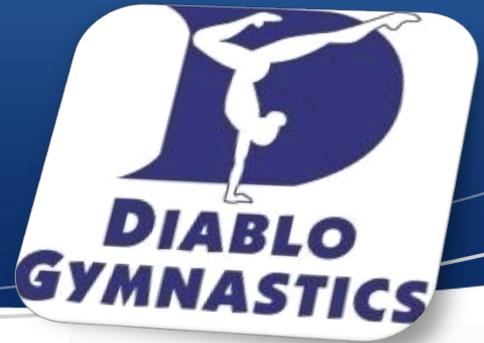


Chalk Talk

Monthly Newsletter of Diablo Gymnastics

“If you don’t try, you will never know what might have been.”

~Gabby Douglas, Olympic Gold Medalist



Program Updates

Kinder Corner

Last month, our kindergym classes enjoyed a variety of rotations and activities. They also practiced backward rolls down the wedge using “pizza hands.” This month, kindergym classes will continue to practice their basic gymnastics shapes and skills on the floor, bars, beam and vault.

Rec Rap

In January, all recreation students will continue to learn and practice their Diablo Olympics routines. The routines can be viewed on Diablo’s website and Facebook page. Participation in the event, which will be held on Sunday, January 29, is optional. Pick up a flier in the front office for more information.

Team Talk

Diablo Gymnastics School’s competitive teams kick off their competition season this month. The Xcel Team will compete in *Gymnastics in the Wine Country* on January 21 and 22 in Rohnert Park, while the Junior Olympic Team will compete in the *Red Heart Invitational* on January 28 and 29 in Fremont.

Mark Your Calendar!

Diablo Olympics

Sunday, January 29, 2017
at Diablo Gymnastics School

Reminder:
**Don’t forget to turn in
your Fitness Challenge
forms each week!**



Diablo Gymnastics School...A Great Place to Grow

Gym Announcements

A Note From the Office

Children are going home with the wrong shoes. Please double check your child takes the correct shoes from the cubbies after his or her class.

Camp Registration Now Open

Diablo Day Camps run from 9 a.m. to 12 p.m. Registration is \$40 per person and open to ages 5 to 12 years old. Camp includes gymnastics, games, activities/crafts and healthy snacks. Registration is now open for day camps on the following dates:

- January 2, 3, 4, 5, 6, 16
- February 20

Diablo Olympics

Join us for the inaugural Diablo Olympics! All students in recreation classes (Boys and Girls Red, White, Blue and Silver) will be working on routines during their regular classes. The Diablo Olympics offers students a chance to showcase their skills! Girls will perform routines on bars, vault, beam and floor. Boys will perform routines on parallel bars, vault, floor and rings. Pick up a registration form in the office to participate.

Popcorn for Charity Raises

\$1,129

Diablo Gymnastics School families helped raise \$1,129 for charity during the month of November. Students who participated in the sale were invited to a Popcorn Pajama Party.

The following charities received donations from the popcorn sales:

National Pancreatic Cancer Foundation = \$182

Alzheimers Services of the East Bay = \$127

Special Olympics = \$163.50

Angelman Syndrome Foundation = \$100

American Diabetes Association = \$114.50

Capes4Heroes=\$100

Allie's Pals Cat Rescue = \$159

Pollinator Partnership = \$183



A huge thank you to all the families who donated to Toys for Tots in December.

Diablo Cares: Supporting Warm Winters

Diablo Gymnastics School is very proud to have such a generous gymnastics community. We are very honored that our gymnastics' families have embraced the Diablo Cares initiative by graciously supporting The Food Bank, The Children's Book Project, and Toys for Tots. The coaches and staff at Diablo believe in the importance of giving back to help make the world a better place.

Please join us in supporting Warm Winters during the month of January. Turn in your completed Fitness Challenge with a sock donation during January to receive an extra entry in the Fitness Challenge drawing. Pick up a flyer in the office for more information.