

Gold Star wins GOLD!! Again & Again!



The Girls Level 4 & 5 Artistic Team started their season with a trip to Sacramento the last weekend in August, and both teams came home VICTORIOUS!! First place finishes! Two weeks later on September 11th, the two levels competed in Santa Cruz and WON AGAIN - first place - top of the podium! Below is a recap of the best finishes from the two meets.

For Level 4 in Sacramento, Emma came in 1st All-Around and on three events scored over 9.0 - winning 1st on Floor and 2nd on Bars. Lisa and Brittany took home 1st and 2nd All-Around in their age division. Lisa claimed gold medals on Bars, Beam, Floor scoring nines on every event! Brittany grabbed 2nd on Bars and Beam. Valerie scored 9.425 on Vault and won the silver medal. Kaveri had one of the team's strongest beam routines and finished 5th. Alyson and Shelby traded medals between meets. In Sacramento Alyson danced into 2nd on Floor and Shelby took 2nd on Bars; whereas in Santa Cruz Shelby danced into 2nd on Floor while Alyson took 2nd on Bars. In Santa Cruz, Cindy won Vault with an incredible 9.425, and Emily won Bars with a 9.1. Isabella tumbled into 2nd on Floor and 4th All-Around, while Jane ran away with 2nd on Vault and Bars. Lexy also scored nines on Vault in both meets, and was awarded 8th in Santa Cruz.

The Level 5's dominated in Santa Cruz. In the younger division Sara, Riley, Jessica, and Hannah took 1st, 3rd, 4th, and 5th All-Around. Sara won Bars, Riley won Beam, Hannah won Bars, and Jessica tied for second on Bars - simply unstoppable! In the older division Gold Star had a clean sweep of the All-Around 1st thru 5th, also taking 7th. Megan won gold on All-Around, Vault and Bars. Alexis stood in 2nd All-Around (in Sacramento Alexis took 1st on All-Around and Floor). Miaulian won 1st on Floor, 2nd on Vault and Bars, and 3rd All-Around. Lauren ended the day in 4th All-Around tied for 1st on Beam (and if you have not noticed that is a clean sweep of all of the gold medals for Gold Star!). Annie finished in 2nd on



Beam and 3rd on Floor. Alexis had her strongest event on Vault running away with 6th.

Our Level 6's competed on September 20th in San Mateo and were equally impressive. Caroline won gold on Floor and finished in 2nd All-Around. Iraa waltzed into 3rd on Floor, while Mira grabbed 3rd on Vault. Sophia swung into 8th on Bars. In the older age division Kristina sprung into 3rd on Vault and Beam.

We are so proud of all of you - OUTSTANDING WORK!

Moving Forward -- New Technology in the Works . . .



1. On October 5th we will be launching a new look to the Gold Star website. www.goldstargym.com
2. During the month of October we will be testing a new program which will allow you to register students and pay on-line for classes. If all goes well it will be in place by Thanksgiving.
3. Our next step will be to reduce paper usage by sending statements and announcements via email.

Halloween Kids Night Out Party



Gymnastics, Games,
Pizza, and Prizes

October 31, 2009

6:00 p.m. - 9:00 p.m.

\$35 for the first child / \$30 for each additional sibling

Must be at Least 3 Years Old



Proceeds benefit Gold Star All-Star Cheer and Hip Hop Teams

GSG Cheer & Hip Hop Preview Night! November 7, 2009 7:00 at Gold Star



Have you ever wanted to come to a Cheer & Hip Hop competition but not had the time?

Come to a GSG Preview Night, a dress rehearsal for the first competition of the season. Spend less than an hour at the gym and see competitive routines for ALL of the Cheer and Hip Hop squads.

Admission is \$5 for people 6 and older.

Free for the little ones.

Proceeds benefit Gold Star All-Star Cheer and Hip Hop Teams

October's Safety Issue: Fire Safety

During October, classes will participate in fire drills. The coach will line up his or her class, count heads, and proceed to the nearest exit. Classes will incorporate fire safety concepts such as *Stop, Drop, and Roll* and *Stay Low and Go*.

In the event of an actual emergency the classes will evacuate the building with their coach and then move to our congregation spot in the west parking lot next to the trash enclosure. Parents in the lobby will be asked to leave by the nearest exit - either accompanying their child's class or meeting up with their child outside the building. Coaches are responsible for making sure all of their students exit the building together. It is imperative that you not separate your child from his or her coach.