
Thankful Hearts

Fall 2009

PATTI DUNNE'S SCHOOL OF GYMNASTICS

www.dunnesgymnastics.com

Heart To Heart



**“Parents hold their children’s hands
For a little while, their hearts forever.”**

Each day, as parents, we give thanks for our children and the many ways they bless our lives and help us to keep a healthy perspective. We are working hard to give them the solid foundation they need to grow strong in body and mind. We keep thoughts of them each minute of the day, with prayers that they are continually watched over and blessed by caring and nurturing individuals. As they travel to school, play dates, and activities; our hope is that they come in contact with good friends, good role models, and many character building opportunities. We remember our “school days” and know that growing up isn’t easy! So, we are especially thankful for each person and every moment that surrounds our children with love, especially when we can’t be with them every minute!

As teachers, we cherish the opportunity to create a wonderful learning and growing environment for your children. We take this responsibility to heart, and strive to create wholesome and lasting experiences for our students. Our staff is honored to be a part of your child’s “growing up”!

DEAR PARENTS,

WITH THANKFUL HEARTS FOR ALL OF THE LOVE, PATIENCE, AND JOY THAT YOU SHARE WITH US EVERY DAY, WE INVITE YOU TO VISIT OUR GYMNASTICS CLASS TO SEE HOW MUCH WE ARE GROWING IN SO MANY WAYS.

PATTI DUNNE'S ANNUAL PARENT'S DAY CELEBRATION IS DURING THE WEEK OF DECEMBER 5TH-11TH. THANK YOU FOR SENDING US TO GYMNASTICS, WHERE WE ARE BECOMING STRONG, HEALTHY, CONFIDENT KIDS!

LOVE ALWAYS,
YOUR CHILDREN xoxo

Community Corner

The Spirit of Giving

“Never underestimate the power of giving. It shines like a beacon throughout humanity. It cuts through the

turbulence that divides us and brightens the lives of all it touches. One of life’s greatest rules is, “You cannot hold a torch to light another’s path without brightening your own.”



Angel Tree

This holiday season, our hope is to let blessings abound from the hands and hearts of our school. Join us in the spirit of sharing with a donation to our Angel Tree. Take an ornament to hang on your tree as a reminder of your love and compassion and return the gift wrapped no later than December 10th.



Toys for Tots

We are a collection site for Toys for Tots. Please donate new, unwrapped toys to make the holidays brighter!

Great Gift Ideas



Looking for holiday gifts for your little gymnast? Check out our “home gym” display in the balcony. Gym mats, beams, practice bars and much more are available in time for the holidays. Looking for something different? See the order form attached to newsletter.

Gift Certificates for Gymnastics Classes are available in the office. Great gift idea for Grandparents!

Reach For The Stars



The fall semester has been an exciting time for our school. For many, it has been a time of adjustment. For

new students, and first graders just moving up from preschool, it has been a time of meeting new teachers, new friends, and learning the rules and expectations of general gymnastics class. We realize that this isn't always easy, and we are proud of our students, staff, and parents for working together to make this transition less difficult for our youngsters. These students have spent the semester working on technique for beginner level skills, with an emphasis on safety and proper progression, which will lead to higher level skills.

Our curriculum allows for our students to practice skills repetitively, with instructor feedback for optimum mastery, while at the same time providing challenging variations for those who are ready for more. All of our general gymnasts have been introduced to the skills listed below, and as they become competent with each skill they are encouraged to master the next progression. Depending on age and strength, students working the more difficult skill levels will be recommended for intermediate gymnastics.

Vault: hurdle, tuck and straddle jumps, squat on, straddle on, handstand flop, preflight, forward roll and handstand onto raised platform, rope climb/swing

Bars: front support, cast, forward roll, back hip circle, jump to high bar, sole circle, straddle travel, soldier walks, L-holds

Beam: walks, jumps, skipping, galloping, balances (scale, v-sit, knee scale), forward roll, see-saw, handstand, round off dismount

Rings: flexed arm hang, inverted hang, skin the cat, L hang, front support

Floor: forward and backward roll, straddle roll, cartwheel, round off, tripod & headstand, handstand, handstand roll, back extension roll, bridge, backbend

Pit: additional practice of tumbling skills plus strength exercises including skills from the Presidents Physical Fitness Challenge program

Tumble Track: jumps (tuck, straddle, pike, full turn), donkey kicks, cartwheels, rock climbing

During the winter semester, all students will be working on the "Reach For The Stars" skill progression program. Each student's skills will be charted as they set individual goals and earn achievement awards for each level passed. "Reach For The Stars" books and skill lists will be sent home in January.

