



NEWSLETTER January 2008

Happy New Year!



Fun-Loving Interested Parents - a non-profit organization to support, promote and raise funds for the development of excellence in competitive gymnastics at Pacific West Gymnastics

WELCOME NEW TEAM MEMBERS

The Pacific West competitive team is growing by leaps and bounds. We are now 63 members strong with girls training for the Level 4, 5, 6, 7, 8 and 9 competitive seasons. The following fine gymnasts have joined our team in the past six weeks:

Level 4 & 4/5

Sarah Giles, age 6

Mary Phillips, age 10

Allana Romo, age 10

Celine Chuapoco, age 8

Quyên Ebojo, age 7

Brianna Prestia, age 8

Winnie Xu, age 6

Level 5 & 5/6

Ria Chuapoco, age 11

Alexandra Herrera, age 8

Kari Kelder, age 9

Mariah Lark, age 9

Lucia Ornelas, age 11

Level 8

Libby Fogel, age 14

Level 6/7

Maya Krishnan, age 10

Kayla Macadaeg, age 9

Justice Toailoa, age 11

Keani Turangan, age 10

Amanda Balidio, age 12

Raven Wade, age 12

WELCOME NEW COACHES

Pacific West is proud to have added two new coaches to the staff.

Michelle Martin came aboard in December and is coaching Levels 4, 5 and 6/7 and a number of developmental teams. Michelle brings a strong coaching and judging background to Pac West as well as a devoted following among many of the new team members.

Jennifer Apodaca, from Oregon Gymnastics Academy, is our newest coach. She loves working with developmental and compulsory levels and will also be helping out our burgeoning TOPS classes.

ELECTRONIC RECYCLING - Free E-Waste Collection THIS SATURDAY, JANUARY 19th



TELL YOUR FRIENDS AND FAMILY AND NEIGHBORS!!!! For just ONE day, this **Saturday, January 19th**, 9am to 4pm, RAIN OR SHINE, Pac West is serving as an E-waste collection site. Anyone in the community can drop off monitors, televisions, laptops, flat screens, cellphones or ink cartridges to be recycled for free. Other electronics are subjected to a fee of just \$5 per item.

There are flyers in all team members' folders and stacked at the front desk. Please grab as many as you can to distribute. This is a fundraiser and all proceeds from this event will benefit our Pac West Level 4, 5, 6, 7, 8 & 9 teams. Call Kianna's mom, *Marina* at 510-604-9473 for details or to volunteer to help out this Saturday.

OPTIONAL TEAM NEWS

JUDGES CUP

The optional team competitive season opened on December 8th when our *Level 7's* competed at the Judge's Cup Qualifier Meet at San Jose State University. Nearly all our Level 7's were competing at this level for the first time. They had an outstanding meet and took fifth place as a team, overall. *Katie DeGuzman*, age 12, earned tenth place out of a hundred athletes in the combined sessions, with an AA of 36.6 and narrowly missed being among the top seven chosen to go on to the National Judges Cup meet in San Diego this month. Other highlights included *Lillian (age 12) Mangrobang's* 9.6 vault and 9.125 floor, *Adrienne (age 13) Manseau's* 9.1 on vault and bars, *Malia (age 11) Tymous's* 9.35 vault, *Alana (age 13) Turangan's* 9.250 vault, and *Daneyia (age 11) King's* 9.075 Bars. Click here for [complete score listings](#).

BYERS ROSEVILLE

The Level 7's competed their second meet on January 6th at the 2008 Byers Roseville Invitational. PAC WEST TOOK FIRST PLACE AS A TEAM. *Adrienne Manseau* finished the meet with a 36.925 AA, the highest score of the entire meet, all sessions and levels. She placed first on Bars and Beam as well!!

Other highlights included *Emilie Weideman*, age 11, back from a foot injury, placing fifth on vault and scoring 9.0 on floor. *Daneyia King* placed first on bars with a whopping 9.5 (the second highest bars score among all Level 7's) and third on vault. *Alana Turangan* placed fourth on beam and scored a 9.0 on vault. *Malia Tymous* placed second on floor with a 9.425 and placed fourth overall. *Katie DeGuzman* placed second on bars with a score of 9.2250, and placed third overall. *Lillian Mangrobang* placed first on vault with a 9.4 and second all around with a score of 36.2.

After a shared intrasquad at Stanford University with Airborne Gymnastics, the *Level 8 & 9 Teams* began their seasons at the 2008 Roseville Invitational on January 5th, taking second and third place, as a team, in their respective sessions.



