast!!



Space Date Night

Stardate 2013, Jan 25th (26th in Fol)

Astronauts age 3-11

6:45p-9:45p

Must be willing and able to fly through space on the triple swing, bounce in the antigravity chamber and have good manners at the snack table.

\$22 1st Astronaut (**\$20** 2nd, 3rd, 4th)
(same family)

Just a few reminders . . .

Every once in a while, we need to review some of our "house rules" so that things stay safe and run smoothly.

1. Children who are not currently in class cannot be allowed to play on the gym equipment. Our insurance coverage is very strict about this.
2. Keep all food & beverages in areas with green carpet or tile.
3. Refrain from putting anything on the half walls. This includes your body or your child's body.
4. Please do not coach your child from the sidelines. This is very confusing for children and drives coaches crazy.
5. If your child is sick, please call in absent and schedule a make up class. We want everyone to stay healthy!

To Our Wonderful Staff

TRICKS really is like a big extended family for many of us. It's very rewarding and unifying to know that we are all working together toward a common goal. Team Work makes the Dream Work, thanks to all of you.



This information was taken
from

Brain Rules

by John Medina



Rule #3



Every Brain is Wired Differently

The brain is constantly learning things, so it is constantly rewiring itself.

- What you do and learn in life physically changes what your brain looks like.
- The brain is like a muscle; the more activity you do, the larger and more complex it can become.
- You can wire and rewire yourself simply by participating in gymnastics and other things such as playing musical instruments.

- Because the human brain is individually wired, smaller, more intimate class sizes create better learning environments.

To provide individual attention, **TRICKS** has created small student-to-teacher ratios in gymnastics, dance and swim.

- No two people's brain stores the same information in the same way in the same place.
- The brain organizes and re-organizes information.
- Learning=physical changes in the brain that are unique to each individual.
- Not even identical twins, who have experienced the same exact thing, store the information in exactly the same way.
- Bilingual people don't even store their Spanish and their English in similar places in the brain.

It is safe to assume that not every child learns a handstand or cartwheel in the same exact way. It may take some children longer than others.

The Brain Develops at Different Rates in Different People

TRICKS recognizes that children learn differently. This is why we provide a well thought out curriculum with ample opportunity for learning. Listed below are the categories of intelligence according to Howard Gardner and how **TRICKS** strives to meet each of them.

Verbal/Linguistic "verbal spotting"- Instead of just going through the motions physically, sometimes instructors will verbally walk a child through each step of a skill.

Musical/Rhythmic- Music is constantly playing at **TRICKS**. You can hear music throughout each and every class, at the beginning and end of every TumbleBunny class, and in gymnastics routines.

Logical/Mathematical- Coaches are constantly asking children questions during class to challenge their knowledge and attention. Here are some examples:

"How can you control your landing better?"

"Find 10 things blue and touch them with your elbow."

"Tell me one way to keep your legs together in your handstand."

Spatial- Toddlers are encouraged to jump together during trampoline time to practice their spatial awareness.

TumbleBunnies use ribbons and manipulatives to work on this concept. School Age students perform group routines that challenge their own spatial awareness as well as the space of others.

Bodily/Kinesthetic- Gymnastics, in general, teaches much about bodily/kinesthetic awareness. Students must learn to manipulate their body and do so on different types of equipment.

Interpersonal- Students have the opportunity to build relationships with classmates and teachers.

Intrapersonal- We believe that participation at **TRICKS** will build self-confidence that will last a life time!