Our goal is to create a positive learning environment for all of our students. It is our sincere hope that every child that comes through our door will benefit physically, socially, and emotionally as a result of their experience at Patti Dunne's.

We would like to thank all of the families who gave us feedback via our semester evaluation. We value your

comments and strive to exceed your expectations. We are overwhelmed by the number of positive evaluations, and we commend our staff for their outstanding efforts.

As always, if you would like to speak with your child's teacher about their progress or placement, give us a call any time and we'll be glad to set up a meeting. If you did not turn in a semester evaluation, they are still available and can be turned in at any time.

Happy Handstands,
Wendy

Preschool Fitness



Many thanks to our wonderful preschool teachers who work to create a wonderful environment for our children to "spread their wings" in every sense. Our preschool department has flourished this fall, and I am so proud of our staff and students for their wonderful teamwork. Miss Marci, has brought a gentle and experienced voice to our program. Miss Julie continues to share her patience and loving nature with our little ones and their families. Our seasoned preschool expert, Miss Nancy is working hard to keep all of our teachers coordinated and "in the know". She is on the look-out to make sure our students are happy and doing well, and we appreciate her keeping a watchful eye on "the big picture". These amazing ladies have worked together and made great strides with our little ones. I truly appreciate their support and commitment to our children.

As we near the end of the semester, some children **may** be ready to move into the next class. Me & My Shadow students who are 3 years old **may** be ready for Gym Tots. Gym Tots who are 4 years old and have experienced success as a Gym Tot **may** be ready for Gym Dandies. Gym Dandies who are 6 years old are usually ready to move to a General Gymnastics class. Since each child learns and grows at their own pace, it is best to speak to your child's teacher if you have a question about their readiness for the next level. Dee is currently taking waiting lists for the Winter Semester.

With Thankful Hearts,
Wendy

We Salute Our Staff



"THE ESSENCE OF TEACHING"

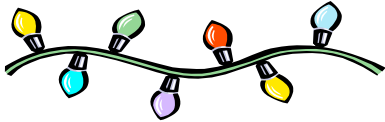
"What nobler profession than to touch the next generation-to see children hold your understanding in

their eyes, your hope in their lives, your world in their hands. In their success you find your own and so to them you give your all.”

We would like to express our thanks and appreciation to our amazing staff who truly work together to make our school strong for the benefit of so many youth. From our toddlers up through our high school athletes, our staff is devoted to delivering the best education, motivation, and quality to our students. We are proud to thank the following individuals for their dedication and many contributions to our gym family:

Nancy Bailey, Marci Bienkowski, Tori Chesnutt, Julie Dutton, Kevin Dunne, Patti Dunne, Lydia Ezerins, Ali Gostanian, Barbara Hughes, Darci Hughes, Sean Hughes, Kathy Jordan, Kip Reed, Kristi Morrison, Kristy Nicolo, Rich Nietupski, Morgan Ouellette, Erin Pagano, Tony Perreno, Melissa Procaccini, Sarah Yaiser, and Dee White. Jr. Staff “in training” Emily Bertora, Sam Currier and Nichole Ouimette

Spotlight on the Castaways Boys Team



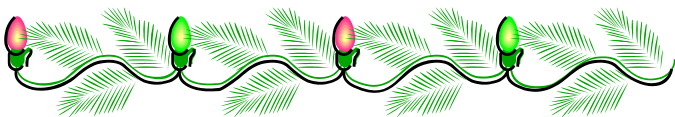
It is upon us, another season. Our boys are ready, they are getting pumped up. We are so proud to see the boys rededicate themselves to their training with a good attitude and more personal responsibility. The boys have worked very hard this fall and are ready to do some serious damage. It has always been a secondary goal to teach these boys gymnastics as there is so much more to being a champion. We teach the perseverance, dedication, confidence, social skills, manners and many more attributes. All these combined will make a boy ready for this sport but also for life's ups and downs.

