

KIPS GYMNASTICS



ASK YOUR CHILD

Active Einstein's - Ask your Einstein if they can sign 'Kind' in sign language!
Gymnast- Ask your child to show you their cartwheel or splits!

MEET SIERRA

*Gymnastics Coach
(Rec and Adv. Rec)
Gold Level Gymnast*

Competitive TEAM

Its officially Meet Season! Team's First official meet was in San Antonio Texas. The Alimo Classic, went so well for all of our girls that traveled! For our bronze team members, this was their first sanctioned meet, as well as a destination meet! They were all so excited to participate! 7 members of Silver took home a 2nd place Team Award! Our Gold Team members had super strong Floor routines and started off the weekend for the girls! Platinum and Diamond competed together and had some of the best routines they have ever done! We are so proud of all of our Team girls!



Active Einsteins

January has been so fun for our Active Einstein's! So many of them had January birthdays! Coach Kelly also had a birthday in January, and we threw her a "gymnastics birthday!" We've learned about kindness in honor of Martin Luther King Jr. Day and how everybody is really the same no matter how they look. We've also learning about Artic Animals! Like polar bears and how to do a "bear crawl." As well as penguins and how to do a "penguin slide" on our big blue mat!



Sierra has been here at Kips for as long as we can remember, but she only recently started coaching here last summer! She coaches a girls Rec Class with Coach Riley, and also helps coach Adv. Rec and sometimes Pre-Team. Make sure to say HI!

Sierra is a gymnast on Gold (in our Competitive Team Program!) Outside of the gym she is a sophomore in high school and loves to read. She also does swim team in the summer!

Her favorite part about coaching is having a personal connection with the kids through gymnastics and helping them to learn new skills while also having fun!

We love having her at KIPS!



Gymnasts Programs

We've had so many new faces join our gymnast programs this month! We've had a least one or two new faces in every class! It's been so wonderful to help new gymnasts grow in their gymnastics career here at KIPS! This month we have been working on cartwheels, handstands and hurdles! Most of the gymnasts mastered a lever (lead into a cartwheel and handstand) and hurdles (jumping/vault technique) the first day we started to practice them! Most gymnasts have a basic cartwheel already, and some can already do one handed cartwheels!



Highlights

We hope everyone had a wonderful Christmas Break full of love and laughter! It's been wonderful to see everyone come back and also exciting that we've had so many new faces here at Kips!

We've had so many birthdays here this month! It's been so fun celebrating with those who booked and those we had the "honor" of wearing our birthday hat and celebrated within their classes! We have more dates available for booking birthdays if you are interested! Check the events calendar on our website for more information!



Upcoming Events

February:

- 16th Active Einstein Snow Day Makeup
- 16th-19th CLOSED for President's Day
- 24th Team Meet GWGF in CDA Idaho

March:

- 1st End of Winter Session
- 2nd-3rd Team Meet Royal Festival in Spokane
- 4th Spring Session Begins
- 8th-9th Team SnowGlobe Meet
- 9th BDay Party Available
- 23rd BDay Party Available



SUPERSTARS OF THE MONTH



Active Einsteins:
Avery



Pre-k:
Morgan



Team:
Kyndall

Girls Rec:
Ella



Pre-Team-
Evelynn



Boys Rec:
Skylar

