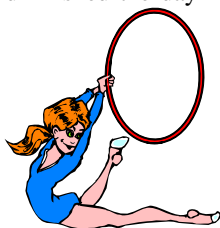


Rhythmic Wins GOLD in San Diego!!

On January 9 - 10, the Gold Star Rhythmic Gymnastics Team started their 2010 competitive season with a trip to San Diego and they returned victorious. In the Level 3 Child Division Emily swept FIRST place on all three events and All-Around. Malia won Floor, bounced into 3rd on Ball and ended 3rd All-Around. In the Level 5 Child Division, Sophia took GOLD on Floor and All-Around, with a 2nd place ribbon on Hoop and 3rd on Ball. Amanda finished the day in 2nd All-Around, with a 2nd place in Hoop, and 3rd on Floor and Rope. Katelyn had her best event on Floor, dancing into 2nd and standing tall in 3rd All-Around. Lili, right beside her teammate in 4th All-Around, tossed around 2nd place on Rope and Hoop. Amelia competed Level 5 Junior Division and came home with 6th places on Rope and Hoop. In the Level 6 Child Division Parker won 1st on Floor and tied for 3rd on Rope, ending in 4th All-Around. Erin leapt into 5th on Floor and 6th on Ball. In the Level 6 Junior Division Juliette took home the Gold medal on Ball and finished the day 4th All-Around. What an outstanding day for everyone. We are so proud to have such a talented group representing our gym throughout the state. Congratulations also to Coach Anastasia -- this meet was a wonderful testament to everyone's hard work. Best of luck throughout the rest of your season.



We are Open for Classes All of February!



School Holiday Camps President's Day Camps

Monday - Friday : February 15 - 19



We are offering one-day camps for five days over Presidents' Week. These school holiday camps will run concurrently with classes. Half-day Mini-Star Camps and full-day School-Age Camps are filled with gymnastics, cheerleading stunts, rhythmic gymnastics, games, arts & crafts, music, healthy snacks with FRESH FRUIT, and more gymnastics. Let the kids run around despite the weather. Sign up at the front desk today!

ATTENTION Autopay Clients!

There are many of you who have not yet given us a working email address and the three digit code on the back of your credit card. Our new software program has increased security measures which require this information to run your autopay. Please be assured that your credit card information is masked in the computer so that no one can view it. Once we have inputted your account into the computer, the three digit code is deleted from our written records.

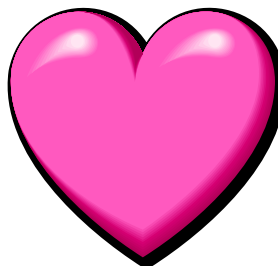
We Need Your Current Email Address:



We are asking for your current email address. Please take a moment to stop by our front desk and give it to our staff.

In order to ultimately make the leap into the realm of paperless communication we need a current email address for your family. Please be assured that we will not share this address with any other company, and will only use it for Gold Star business.

VALENTINE'S KIDS NIGHT OUT PARTY



On Saturday, February 13th, Gold Star is hosting a Kid's Night Out Party. Drop your children off at the gym at 6:00 p.m. for supervised play on the equipment, games, prizes, and pizza. Pick-up is not until 9:00 - just enough time for a romantic dinner. Arrange a carpool, and you and your spouse can even take in a movie - all

while your children are having a blast and coming home ready to sleep soundly. Admission is \$30 - additional siblings enter for \$25. Children must be 5 years or older. All of the proceeds from this event benefit the GSG Artistic Teams.

NEWS FLASH!

Implementing our new software program has been more of a challenge than we originally anticipated. We thank all of you who have patiently dealt with our front desk staff as they have had to maneuver through the glitches of the new program. We are optimistic that most of the bumps have been smoothed out. Once we are confident that everything is running perfectly, we will add a button on our website to be able to pay online. Thank you again for your understanding.



February's Safety Issue: Conditioning

Strength and stamina are vital components to athletic training. At Gold Star we try to incorporate conditioning into every rotation. This month our coaches will work even harder to construct strength stations at every event. Your children may notice that they are sore, but their skills will start to come more easily, and their work-outs will be safer as they become **UPPER-STRONG SUPER-KIDS!!**

Gold Star Thanks Our Parents . . .

The management staff at Gold Star would like to extend our appreciation to all of those parents who took the time to give us written feedback during the month of January. We are constantly striving to improve, and with your help we can become just that much better. We are always available if you have any questions or concerns, simply contact the front desk during office hours.