These boys have been picked not for what they can do but for who they are. I wish you all the best of luck this year and know that you have already made yourselves winners. Please check out our web site for the upcoming meet schedule and we would love to see a full house at our home meets.

Sincerely,
Coach Tony

Join us here at Dunne's on December 6th at 12:00 noon for our Boy's Home Meet. Come and cheer them on as they amaze us with their talents.

Spotlight on the Castaways Girls Team



Hello, and welcome to an inside look at the Castaways Girls Team Fall Season 2009. We are off to a great start this season with our compulsory team (levels 4-6) with 4

meets already under their belt, and our Optional Team (Level 7 and 8) have just finished competing at their first meet of the season at the Turkey Tumble this past weekend. We are extremely proud and pleased with the progress that all of our team athletes have made this fall, and their hard work over the summer and into early fall has certainly been showing at competitions.

Our level 4 team is looking great as they continue to make progress every workout, and are starting to realize that their effort and focus in the gym directly affects their performance at meets. They are also learning the art of “performance” each and every meet, and understanding the importance of “calming the nerves” and to trust in their abilities. Our level 4 team this year consists of Sarah Aissis, Allison Carey, Jenna Decoursey, Caitlin Foster, Shelby Gancarz, Amber Guarino, Emma Hazel, Allison Hughes, Kelly Jacobson, Maya Paprocki, Sarah Pruitt, Catherine Rall, Madison Starr, and Kristin Whitney.

The level 5 team this year has pulled together very nicely, and continues to put forth the effort needed to be successful at competition. Their hard work and dedication in the gym showed over the past weekend, as they took 3rd Place together in the “Turkey Tumble Invitational” held at Pomperaug High School. It was a great team effort and we had many first place event titles held amongst the team. The coaching staff is very proud of their efforts, and glad to see so many smiling faces on the awards stand. This years level 5 Team consists of Katie Hill, Emily Moreau, Kayleen Mourey, Kyra Mourey, Jessica Rand, Lydia Reeves, Kendra Spector, Natalie Davoodi, and Jordan Chicoski.

Our level 6 team this year is composed of 5 gymnasts. They are all brand new to their level this year, and are progressing nicely as we go deeper into our competitive season. This group is working extremely hard, and are continuing to focus their energies on making their skills “bigger “ as it will prepare them nicely for the optional levels. Level 6 is the last stop on the compulsory road before they enter the challenging, yet exciting realm of optional level gymnastics. Swinging and casting higher on bars, improving dynamics, and flight while maintaining strict attention to body positions and form are the key elements these girls are focusing on. As these things take time, dedication, and many repetitions, the girls are doing well by making progress every practice. This team also performed very well this past weekend at the Turkey Tumble placing 2nd as a team. Not bad for first year Level 6's!!! Our team this year consists of Hannah Rumley, Allyson Briggs, Devyn King, Sarah Cameron, and Amanda Kunkel.

The coaching staff is very excited to also begin our optional level meet schedule that started this past weekend at the Turkey Tumble held at Pomperaug High

School. We have a strong number of girls competing at the optional levels this year, with nine Level 7s, and six Level 8's. There is much work involved at the optional level to get these gymnasts ready for competition, and the entire group is starting to finally see their hard work pay off. It showed this past weekend at their first meet when both teams took home a 2nd Place finish at the Turkey Tumble. This group of young ladies have come a long way over the summer, and are recognizing the challenges these levels present. Every athlete on our optional team this year has done an amazing job of learning, and obtaining new skills, while improving skills they already had. We are extremely proud of these young ladies, and look forward to seeing them succeed this upcoming season. The Level 7 Team this year consists of Mackenzie Cooke, Rachael Herwerth, Rachael Leitkowski, Reilly McKnerney, Alexandra Piel, Jessica Rivard, Rebecca Rumley, Kiele Sacco, and Megan Voelker. Our Level 8 Team this year consists of Casey Beaulieu, Emma Hartan, Annie Hetherington-Coy, Danielle Maffuid, Stephanie Mager, and Lauren McCormick.