The Level 8 girls maintained their poise and composure throughout the meet, even after *Kianna Kagawa*, age 14, suffered a freak bars mishap during warm-up, shortly after the first rotation. She took a fall on a routine pirouette and broke both bones in her right arm. She is recovering nicely from surgery and is already back in the gym.

Highlights from the *Level 8 Session* include: *Megan McWilliams*, age 12, placed third on vault with an 8.675 and seventh all around. *Danielle McWilliams*, age 16, placed second on vault with an 8.8, third on floor with a 9.05 and second all around. *Justine Chinn*, age 13, placed third on bars with a 9.15, third on beam, and sixth all around. *Shelley Paradis*, age 12, had a stellar bars routine, placing second with a 9.3 and fifth all around. *Kiana Gordon*, age 12, placed first on bars with a 9.375, third on vault and beam, and fourth overall. *Anya Barca-Hall* placed second on floor with a 9.350 and third all around. *Maya Srinivasan* placed first on vault with a 9.075 and second on beam with a 9.1 putting her in second place overall. And *Lacy Dagen* placed first on beam with a huge 9.650 and second on vault with a 9.050 placing her first all around.

Pac West has three members on its *Level 9 team*. *Alexa Hernandez*, age 14, has been training "around" a long-term wrist injury which was corrected surgically last week. She is recovering well and will be back in the gym soon. Remarkably, she competed her first and

only meet this season without using her injured arm, working beam and floor routines “with no hands!” She placed second on floor with a 9.2 and third on beam with an 8.55! *Tori Fujinami*, age 14, placed first on floor with a 9.3, first on beam and third overall. And

Anna Shumaker, age 16, placed third on floor and swept first with a 9.3 vault, 9.125 Bars and 9.5 beam, as well as first all around.

Check MeetScoresOnline.com for complete score listings and age groupings for all levels.

UPCOMING OPTIONAL MEETS

January 19-20	Black Tie Invitational	San Ramon
January 25-26	Gymnastics in Paradise	Honolulu
February 9	Dual meet w/Airborne	Santa Clara
February 15-17	Hard Rock Invitational	Phoenix
February 29-March 2	Spirit of the Flame	Santa Clara

All our compulsory team and recreational athletes are encouraged to come out and cheer for our Optional Team girls this season. Level 7's will compete next at the Black Tie Invitational on January 19 in San Ramon followed by a Level 7-9 meet in beautiful Hawaii!! The entire optional team will depart for Honolulu on Thursday, January 24th, train there on Friday, compete on Saturday, share a team outing on Sunday and return home on Tuesday, January 29th. They also have another big travel meet to Phoenix, Arizona, February 15-17th.

But you can see these girls locally when they compete at a dual meet (just two teams) at Airborne Gymnastics, in Santa Clara, on February 9th and then again at the gala “Spirit of the Flame” meet at the Santa Clara Convention Center, hosted by West Valley Gymnastics on February 29 through March 2nd. See <http://wvgbc.com/soft/> for details.

TEAM SISTERS

At the beginning of the compulsory season each year, younger team girls are matched with older team girls as Pac West “Team Sisters.” All of the compulsory and optional team girls are listed on a master chart in the locker area where they can write their favorite colors, special interests and birthdays. Throughout the season, team members are encouraged to leave their team sisters little gifts or notes of encouragement. It is customary for team sisters to create a big, personalized poster or banner to hang along the wall along the tumble track at the start of a new season or just before State and Regional competitions. (For example: “Reach for the Stars, Rachel!” or “Good Luck at States, Jennifer!”)

New team members will be assigned sisters next season. But current team sisters, particularly those from the compulsory teams, should think about what small gestures or goodies they might offer their optional team sisters prior to each meet during the remainder of this season. And optional girls can still periodically leave good luck wishes in their compulsory team sisters’ file folders and lockers as they learn new skills or celebrate birthdays. The Team Sister program is intended to blend teams and foster team spirit and bonding between girls who do not necessarily train side by side. It’s tough sometimes when one team sister forgets to acknowledge her sister’s upcoming meet or an awesome score—and everyone else seems to be getting little cards or gifts. So parents—please try to facilitate this!



TOPS NEWS

Congratulations to *Lacy Dagen*, age 10, *Maya Srinivasan*, age 11, and *Anya Barca-Hall*, age 11, for their accomplishments at Tops National testing and their invitation to the Tops National Training Camps in December. And congratulations to *Madison Dagen*, age 8, for achieving the “gold level” of recognition at regional testing.

What is TOPS?

