

# COMPETITIVE EDGE

EMPIRE GYMNASTICS ACADEMY'S COMMUNITY  
NEWSLETTER

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## WELCOME TO THE FAMILY!

With over 20 years of experience in the sport of gymnastics, Empire Gymnastics Academy strives to provide the best gymnastics experiences as well as customer service to all of our families. We hold a passion for the art and science of movement and skill development through youth and sports fitness. We believe in a quality and enjoyable learning environment that positively encourages and develops the body, mind, and character. With motivation and determination, success is achieved through our parents, our coaches, and our gymnasts as they work together to form a desired dream, and a vision of success. Empire strives to provide youth with a solid foundation for years of healthy physical activity behaviors in addition to overall fitness and gymnastics progression.

As a family run facility, we want all of our customers to feel like welcomed members and as such, build a community around our amazing students. The Competitive Edge will be a quarterly newsletter that not only outlines events going on in the gym but also highlights what our developmental program is learning, the accomplishments of our athletes as well as general gymnastics-related information. We want it to serve as your platform to connect with other families, inspire your children to work hard and pursue their passions, and of course, demonstrate the multidimensional benefits gymnastics has to offer! We love what we do, and we want to share that with you!

# GYM NEWS: WHAT'S COMING UP

It is the month of October and you know what that brings- Halloween! Which is closely followed by Thanksgiving and a then a descent of holiday festivities and New Year's celebrations! We are approaching three months of trick-or-treating, Black Friday shopping, family get-togethers, and thoughtful gift giving. Even though our schedules might be packed, we here at Empire want to do all we can to help our families survive the holiday season!



Between seasonal and holiday camps, Kid's Night Outs, and fun activities incorporated into our regular developmental class schedule, Empire is sure to have what you need to keep the kids engaged while you attend to other duties that preserve the magic of the holiday season!

Take a look at our schedule below for October, November, and December:



## OCTOBER:

October 8th: GYM CLOSED (Columbus Day)  
October 22 - 27th: Halloween Week! Coach's dress up!  
October 20th: KID'S NIGHT OUT- Halloween Theme  
October 31st: GYM CLOSED (Halloween)

## NOVEMBER:

November 5 - 17th: Developmental Assessments  
November 17th: KIDS' NIGHT OUT- Mickey Mouse's Birthday!  
November 19 - 24th: GYM CLOSED (Thanksgiving Break)

## DECEMBER:

December 8th: KIDS' NIGHT OUT- National Wreath Day  
December 15th: Winter GymFests!  
December 24th - January 5th: GYM CLOSED (Holiday Break)  
December 26th - December 28th: Holiday Camp  
January 2 - January 4th: New Year's Camp

Stay tuned for our Winter 2018 newsletter for further updates regarding gym events for January, February, and March!

# DO GYMNASTS HAVE BIGGER BRAINS?

SUMMARY BY KAY GOSACK



It is universally accepted that participation in sports activities during childhood and adolescence has numerous health benefits physically, mentally, socially, and emotionally. Sports help in the development of motor skills, the building of stronger bones, cooperation among peers, and the overall promotion of positive physical activity behaviors. However, what you may not know relates to neuroplasticity, or more simply stated, the brain's ability to adapt and change in response to everyday stimuli; the more one learns, especially regarding motor skill acquisition, the more structural changes occur in the brain. What is even more interesting, though, is that researchers have discovered specific changes in the brain in individuals participating in gymnastics over other sports!

Several scientific studies have demonstrated neural mechanisms that distinguish gymnasts from other athletes as

well as experts from novices. In general, gymnasts have better motor abilities, judgment and decision-making abilities, and visuomotor and visuospatial abilities as a direct result of routine gymnastics practice and training. These enhanced skills lead to increased volume and gray matter in certain regions of the brain that are involved in the control of practiced tasks. Plus, it is possible for more pronounced changes in the brain if practice begins at a younger age!

So, in a nutshell, yes! Gymnasts do have bigger brains!

## References:

Chang, Y. (2014). *Frontiers in Human Neuroscience*, 8(35).  
Huang et al. (2015). *Brain Structure & Function*, 220(2).  
Wang et al. (2013). *NeuroImage*, 65.

# 20 REASONS WHY YOUR PRESCHOOL CHILD SHOULD JOIN GYMNASTICS

ARTICLE CREDIT: RICHARD SORROW, CHAMPIONS GYMNASTICS TRAINING CENTER

.... that have nothing to do with gymnastics!

**1. Separation:** learning to leave your parent while you go to class is the beginning of learning to separate before you go to school. The ability to adjust to new situations is an important part of a preschooler's education.