Finally, we would like to say a big "Thank You" to all of our Team Parents and Gymnasts who helped us run our first home meet of the season on Sunday, October 25th. A home meet is not possible without the teamwork of many individuals, and I appreciate your time and dedication to our program. It always nice to see our team gymnasts compete in their own gym, and our team parents, gymnasts and coaching staff always seem to pull together nicely to run a great, and memorable meet. Thank You and we look forward to another great competitive season.

New to our website: Dunne's Gymnastics has teamed up with Deary's Gymnastics Supply for all of your gymnastics needs. Grips, wristbands, leotards, tape and much more available on our link at Dunnegymnastics.com

Sincerely,
Dunne's Team Coaching Staff
Coach Matt, Melissa, Kathy, Kip, and Kristi

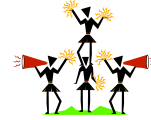
Reminder-Check out our teams progress and competition schedule at www.castawaysteam.com

GREAT NEWS!!!!!!

As a reminder, we have very exciting news that the Visa Championships are going to be held at the XL Center this summer in Hartford!! This is a great opportunity to see Olympic caliber Gymnastics (men and women) right in our back yard!! **As a member club of USA Gymnastics, Dunne's Gymnastics is offering tickets**

for sale to this great event at a discounted rate. This special rate promotion will be good through January 1st, 2010 on a first come first serve basis. Ordering is very simple. We have forms at the gym with our club info on it. Simply fill out form with payment information or check directly to the contact at the XL Center. Tickets will then be mailed to your home address. This event is scheduled for August 11-14th, 2010. Your tickets are good for all four days of competition!! Don't miss it!!!! Order Today!!

Ready, Set, Cheer



Diamond All Stars

Welcome to another year of Diamond All Star competitive cheerleading!! Please help me welcome the new members of our squad. Amanda Finocchiaro, Tori O'Malley, and Melissa MacDonald are our new additions as well as Samantha Currier, who is a returning squad member from years past. We have been steadfastly working on our competition routine in order to perfect it for our first competition in January. We will be attending five competitions this year, as opposed to four in years past so we are extremely excited! Our co-captains this year are seniors Lydia Ezerins and Kristy Nicolo. This will be their fifth and final season with us ☺. Watch for future newsletters to see how our team does during their competition season!

Cheers to all!
Coach Barb

Tiny Gems



Let's go Tiny Gems!!!

Here's to our second year as a competitive Level 1 All Star squad! The girls are working EXTREMELY hard. Their tumbling is looking fantastic- way to go Coach Lydia and Coach Kristy! Starting in February, Tiny Gems are attending 4 competitions. They will be competing in CT, MA, RI and NJ!!!! They are truly beginning to realize what teamwork can do... I'm so proud of all their hard work. Keep it up ladies. And I just wanted to send out a quick thank you to all my parents- you are so supportive and understanding- I can not thank you enough.

Cheers,
Coach Sarah

***Parents & Students
Share Their Thoughts***

We Are Family



Since before any of us were born, God planned for us to share our lives with each other. He knew exactly how our strengths and weakness would balance one another, and the depth of love, understanding, and commitment we would learn to feel. He knew the richness of our separate characters would be developed through the hard times, and that mutual trust and respect would be born as a result of overcoming the trials together.

Welcome **Trevor Michael Dunne**, born on September 25th. Congratulations to Matt, Jen and big brother Gavin!



Skylar,
You are a true gift from the Lord I thank him everyday for you. I am so proud of all of your accomplishments. Keep striving, learning and most important, having fun. You do wonderful things. We are all very proud of you. Love you with all I have,
Mom (Hillary Cuppert)

To Our Dear Olivia,
We are so blessed to have you as our daughter. You are our shining star and we are very proud of you! Be happy and dream big...
Love, Mom & Dad (Angela Gaidry)

For Coach Erin,
Terrific, Awesome, Fun, Great Coach!
By: Sydney

To Karina
Funny, Friend, Karina ☺
By: Shelby

Dear Coach Tony,
Thank you for being my coach. You teach us cool skills and make me laugh. I love gymnastics at Dunne's!
From,
Johnny (Meatball) Marinaran

When I asked Allison what she was thankful for about gymnastics, she told me,
"I love everything. And I love my teachers!"
By: Allison Michalski (5)

I am very thankful to Dee for all her help she gave me when I injured myself during a run, while my child was in class. She's the best!

