

NEW HOPE NEWS

New Hope Academy of Gymnastics 17270 Newhope St, Fountain Valley CA 714.556.8050 www.newhopegymnastics.com

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MONTHLY, Zero\$

VALENTINE LATE NIGHT!

It's not too late to reserve your spot at the Valentine Late Night Out on Saturday, Feb 13th.

Sign up in the office today--\$25 before 2/11; \$30 after.

The kids will enjoy a great night of fun activities, wild gymnastics play, bouncing and movie...oh yeah, and snacks and pizza! Parents can spend an evening out alone with their Valentine... AND NO KIDS!



ACADEMY STUDENTS OF THE MONTH

Announcing "Students of the Month" for February:

MACKENZIE KOHANEK
SARAH BORG



Check out their photos and bios on the *New Hope News* bulletin board in the lobby!

Academy students—two selected each month—are nominated by the coaches for their positive attitude, team work and good work ethic.

COLLEGE GYMNASTICS?

This is a very exciting time at the gym with competition season in full swing and the athletes catching the attention of college recruiters.

For those of our students who hope to make college gymnastics part of their future, here are a few planning tips:

Do well in school. No matter how talented you are, colleges are looking for (college) acceptable grades and solid SAT scores.

Work hard at your gymnastics but stay healthy by eating right, training smart and getting enough rest.

Make sure you take high school classes that meet the NCAA eligibility requirements. Colleges cannot recruit athletes that do not meet eligibility standards. This information is available at www.ncaa.org.

Register as an athlete with the NCAA no later than your Junior year at www.eligibilitycenter.org.

Take your SAT in your Junior year so that you have time to retake the test should you need to improve your scores.

Make a DVD of your skills to send to potential

college coaches. You can also post your video to www.youtube.com

Research your college of choice by visiting www.CollegeBoard.com or the actual website for the college or university. Information on college gymnastics teams can be found at www.troester.com or on the athletic website for the college.

Email college coaches. Coaches want to hear if you are interested in their team. There are strict rules about communications with coaches but email is allowed.

Gymnastics is a great sport and a healthy habit for all kids. Those blessed with a little talent and good work ethic can also enjoy years as a competitive gymnast. And, many of the parents at our gym can attest to the fact that it can also be a chance for their child to receive a —sometimes subsidized—college education!

WE'RE OPEN!

Please note that we will be open for all the Monday holidays during February.

A copy of our 2010 tuition calendar is available at the office or at

www.newhopegymnastics.com

STAYED INFORMED—

@ WWW.NEWHOPEGYMNASTICS.COM