



NEWSLETTER

March 2008

Happy Spring!

Challenging Minds in Motion



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

SUCCESSFUL E-WASTE FUND-RAISER

FLIPs' first E-waste Fund-raiser, held on January 19th, was a success thanks to *Marina Kagawa's* organizational efforts. And we learned a lot from the endeavor. Next time, we will surely have more lead time, allowing us to better publicize the event by urging FLIPs families to more aggressively circulate the informational fliers the week or two before—at local supermarkets, parking lots, schools and other public community centers. With the help of just a few volunteers, on a single Saturday morning we raised \$600 simply by providing a collection site in the Pac West parking lot. There are plenty more printers, computer monitors, cell phones, TV's, and other electronic junk cluttering the garages of Union City and Fremont. Stay tuned for our next E-Waste Collection date and let Marina know (510-604-9473) if you are interested in helping out.

FUND-RAISING COMMITTEE

Randy Chinn, chairman of the FLIPs Fund-raising Committee, reminds us that it is time to consider fund-raisers for next season in addition to our hosting the Stars Challenge compulsory meet in the fall. Please contact Randy (925-462-5062) if you have ideas to submit to the committee for review, or if you would like to serve as a member of this committee. The purpose of this group is to bring well-researched fundraising proposals (including \$\$ goals, required manpower, and names of willing volunteers) to the monthly FLIPs meetings for vote so that we can streamline and quickly expedite these projects. We hope by screening these projects by sub-committee, FLIPs families can focus their energies on only the most profitable activities without straining our limited time resources. All proceeds of FLIPs fundraisers go directly to the team—off-setting the costs of our families' annual competition assessments. Watch your e-mail for the date of the first meeting.

KIP KIP HOORAY! KIP KIP HOORAY!

The following Level 4 girls have recently made their kips for the first time: *Sachi Abe*, age 7, *Camille Paradis*, age 6, *Shyan Phillips*, age 7, *Jenna Schreiber*, age 7, *Allana Romo*, age 10, *Winnie Xu*, age 7, *Monica Villagomez*, age 10, and *Quyên Ebojo*, age 7.

NEWEST TEAM MEMBER

Anya Ayala, age 6, has moved up to the Level 4 team. Congratulations, Anya!

And welcome back to *Kimberly Hu*, age 15, who rejoined the Pac West team in December as a Level 6/7. Her name was inadvertently left out of the last newsletter.

OPTIONAL SEASON IN FULL SWING

Our Optional Teams have continued to have an extremely successful season. Their final meet before State and Regional Championships is this weekend at Technique Gymnastics in Rancho Cordova.

State Championships for the Level 7 Team will be held in Sacramento on April 12—13. State Championships for the Level 8 & 9 teams will be held in Oroville on April 4-6. Level 8 & 9 Regional Championships will be held in Long Beach on April 25-27.

Team sisters—don't forget to cheer on your teammates as they head into the final weeks of their season. They are training hard.

Here are their recent competition highlights:

Black Tie Invitational

The Level 7 team alone competed at the Black Tie Invitational hosted by Diablo Gymnastics on January 19th and placed first as a team. In the younger age group, *Malia Tymous* placed first on Beam with a 9.375 and second AA with a 35.975. *Daneya King* had a stellar Bars routine, placing first with a 9.5 and *Emilie Weideman* placed second on floor with a 9.150. In the older age group, *Katy DeGuzman* took first on Beam with a 9.5 and second All Around. *Adrienne Manseau* placed first on Bars with a 9.475, taking third All Around and *Lilian Mangrobang* placed first on Bars with a 9.475.

Gymnastics in Paradise

Hawaii was the perfect spot for “Gymnastics in Paradise.” The team had a fabulous trip to Honolulu on January 25-26 where they competed at a meet hosted by the Hawaiian Island Twisters—and spent several glorious days in the sun and sea, marked by a spectacular team outing on Waikiki Beach.

Levels 7 & 8 swept the team competitions and took home gold in many individual events, competing against athletes from throughout the US as well as teams from Japan and Canada. The



Level 7 team brought home a first place team trophy with a team score of 111.725. *Malia Tymous*, age 11, received the highest Level 7 all around score of the meet with a 37.25, winning her age group and coming in first on vault, beam and floor. She was followed by her teammate *Lilian Mangrobang*, age twelve, with the second highest Level 7 all around score of the meet. Lilian also won first place in her age group with solid performances on vault, beam and floor.

The Level 8 team was winner of the beam, floor and vault events with a team score of 114.725. *Lacy Dagen*, age ten, earned the highest All Around score of the meet with a 38.575, placing first on beam and floor with 9.723 and 9.75 respectively. *Anya Barca-Hall*, age eleven, received the second highest beam and floor scores of the meet, 9.65 and 9.625, and placed first in her age group with an all around score of 37.75. *Kiana Gordon* scored a 9.7 on vault, the second highest in the meet and placed first in her age group with an all around score of 37.55. Seven of the top ten Level 8 gymnasts at the meet were from Pac West. *Maya Srinivasan* placed second on vault, beam and floor and earned a solid 37.125 and third place AA. *Libby Fogel* placed first on Vault and Beam as well as All Around with a 37.075. *Justine Chinn* secured a strong 2nd place All Around. *Megan McWilliams* clinched first on Beam with a 9.450 and *Danielle McWilliams* took first in her age group on all four events plus the All Around. And Pac West gymnasts, including Level 9

Anna Shumaker, age sixteen, placed first in the all around in every age group.