Life is not a competition; it is a ride, so slow down and enjoy it!
By: Linda Hadley

Thank you to all of the staff at Dunne's Gymnastics for all their hard work and dedication. It's been a joy to watch our girls grow, both physically, mentally and maturity. Both Shelby and Tiffany have continued to strive in wanting to learn more and to become better at what they do, and from what they have learned. Both have at some point; "pretended" to be the coach. While the other pretends to be the student. Our oldest, Shelby also tries to help her little sister try new moves she learns. Thank you for the willingness to want to teach our young children. I know from experience working with young children it can be a challenge, especially while in such an excitable environment. Thank you for keeping them safe, teaching them patience, sportsmanship and how to respect their classmates while waiting for their turn.

By: Lisa Warren

When I asked my three children what about gymnastics they are thankful for they said.

"Ms. Wendy is kind and helps us in the pit. I like her happy face!"
By: Aiden Zimnoch (age 3)

"I like doing rollie-pollies on the beam. Ms. Wendy is special because she likes me and I like her. She is friendly and I like her."
By: Alexis Zimnoch (age 3)

"I like walking, bunny-hopping and doing forward rolls on the beam. I love Ms. Nancy because she is a good teacher. She helps me and is teaching me how to do a handstand. She is kind and I love her a lot!"
By: Owen Zimnoch (age 4)

My children have learned so much at gymnastics class. The teachers are fantastic and recognize each child's individual needs and strengths. All three of my children have become confident little gymnasts and I thank all of the teachers at Dunne's for their efforts and enthusiasm!
By: Bethany Zimnoch

We are closed for Thanksgiving weekend.
Thursday, November 26th through
Saturday, November 28th.



PARENTS WEEK



WE INVITE YOU TO VISIT YOUR CHILD'S
CLASS DURING THE WEEK OF DECEMBER
5TH-11TH TO CELEBRATE THEIR
ACHIEVEMENTS.

BRING YOUR CAMERA, OR VIDEO CAMERA
TO CATCH YOUR GYMNAST IN ACTION.
PLEASE MAKE AT HOME ARRANGEMENTS
FOR YOUNGER SIBLINGS.

THERE ARE NO MAKE UPS OR EARLY WARM
UPS DURING THIS WEEK.

PLEASE NOTE THAT THE FALL SEMESTER
CONTINUES THROUGH DECEMBER 23RD, AND
THE WINTER SEMESTER BEGINS ON
JANUARY 4TH.

TUITION REMINDER

FAMILY PLAN PAYMENTS ARE DUE BEFORE
THE FIRST CLASS OF EACH MONTH.
DECEMBER TUITION IS DUE BEFORE
THANKSGIVING.

PLEASE REMEMBER TO PAY
JANUARY/WINTER SEMESTER TUITION
BEFORE THE BREAK. ALL STUDENTS ARE
AUTOMATICALLY ENROLLED INTO THE
NEXT SEMESTER. IF YOUR CHILD IS NOT
CONTINUING IN THE WINTER SEMESTER,
REMEMBER TO FILL OUT A WITHDRAWAL
FORM IN THE OFFICE BEFORE DECEMBER
15TH.

CLASSES RESUME ON JANUARY 4TH

Cardio Express

Manage holiday stress by treating yourself to a
challenging fitness class for women only!

Who says "Girl Power" is just for kids? Cardio-
express is a four week interval class starting now
designed to work your body from head to toe!
The goal of the class is to improve your fitness
level through a variety of exercises that focus on
aerobic/muscular conditioning and flexibility.

*all fitness levels welcome!

Wednesday	November 25 th	12:00-1:00
Monday	November 30 th	11:15-12:15
Monday	December 7 th	11:15-12:15
Monday	December 14 th	11:15-12:15
Monday	December 21 st	11:15-12:15

The cost is \$50.00 for 5 weeks. Payment due by
November 25th. Call ahead to register.

Drop-ins are welcome, \$15.00 per class.
Invite a friend to join us!

(Gift Certificates are available.)

Coming in January

Beginning in January, CARDIO EXPRESS will
meet 2x per week.

(January 4th through March 24th)

Mon: 11:15-12:15 PM & Wed: 12:00-1:00 PM

There will be a discount for those signing up for
2 days per week, cost will be determined by
number of participants.

