

G.NEWS

Gymnastics USA Newsletter

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Hello Gymnastics USA Families!

It's the beginning of Fall and as we're adjusting to the new season and school year, don't forget you can alter your class day and time as needed! As long as there is availability in the desired class, you can change your child's recreational class at any time!

Bring a friend on September 5th for a free 12:30pm class for you and your friend. Get a \$20 credit to your Gymnastics USA account just for showing up, and if your friend signs up for classes, they get a \$20 credit too. Every additional friend you bring is another \$10 credit. Open to boys and girls ages 3 to 12: ages 3 and 4 join Ribbon Club, and ages 5 to 12 pick Climbers, Ninja Kids, or Gymnastics.

Gymnastics USA offers an After School Program that provides bus pick up from Keenes Crossing, Tildenville, Sun Ridge, Whispering Oaks, Lake Whitney and Oakland Charter. Students are picked up from school, enjoy a light snack, and a 1 hour Gymnastics, Ninja, Tumbling, or Aerial Silks class each day. If you're interested in signing up for this program reach out to the front desk!

Open Gym and Parent's Night Out Bashes start back up again this month! Don't forget, if you are a Silver Member Open Gym is included in your Membership and Gold Members receive both Open Gym and Parent's Night Out in your Membership!

Gymnastics Tip of the Month

Is More Better?

No. Whatever you practice is what you get good at. Doing more only helps if what you're doing is high quality and improving. If you do 1,000 push-ups with bad form, you're not getting better at push-ups, you're getting better at doing them wrong.

In gymnastics, quality beats quantity. Take fewer turns but make them great turns. When you hit a high-quality turn, move on. Reward your brain by progressing to something harder, more important, or simply different. When the quality starts going down, stop. Don't practice mistakes just to get more repetitions. Move on, come back later, and attack it again when you can produce high-quality turns.

Don't count your turns. Make your turns count.



Upcoming Events and Important Dates:

September 4th | Open Gym!
September 5th | Bring a Friend Day!
September 7th | G.USA Closed for Labor day
September 18th | **PARENTS NIGHT OUT BASH**
September 21st | Tuition Due

Jackie Arthur

Gymnastics USA Co-Owner



COACH DAVID'S GYMNAST OF THE MONTH: MEREDITH MCCOMBS

Rylee Smith has been a proud member of Gymnastics USA since 2021, and we have loved watching her grow both as a gymnast and as a person! Rylee is kind, caring, and always willing to lend a helping hand to a friend in need. She has a wonderful way of making those around her feel welcome and supported.

Rylee recently took an exciting next step in her gymnastics journey by joining our XCEL Bronze team! Her dedication and willingness to learn make her such a joy to coach, and we know she is going to accomplish some amazing things this season.

We are so proud of you, Rylee, and can't wait to cheer you on throughout your first XCEL season! Keep shining and being the wonderful person you are!



-COACH DAVID

**GYMNASTICS
USA!**



TEAM G.USA
COACH DAVID