

The All-Around

May 2024

STATE AND REGIONAL CHAMPIONSHIPS

Salute Gymnastics competed in the State Meet (March 22nd-24th) and Regional Championships (April 19th-21st). These events have wrapped up the competition season for the team. Salute Gymnastics had a successful championship season. The State Meet awarded places to the top 50% in each age group. Our **Bronze team** (16 girls) took home 27 medals, including Reese Klocke being crowned Beam State Champ with a 9.575. The **Silver team** (10 girls) took home 14 medals with Ximena Mendez being crowned Vault State Champ with a 9.6. The **Gold team** (13 girls) brought home 20 medals with Bella Brock being named State Beam Champ with a 9.35. The **Platinum team** (4 girls) brought home 7 medals with Rae Lund being named Beam, Floor, and All-Around Runner-Up Champion. **Diamond team** (3 girls) brought home 8 medals and Nicole Middents was crowned Beam State Champ (9.55) and Floor Champ (9.425).



At the Regional meet in Cedar Rapids, IA, Salute Gymnastics took 19 girls to compete against others throughout our 7-state region (North Dakota, South Dakota, Minnesota, Wisconsin, Nebraska, Iowa, Missouri) and the top 40% of each age group received medals. The 19 ladies brought home 22 medals with 6 top 3 finishes. Nicole Middents was Vault Champion with a 9.2. Lucy McCurdy finished 2nd on Beam with a 9.225 and 3rd on Bars with a 9.375. Other 3rd place finishes include Ximena Mendez on Vault (9.1), Elena Sieren on Beam (9.425), and Kate Henningsen on Floor (9.55). We are proud of the work the girls put in this year and are looking forward to continued success.

TEAM TRYOUTS

Want to be part of the competition team?

This is your chance to show us what you got! We will have team try outs in front of the team coaches and recreational coaches. Each girl will participate on each event and show us a variety of skills. We will evaluate your child's skill and decide if they got what it takes. Needed skills will be worked on during the recreational classes.

Sign up for try outs at Salutegymnastics@gmail.com or on the sign up on the team bulletin board. Try outs will be from **1:00pm-3:00pm on June 1st**. Kids trying out will need to be present the entire time. Children must be 5 years of age or older to try out. If there is a conflict with team tryouts, please talk with Teresa about other options to evaluate your gymnast. Results will be sent out later that afternoon/evening. More information on the team including costs, travel, practices, and expectations are located on the bulletin board in the gym.

TEAM CLASSES SUMMER OPTIONS

Starting June 3rd, team classes will be moving to our summer schedule. I will be putting up a sign-up sheet for potential class times for the summer. If certain class sizes are too small, things will be rearranged to fill up classes. If you can't make it in to sign up, let Teresa know to get you signed up. Morning classes are for Gold/Platinum/Diamond only (the level competed in the 2023-2024 season). **All recreational classes will have the same class schedule throughout the summer.**

Potential Team Class times:

Monday: 4-6pm & 6-8pm

Tuesday: 10am-12pm (G/P/D only), 5-7pm

Wednesday: 3:30-5:30pm

Thursday: 10am-12pm (G/P/D only) & 4-6pm & 6-8pm

OPEN GYMS

Salute Gymnastics will be offering one open gym in May. The open gym will be from 10-11am on May 25th. Open gyms are available to all kids and will give your gymnasts time to work on their gymnastics skills or have fun for an hour. There is a \$5.00 fee for Salute gymnasts and \$8.00 for non-members.

If you are planning on taking time off during the summer months, please let us know otherwise you will be charged for the month.

Contact us now about a birthday party at Salute Gymnastics!
Salutegymnastics@gmail.com or 712-254-9011