**2. Following Directions:** Gymnastics teachers kids to follow multi-stepped directions; going around the obstacle course and remembering what to do at each station goes beyond gymnastics training.

**3. Following Safety Rules:** Listening to the rules of how we keep ourselves safe in the gym helps children learn how to follow rules at home and school. It places an importance on the concept of personal safety that is relevant for life.

**4. Patience:** No one likes waiting, especially 3, 4 and 5 year olds. Practicing standing in line for short periods of time and containing your excitement as you wait for your turn on the trampoline are just a couple of ways gymnastics teaches patience.

**5. Working Cooperatively:** From partner drills to moving a mat together, gymnastics teaches kids to work together for a common purpose.

**6. Responsibility in Cleaning Up:** Learning to put your carpet spots or cartwheel mat back into a pile is an important skill and one that many parents will be grateful to have their preschoolers master next time there are Legos all over the house.

**7. Conflict Resolution:** It's not easy when you don't get to be first or you don't get the pink pommel horse or you are unable to stand next to your favorite friend in line. Gymnastics teaches these lessons and helps children learn appropriate ways to resolve their conflicts.

**8. Interacting Appropriately with Adults and Peers:** Learning to have good manners and speak in a way that is respectful is an important skill for preschoolers to learn. Gymnastics class helps a child learn to treat the teacher with respect and how to navigate social dynamics with their preschool peers.

**9. Persistence:** Gymnasts must try and try again to achieve even the simplest of skills. Gymnastics teaches kids to stay with an activity until it is completed.

**10. Discipline:** Combining listening, respect for rules and patience leads to discipline. When a child has the basics for discipline, self-discipline is the next step: The ability to self-regulate behavior.

**11. Coordination:** Gymnastics is the basis of ALL sports. The building blocks for athletic pursuits down the line are laid in gymnastics.

**12. Asking for Help:** Young gymnasts learn how to ask for help from their coach and their classmates.

**13. Coping with Jealousy:** Inevitably another child will learn a skill more quickly, run a race faster or be chosen to lead the line for the day and your preschooler will not like it. Gymnastics class gives your child an opportunity to cope with those yucky feelings and express them appropriately.

**14. Character:** Gymnastics stresses the importance of doing the right thing, even when the teacher isn't looking. Preschool gymnasts begin developing this important skill in class.

**15. Resilience:** A four year old falling down and getting back up while trying to master a cartwheel is learning resilience, the capacity to recover quickly from difficulties.

**16. Grit:** When you learn to keep trying in order to achieve a goal, it is called grit. Educators around the nation understand the relationship between achievement and grit. Watching that same resilient four year old persist at learning a cartwheel is laying the groundwork for a child to persevere.

**17. The Value of Effort:** Gymnastics is not an easy sport. However, if children try hard they will see progress. They will understand the relationship between effort and success.

**18. Ambition:** Setting lofty goals and believing that you have the capacity to reach them is the core of what it means to be ambitious. Watching older kids fly around the gym and thinking that someday, if you work hard, that you can do that too...it's the beginning of ambition.

**19. Courage:** Gymnastics can be a scary sport. It is when we face something that pushes us out of our comfort zone that we have the opportunity to develop courage. Courage is not only being brave when we fear something but it is also a trait we can call upon when we have to do something that we do not wish to do, like chores or homework, all things that preschoolers will be learning to cope with in the not-too-distant future.

**20. Self-Confidence:** Is it any wonder that a child who develops all these traits develops self-confidence? Self-confidence is, simply put, your belief in yourself. If you are able to do class on your own, following the rules and directions, getting along with your peers, understanding that you are an able learner and that failing is ok because you are ambitious, have courage and grit...is it any surprise that you are self-confident?

# OUR FAMILY BUSINESSES

We want to reserve the final page in the Competitive Edge for you! We have several sized advertisement slots available for you to show off your business and abilities! The Competitive Edge is not only emailed to our current families but is also available on our website, which means the opportunity to reach many more potential customers! If interested, please contact **Coach Kay** at [kay@empiregymnastics.net](mailto:kay@empiregymnastics.net)!

## Sample Size 1

360 x 360

Plenty of space for text, image(s), and contact information

\$8.00 for placement in the quarterly publication (3 months)

## Sample Size 2

360 x 150

Space for contact information

\$4.00 for placement in the quarterly publication (3 months)

## Sample Size 3

360 x 270

Space for text or image and contact information

\$6.00 for placement in the quarterly publication (3 months)

## Sample Size 4

360 x 815

Additional space for text, images, and contact information

\$12.00 for placement in the quarterly publication (3 months)