Hard Rock Invitational

Arizona was the site of the “Hard Rock Invitational”, among the teams’ most competitive meets this season. 1500 gymnasts competed at this event where the All Around winning teams were awarded Fender bass guitars, individual all around winners were awarded denim/leather jackets, and first and second place teams won small cash prizes . Our Level 7 and 8 teams did not come home with jackets or guitars, but were awarded solid second place finishes with team scores of 113 and 112.825 respectively and several individual gold medals.

There were only two age groups per level at this meet—Junior and Senior—with 20 to 25 girls per group.

In the Level 7 Junior Division, *Emilie Weideman*, age eleven, was our top performing Pac West athlete placing sixth all around with a 37.3. In the Level 7 Senior Division, *Katie DeGuzman*, age twelve, achieved a near perfect beam score of 9.825 and placed second all around with a 37.450. She was followed closely by *Lilian Mangrobang*, age twelve, who placed third all around with a 37.450. All our Pac West Level 7 girls gave strong performances: *Adrienne Manseau* placed second on beam with a 9.525 and scored a 37.05 AA, *Alana Turangan*, age thirteen, rebounded from her Achilles injury with a 35.4 AA. *Malia Tymous*, age twelve, scored a 35.950AA and *Daneya King*, age twelve, scored a 35.450.

Our Level 8's were in the highest-scoring level 8 session of the weekend. In the Junior Division, *Anya Barca-Hall* placed first on Bars with a 9.625 and third AA with a 37.575. *Shelley Paradis* , age twelve, placed a solid fourth AA with a 37.425 and a second place

finish on vault with a 9.4. *Megan McWilliams*, age twelve, placed first on floor with a 9.6 and scored 37.225 AA. *Maya Srinivasan*, age eleven, finished strong with a 36.175, as did *Justine Chinn*, age thirteen, with a 36.00AA.

In the Level 8 Senior Division, *Danielle McWilliams*, age sixteen, placed second AA with a 36.750. *Libby Fogel* placed second on floor with a 9.325 and fourth AA with a 36.375.

In the Level 9 Junior Division, *Tori Fujinami*, age fourteen, placed first on floor with a whopping 9.7 and fourth AA with a 36.00. *Anna Shumaker* had a sensational meet, missing first place by .25 with a 37.175AA. She placed first on Bars with a 9.525, first on Beam with a 9.450 and second on vault with a 9.3. There were 27 athletes in their age group.

Spirit of the Flame

The Spirit of the Flame, held this year in Santa Clara at the Santa Clara Convention Center, was the first and only local meet for the optionals teams this season.

The Level 7 Team placed second with a team score of 112.55. In the 11-12 year old division, *Lilian Mangrobang* was Pac West’s top scorer with a 37.00 AA. *Adrienne Manseau* placed second in the 13+ age group with 37.175AA and a first place finish on Bars with a 9.6. *Rachel De Guzman*, age 14, competed her first meet this season since suffering her dislocated knee in October placing third on floor with a 9.5.

The Level 8's easily took first as a team with a score of 113.20. *Shelley Paradis* had her personal best meet. Her 37.7AA was the highest Level 8 AA of the entire weekend, all sessions. She placed first on vault with a stunning 9.5, second on Bars with a 9.4 and first on floor with a 9.275. *Anya Barca-Hall*

had the second highest Level 8 AA of the weekend, all sessions, with a 37.150, placing first on Bars with a 9.625 and first on floor with a 9.350. *Libby Fogel* placed first in the 14+ age group, earning a 36.175AA and the highest floor score of the session, 9.450. *Megan Mc Williams* placed first on beam with a 9.4250, and second AA with a 36.575. *Kianna Gordon* earned a 36.275AA with a second place finish on bars. *Justine Chinn's* bar score of 9.550 was her personal best; she finished with a 35.150 AA. *Lacy Dagen* and *Maya Srinivasan* were recovering from

injuries and competed only on beam with a first place finish for Lacy with a 9.4750 and a third place finish for Maya with a 9.3.

At Level 9, *Tori Fujinami* placed second AA with a 36.2. *Anna Shumaker* finished first on both vault, 9.3250, and beam, 9.450, and second AA with a 35.950.

Check MeetScoresOnline.com for complete results from Spirit of the Flame.

MONTHLY FLIPs MEETINGS

Our monthly FLIPs meetings are held every second Monday at 7:30. We hope to see you on **March 10th** and **April 14th**. New team families are welcome to contact FLIPs president, *Lizanne Manseau*, (e-mail: manseaus@comcast.com) with any questions about how our Booster Club works to support our hard-working team girls.

JOIN THE FLIPs YAHOO GROUP

Stay informed on the latest news and participate in forum discussions:
<http://sports.groups.yahoo.com/group/Flipsforpacwest/join> .

MARCH AND APRIL BIRTHDAYS

<i>Kari Kelder</i>	Level 5	March 6	age 10
<i>Stephanie Chin</i>	Level 5	March 9	age 12
<i>Malia Tymous</i>	Level 7	March 17	age 12
<i>Kayla Macadaeg</i>	Level 6/7	March 17	age 10
<i>Quyen Ebojo</i>	Level 4	March 23	age 8
<i>Katy Sanchez</i>	Level 5	April 1	age 11
<i>Gracie Salinas</i>	Level 5	April 3	age 11
<i>Sydney Task</i>	Level 4	April 8	age 8
<i>Jenna Schreiber</i>	Level 4	April 10	age 8
<i>Alana Turangan</i>	Level 7	April 25	age 14
<i>Lilian Mangrobang</i>	Level 7	April 27	age 13



NEWS FOR THE NEXT NEWSLETTER?

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