

# MINDS IN MOTION

October &  
November 2006

Pacific West  
Gymnastics  
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Road Suite 210  
Union City, CA  
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*Special points of interest:*

- Pacific West Hosted 3 Meets!
- Kid's Day Out is coming on December 2nd!
- Congratulations Girls Team

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## THANK YOU!

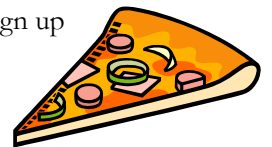
Bring-A-Friend week was loads of fun. I want to thank all of you who brought a friend! We are very proud of our gymnastics school and are glad that you are too! Our next Kid's Night Out is scheduled for November 11th from 5:00 to 9:00 PM. We had over 30 kids in September & October who played pit wars, ate pizza and goofed off with their friends.

Pacific West Gymnastics will be closed for classes on Thursday, November 23rd and Friday, November 24th, for the Thanksgiving Holiday. Contact the office to schedule your make-up class!

## "KID'S DAY OUT" IS COMING ON DECEMBER 2ND!!!

"Kid's Day Out" gives both parents and children a chance to unwind and have some fun! From 2pm to 6pm children play games, races, and on the equipment in the gym while parent's enjoy a night on the town!

In order to have your child participate at "Kid's Night Out" you must sign up in the lobby. The cost is \$20 for the first child, \$15 for the second. No children under 5 may participate. Dinner is provided. Space is limited!



## PACIFIC WEST HOSTED 3 MEETS!

We are very excited to have successfully hosted three competitive gymnastic meets. The first meet we hosted was the First Annual Stars Challenge meet on October 29th. We had over 130 athletes from all over Northern California that came to participate in this event. We also hosted the MVAL Finals on November 3rd. This meet was the final meet for the high school competitive season. Finally, we hosted the Level 5 & Level 6 Zone Championships on November 5th. This meet had over 170 competitors and was a huge success!

## SKILL OF THE MONTH MOUNTS AND DISMOUNTS

## UPCOMING EVENTS

**NOVEMBER 23RD & 24TH**

**DECEMBER 2ND 2 TO 6PM**

**DECEMBER 16TH 5 TO 9PM**

**DECEMBER 22ND - 25TH**

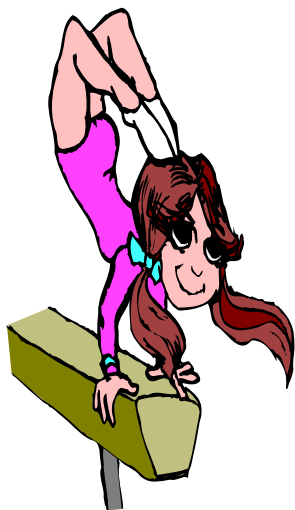
**PACIFIC WEST WILL BE CLOSED FOR THE THANKSGIVING HOLIDAY. CONTACT THE OFFICE TO SCHEDULE YOUR MAKE-UP!**

**KID'S DAY OUT**

**KID'S NIGHT OUT**

**CLOSED FOR WINTER HOLIDAYS**

## Birthday Parties at Pacific West Gymnastics



Did you know that you will have exclusive use of our 13,000 sq. ft. facility?

Did you know that our parties include paper products, personalized invitations AND goodie bags for all attending?

Did you know that all of our parties include at least 2 friendly and fun staff members?

Sign up for a party and find

out for yourself!

Our parties are 1 hour and 45 minutes long! That's one hour in the gym and 45 minutes in the party room. We do all the setup and cleanup for you. All you have to do is provide the guests and the food and we do the rest!

Parties are \$175 for up to 10 children with each additional child costing only \$7.50 each.

As a special offer, any member who signs up for a party and mentions this newsletter will receive \$10 off the price.



# CONGRATULATIONS GIRLS TEAM!

The Girls Compulsory Team season is almost to an end and the girls have shown amazing talent all year round! On Sunday, November 5th our entire Girls Team competed in the Level 4, 5 & 6 Zone Championships, hosted here at Pacific West Gymnastics!

### Level 4 Results...

Emily Banks scored an 8.8 on Vault and Bars with a 34.7 All Around. Kyli Buccino scored a 9.1 on Vault, 9.15 on Bars and a 33.55 All Around. Madison Dagen scored a 9.45 on Vault, placed 2nd on both Bars and Beam and scored a 36.6 All Around. Katie Fratelli scored an 8.9 on Vault and Bars

and got a 34.45 All Around, a season high for her! Kylie Gordon placed 1st on Beam with a 9.5 and 4th All Around with a 36.70. Elisa Hemmers scored an 8.7 on Vault and Beam with a 34.35 All Around. Kiyoko Mangrobang tied for 4th on Bars with a 9.3 and tied for 3rd on Beam with a 9.4, with an All Around of 36.9! Lanisse Powell placed 1st on Vault with a 9.75 and 1st on Floor with a 9.65 and placed 3rd All Around with a 36.9. Anna Weideman scored a 9.05 on Floor and placed 4th on Beam with a 9.2 to finish with a 35.35 All Around!

### Level 6 Results...

Daneya King placed 6th on Bars and

scored a 8.625 on Beam to finish with a 34.525. Adrienne Manseau scored a 9.05 on Vault and Floor and placed 1st on Bars with a 9.2! Malia Tymous tied for 3rd on Beam and tied for 2nd of Floor with a 9.25 for an All Around of 36.35. Emilie Weideman placed 1st on Vault with a 9.2 and scored an 8.925 on Floor to finish the Meet with a 35.35.

### Team Results...

Level 4 Team placed 2nd out of 6 teams!  
Level 6 Team placed 2nd out of 9 teams!

### Way To Go!

Congratulations to all the girls who made it to the State Championship meet and best of luck!

## HAPPY BIRTHDAY TO...

**ESTEBAN BARRIOS**

**CHELSEA SUE**

**SPENCER KOHN**

**KIYOKO MANGROBANG**

**EMILY BANKS**

**MORGAN CROSKREY**

**CELIA KWONG**

**ADRIANNA MANSEAU**

**DANIELLA SCHLEGEL**

**SNEHITA VALLUMTHELA**

**OLIVIA BECKER**

**BRAEDON ELLIS**

**ASHLEE LOKLO**

**JORDAN MITCHELL**

**QUINN BECKER**

**SOPHIE DALE**

**DANIELLE LEONG**

**DANIELLE MC WILLIAMS**

**MIKU SHIMONO**

**ANYA WEST**

**MOIRA BRORS**

**ABIGAIL HUANG**

**GABRIELLA MACKIE**

**NICHOLAS MORIWAKI**

**RILEY BUCCINO**

**LINDSAY JACOB**

**FRANCES MAGSALIN**

**KATHERINA MILLEN**

**RACHEL SOUTHARD**

**JESSICA YOSHIOKA**

**RIYANA CHAKRABORTY**

**SASHA JACKSON**

**JESSICA MALKIN**

**SHELLY PARADIS**

**KRISTEN BUEHLER**

**MIKHAYLA KENNISON**

**GISSELLE MALDONADO**

**MONIQUE PIERRE**

**MALIA TAKEI**

**STOCKTON SALCIDO**