

IMPACT NEWS

Volume 2 / Issue 3 – February 19, 2015

FRIDAY OPEN GYMS!

February 20 & February 27
7:30-9:00 p.m.
\$10 per child

ANNUAL PARENT MEETINGS

Monday, March 16

5:30-6:30 gymnastics team
6:30-7:15 competitive cheer
7:15-8:00 power tumbling team

These meetings are **mandatory!**

Call 817-899-6681 for more information.



LEVEL 7 WINS 3RD PLACE TEAM AWARD



LEVEL 8 MAKAYLA COUSINS

ON THE ROAD TO STATE!

Impact's levels 6-8 gymnasts competed in the Kurt Thomas Invitational on February 7 where Level 7 won the 3rd place team award. Way to make an IMPACT, girls!

Level 8 **Makayla Cousins** placed 3rd on beam and floor, 6th on vault and 9th all-around.

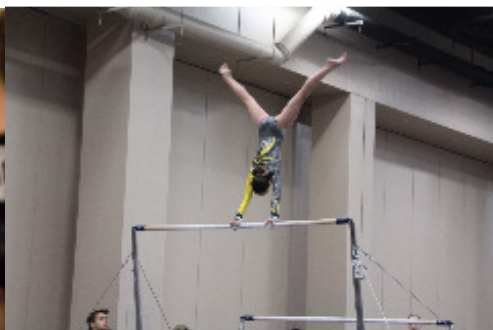
Level 7s **Abby Dodson** placed 1st on vault and floor, 2nd on beam and 3rd all-around. **Leah Rogers** placed 2nd on floor, 3rd on bars, 6th on vault and beam, and 3rd all-around. **Jordan Prokell** placed 1st on bars, 6th on beam and 5th all-around. **Brooklynn Clapp** placed 3rd on floor and 4th on beam. **Emily McSwain** placed 3rd on bars, 4th on floor and 6th all-around.



Level 7 Leah Rogers



Level 7 Brooklynn Clapp



Level 7 Jordan Prokell

Level 6s **Chloe Clark** placed 3rd on bars and floor, 5th on beam and 4th all-around. **Kalee Mays** placed 3rd on floor, 5th on vault and 7th all-around. **Katie Lantz** placed 3rd on bars, 6th on floor and 7th all-around. **Lauren Smith** placed 6th on floor.



Level 6 girls: Kalee, Lauren, Katie & Chloe

School Cheer Tryouts Open Gym!

- **Monday 3/2 & Tuesday 3/3**– 6:30-7:30 middle school, 7:30-8:30 high school
- **Wednesday 3/4** - Mock Tryouts 6:00-7:30 middle school, 7:00-8:30 high school

COMPETITIVE CHEER TEAM TRYOUTS

Saturday, March 21 from 1:30-3:30 p.m. at Impact

Health Tips by Coach Breanne

Eat The Rainbow Every Day!

A great way for your child to get enough fruits and veggies is to make sure they are eating the rainbow every day!

Picking a food from each color group is an almost guaranteed way to make sure serving recommendations are being met.

The daily recommended amount of vegetables for an active child is around 3 cups a day, and fruits around 2 cups a day.

Try a spinach or kale shake with celery, blueberries, strawberries, a carrot, and banana added for breakfast to get a super boost for the day. Your body will love you for it!



T&T results from the Metroplex Challenge! **Lindsay Morgan** - 1st on trampoline, 2nd on double mini, 3rd on floor. **Bailey Hill** 3rd on double mini and trampoline, 4th on floor. **Makenzie Hill** 2nd on trampoline, 4th on double mini, 6th on floor. **Brenna Saenz** 2nd on trampoline, 5th on double mini, 7th on floor. **Lilly Hamilton** 3rd on double mini, 5th on trampoline, 7th on floor. **Miranda Saenz** 2nd on floor and 8th on trampoline and double mini. **Way to go, girls!**

Good luck to Impact's awesome power tumblers at Trevino's T&T Invitational!