TOPS is a national Talent Opportunity Program run by USA gymnastics to identify girls ages 7-11 who have the potential and motivation to train at the Elite level. Tops training initially focuses on strength, flexibility and conditioning. At the regional level, qualified athletes are prepared to be tested on a series of physical abilities including press to hand-stands, rope-climb, leg lifts, cast to handstands, vertical jumps, sprints, splits and shoulder flexibility.

Tops girls testing regionally in the 7 and 8 year old categories are not invited to National Testing or to attend the camps. They are scored as Bronze, Silver, Gold and Diamond Level participants. Diamond Level gymnasts are considered National Tops Team members. Madi, among the youngest to test as an eight year old (she was still just seven years old when she tested in July) was ranked among the Gold Level athletes.

Nearly 3000 girls from across the country tested regionally last summer and of these, 300 nine to eleven year olds were invited to test again in Houston, at Bela Karolyi’s Ranch—the US Women’s Olympic Gymnastics Training Center. In October, Lacy, Maya and Anya traveled with Coaches Liviu and Maria to this National Test where in addition to the physical abilities assessment they were also evaluated on beam, bars, floor, vault and dance skills.

The top twenty girls in each age group were then selected as members of the National Tops Team and invited to travel again, at USA Gymnastics’ expense, back to The Ranch for a week of “A Camp” where they were coached by USA National Team coaches. Lacy Dagen was selected as a member of this prestigious National Tops Team and invited to the “TOPS A Camp.”

The next twenty girls in each group were invited to travel at their own expense to attend the “TOPS B Camp” where they, too, spent a week with the National Team coaches. Maya and Anya were both invited to attend “TOPS B camp.”

All three girls came back from the camps inspired and motivated to learn and perfect new skills with even greater intensity. In addition to long days of gymnastics, they had fun meeting girls from all over the country, and participating in a host of traditional camp activities in a rustic, rural setting. Most important, Liviu and Maria, who accompanied the girls, also returned with new drills and new coaching techniques to share with all our team girls.

Pac West has a thriving TOPS program and regardless of whether our TOPS athletes make it to Regional or National testing, this intense conditioning program can only enhance and improve their gymnastics skills.

FLIPS MEETING

FLIPS (Fun-loving Interested Parents) is PacWest's non-profit parent group which meets the second Monday of every month at 7:30. **Next meeting: January 14th**

If you are new to the gym and are not yet on the FLIPS e-mail list, or have questions about FLIPS fundraising and other activities, how points are awarded for work hours, etc, contact any of the following board members: President *Lizanne Manseau* 510-796-6678, Vice-President *Paige Dagen* 925-600-0717, Secretary *Serena Hemmers* 510-792-4689, or Treasurer *Les McWilliams* 209-892-1653. Also: join the FLIPS Yahoo group (see below).

Among the items on this month's agenda will be a vote on a new process for planning fundraising through a fundraising sub-committee. This proposed fund-raising committee would screen all initial fundraising proposals for financial viability, help assign/recruit volunteers and bring the proposals to the large FLIPS meeting for quick approval or denial. The goal is to expedite fundraising planning in a more efficient group outside the monthly FLIP meetings, and to come up with a cohesive, profitable plan for each new season so that we focus our energies and resources on a few, sure-fire events to help lower our monthly team assessments.

VOLUNTEERS NEEDED FOR CONCESSION FUNDRAISER AT SAN JOSE STATE

Pac West has committed to provide concessions at the Spartans Gymnastics meets at San Jose State. All proceeds will go directly to FLIPS. Special thanks go to Maya's mom and dad, Sarahdha, Ragu and brother Gautan for single handedly setting up and running the stand last weekend--on very short notice.

We need a new "staff" of volunteers on Feb 1st, 16th and 22nd—two people on the 1st and one each on the 16th and 22nd. Set-up begins at 5:30 (park in the adjacent parking structure) and your "shift" should be completed by 10:00 p.m. Please contact Marina Kagawa for details and directions: 510-604-9473.

JANUARY BIRTHDAYS

Winnie Xu—seven on January 2
Katie Fraticelli—ten on January 2
Maya Krishnan—eleven January 16
Justine Chinn—thirteen on January 19
Anna Shumaker—sixteen on January 17
Coach Liviu—"29" on January 24

FEBRUARY BIRTHDAYS

Lanise Powell—ten on February 1
Daneya King—twelve on February 6
Libby Fogel—fourteen on February 14



NEWS FOR THE NEXT NEWSLETTER?

Do you have any team news to share in our next newsletter? Send your news to Lisa@barcahall.com

JOIN THE FLIPS YAHOO GROUP

Stay informed on the latest news and participate in forum discussions:

<http://sports.groups.yahoo.com/group/Flipsforpacwest/join>