



STATE CHAMPIONS!!

During the month of November our Level 4 and 5 Girls Teams competed in their NorCal State competitions. The meets were huge and intimidating as most of our gymnasts competed alone or with just a few of their teammates in the same session. Each of the competitions spread

over two days, and in the end Gold Star was victorious! Our Level 5's have diligently been improving all year, all to culminate at this meet. Cindy and Emma were like separated twins -- competing in consecutive sessions, they were practically mirror images of each other. Emma was STATE champion on Vault, won silver on Bars and bronze in All-Around with a 37.275 -- better than a 9.0 on every event. Cindy was also STATE champion on Vault, won silver on Beam and bronze in All-Around with exactly the same outrageously high score of a 37.275. With Alyson's bronze medal on Vault with a 9.3, Gold Star took SECOND on Vault as a team against 51 other teams!!!

Our Level 4's had to travel over 150 miles to the middle of California to compete, but the drive did not slow them down. We are now proud to announce 13 champion titles. Elise won the unthinkable -- STATE champion not only on Beam and Floor with a ridiculously high score of a 9.7, but also in All-Around with a 38.025 -- an average of more than a 9.5 on each event! Elizabeth walked right in Elise's footsteps taking the STATE champion title on Beam, Floor, and All-Around. Her beam score was an unbelievable 9.65 -- who scores that on beam? Anya danced away as STATE champion on Floor and in All-Around. Amelia, Kelli, Kendra, and Vanessa showed our dominance on Bars as all four were crowned STATE champions. Joanne is our STATE champion on Beam.

Truly incredible is the fact that all of our Gold Star gymnasts, 7 competing Level 5 and 18 competing Level 4, finished on at least one event in the top 10 against 20 competitors -- and 15 of these gymnasts won All-Around in the top 5.

Although Level 4's do not officially have a team competition, the unofficial tally of the scores from the 29 teams was GOLD STAR won! We unofficially had the highest score if you added our top three scores on each event. We unofficially rocked the roof off the house. Congratulations to our Level 5 coaches, Owen, Paul, Natasha; and Chris and Sabrina our Level 4 coaches; and of course to all the gymnasts -- truly outstanding.

Look in Pam's Column under News at goldstargym.com for all the details of this amazing competition.

Safety Issue for December: PIT SAFETY



**No Diving Head First -- Watch Out for Your Friends
No Shoes or Socks -- Always Be Supervised by a Coach.**

In honor of our Pit Safety month we invited the Mountain View firemen to come play in our pit. They dropped at by the end of November to develop a protocol in the event they needed to remove an injured gymnast from the pit. Safety prevention is always our number one priority.

Holiday Reminder

The gym will be closed for the holidays from December 24 - January 2.
Classes Resume on TUESDAY January 3rd
We will be open for camps on December 19-23 and 26-30



Sign-Up Now For Winter Break Camps

Now With Extended Stay Until 5:00 p.m.!

**December 19, 20, 21, 22, 23
26, 27, 28, 29, 30**



Gold Star is offering day camps for Mini-Stars and School-Aged children. These are one-day camps filled with gymnastics, rhythmic gymnastics, cheer-leading stunts, games, arts & crafts, music, healthy snacks, and more! Let the kids run around despite the weather, while you take a day to exchange gifts, take a nap, or have a massage.

We are now offering EXTENDED DAY from 3:00-5:00 -- kids will be given a snack, shown a movie, and maybe even get some extra time on the equipment for just an additional \$20. (Look for our reduced rate for 4 days or more.) Sign up now at the front desk.

Tuition and Classes in December

This year we are closed for classes from Dec 24 - Jan 2. Classes resume on Tuesday, January 3rd. No make-ups are necessary to compensate for the winter break. Monthly tuition is based upon an average of four weeks of classes per month. No additional charges are incurred for those months with extra days, conversely credit will not be given for those months with less class days due to holidays. Over the course of the school year (from September through May) the number of class days will average four per month. Everyone will be charged for only half of June, and then we begin our summer session. Check to see if your child's class has a waiting list before dropping for the month - we would not want you to lose your spot. Make-ups may be a better option.

Welcome Baby Landon!



Landon Wayne Daffron was born to our coaches Melissa and Chris Daffron on November 7, 2011, at 3:51 p.m. He was 7 lbs, 14 1/2 oz, and 20 inches long. He not only gets the inside scoop about gymnastics from his mom, dad, and big brother Jordan, but he shares his birthday with our Head Coach Owen. Landon, you are destined for gymnastics greatness! We are thrilled to welcome Landon into our Gold Star family.