Register by December 7th with a \$25.00 deposit.

Secretary's Desk



Recently I came across this poem and decided that it should go in this newsletter. I do not know why but I have learned over the years that I need to follow my heart when I believe the Lord is speaking to me. I believe that this poem may be for just one of you or will touch many of your hearts.

May God bless all of our families over the upcoming holidays. Remember that you do not know what tomorrow will bring, so enjoy the time you have with the people that love you. Take the time to talk, laugh, love, take many pictures and hug those that are special to you.

Love,
Dee

Angel Pennies



*Found a penny today.
Just lying on the ground.
But it's not just a penny.
This little coin I've found.*

*Angels put them there.
That's what my Grandpa told me,
He said "Angels toss them down.
Oh' how I love that story.*

*He said when an Angel misses you
They toss a penny down.
Sometimes just to cheer you up
To make a frown a smile.*

*So, don't pass by that penny
When you're feeling blue,
I may be a penny from HEAVEN
That an Angel tossed to you!*



Canned Food Drive

Thanks to all who helped with our canned food drive. By supporting the Isaiah 58 Ministry and Hebron Interfaith Ministry, we are teaching our children some of life's most important values of compassion and service to mankind. This season donations from Dunne's are given in memory of Isaiah 58 Founder, Ray Labbe. Happy Thanksgiving to you and your family. Enjoy this special time together!

Important Information For Parents



**For Snow Closings Listen To
WTIC, WILL, or online at WFSB.COM
www.dunnesgymnastics.com**

Working together for Happy, Healthy Children

In an effort to keep our families, staff, and students healthy, we ask that you keep your children home when they are sick. Follow guidelines set forth by the public school system when deciding if your child should go to gymnastics.

If your child has any flu-like symptoms, they should not come to class. If your child has a cold and is experiencing a cough and runny nose, we ask that they be kept home until they are feeling better. We will be glad to assist you in scheduling a make up class.

Hand sanitizer is available in the lobby and at the side door. Please encourage your children to wash or sanitize their hands before and after class.

During this time of heightened concern over H1N1 and the spread of germs, please be assured that we are taking extra steps to keep our facility and all of our equipment sanitized on a daily basis. The health of our children is extremely important to our staff and administration.

Parking & Exit Regulations

Please observe the “enter” and “exit” signs in our driveway to ensure safety for all. It is of vital importance that we adhere to the parking guidelines established by our town. During times when our parking lot may be full, please utilize the following designated areas.

- Right hand side of road in front of our field and extending to the right hand side of the circle.
- **Absolutely no** parking in the middle of the circle, at the daycare during business hours, or at the Fire Station.

It's getting cold! Students should not exit our facility without their shoes and coats on. Parents, please help us by encouraging your children to leave their warm clothes and shoes in the locker room, and dress before they meet you at the side door.

We acknowledge your busy schedules and will do our best to let our classes out promptly. Please meet your child at the steps, students should **not** cross into the parking lot to meet parents waiting in cars.

Reminders:

Students are asked to respect the following guidelines:

- ❖ Long hair must be tied back.
- ❖ Jewelry should be left at home.
- ❖ Jeans, skirts and clothing with buttons, zippers or buckles should not be worn.
- ❖ Remind your children to go to the bathroom before they come into the gym.
- ❖ The balcony and waiting areas are quiet places. Please, no running or loud voices. Show respect for our secretary and other families.
- ❖ **Food and drink are not allowed** in our balcony or inside of the gym. Parents, please remind your children to clean up after themselves.

A Hug

Hugging is healthy. It helps our body's immune system, it keeps you healthier, it cures depression, it reduces stress, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural. It is organic, naturally sweet, no artificial ingredients, no pesticides, no preservatives, and 100 percent wholesome.

Hugging is practically perfect. There are no moveable parts, no batteries to wear out, no periodic check-ups necessary, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, non-polluting, theft proof, non-taxable, and, of course, fully returnable.

It's wonderful what a hug can do.
A hug can cheer you when you're blue.
A hug can say "How I love you!"
A hug delights, it warms and charms.
That must be why God gave us arms!
The more you give, the more there are.
So stretch your arms and give someone a hug.



From Dunne's Staff