

“Wake up every day knowing that today is a new day and only you can determine the outcome of that day. So dream big, accept the challenge, and never look back.” -Alicia Sacramone



COACHES SPOTLIGHT:

• **Michael (Coach Michael) Grattan**- Coach Michael is a instructor who rocks a messy, curly set of hair! Michael can be seen helping around the gym, having the most fun! Playing baseball, basketball, and soccer almost his whole life, Michael has an incredible understanding of sports and fitness. Michael works mainly in the office and he acts like a handy-man to whatever problems the gym may run into. He loves extreme sports: snowboarding in the winter and scuba diving in the summer. He dove in the Great Barrier Reef and his second home is Mammoth Mountain when there is still snow out. He's interested in business and computers. Michael loves video games with a passion, making him the gym's biggest gamer. Come stop by and ask Coach Michael "what is his favorite video games?"



Happy Birthday from CATS!

- Milana Good (3/21)
- Cassidy Good (3/25)
- Brea Koch (3/23)
- Sophia Pollock (3/1)
- Kira Schusler (3/28)
- Brooklynn Smith (3/1)
- Chasey Tagman (2/29)



COACH KIM'S NUTRITION TIPS:

Gymnasts are a special kind of athlete. They train hard and have little room for error in the events they perform. Even young gymnasts must maintain a healthy lifestyle, in order to achieve new skills. Just like a high-performance sports car uses high octane gasoline, gymnasts should make smart choices to fuel their body. The faster the food can be digested, the faster the gymnast receives the energy to fuel their bodies. Some great pre-workout snacks include: toast with peanut butter, natural granola bars either in a loose or bar form, oatmeal, small snack size portion of brown rice with chicken, or bananas/ apples with almond butter. Energy bars are always a great idea as well as being easy and designed for fast digestion

If a practice last longer than 90 minutes, a mid-workout snack is

probably needed. These mid-work out snacks should be instantly digestible and higher in sugars (natural is always best). These snacks give the energy boost athletes need to finish a long practice.

Mid-workout snacks include: cuties or oranges, 100% juice boxes, natural fruit snacks or products that are meant specifically for mid-workout snacks.

For practices later in the day, an athlete might need a post-workout snack. For dinners after practice, athletes should be eating foods that take longer to digest, acting as an extended nourishment replacement. Some types of these foods are lean meats, dairy products like milk and cheese, nuts or nut butters, or avocados. Remember that these are just a few examples of many tasty, healthy snack ideas. Go out and find what works best for the athlete!





MARCH 2018:

Call **(760) 446-0332**, or stop in at **1000 N. Norma St. Suite 8**, for more information. (behind Del Taco, across from **Crossfit**)

MARCH'S NEWSLETTER:

We had an awesome February here at the gym! This upcoming month will be even more great! We have already started accepting registrations for the next session! Thank you for everyone who signed up! We're looking forward to having a blast while learning gymnastics! Keep reading to see what else is going on this March!

Adult Tumbling Class:

We are beginning an Adult Tumbling Class! This is for adults who want to have fun while trying new floor skills and getting a great work out at the same time! The class will be held on Thursdays from 6:30PM - 7:30PM. Pricing is \$40 for each month or drop in price \$12 for members and \$15 for nonmembers.

Hours: MON – FRI: 10am – 7PM
closed for lunch 12:30PM-2:00PM
SAT: 10AM – 3PM
SUN: CLOSED

Spring Break Camp:

We're holding another camp for Spring Break! Our Winter Break camp was a wonderful chance for kids to socialize while learning just how awesome gymnastics can be! Our goal for this Spring Break camp is to allow kids a place to do crafts, meet new friends, and enjoy our amazing state-of-the-art facility! Get jumping, get swinging, and have some fun! The cost is \$100 for nonmembers, \$85 for members. Half-Day prices are \$50 for nonmembers and \$42.50 for members. The camp will start March 26th and will end on the March 30th. Camp starts at 7:30AM and ends at 3:30PM for full day and 7:30AM-11:30AM for half day.



Be aware that we still are under construction! Please bring slip-on shoes to go back-and-forth to the restrooms!