



June 2017 ~ Welcome to Summer!

Words from Melissa: (owner) - Elite is sending several coaches & Jr. coaches to National Conference in Baltimore this month! They will be attending USAG University taking a unique set of courses that will enhance and equip them with the knowledge required to achieve excellence. This is a great opportunity for our coaches as we continue to prepare them to develop athletes by USAG guidelines and safety.



Our Shining Star/Ninja exposition was just fantastic! Thank you to all of the coaches/ staff/ students/ families for your hard work and dedication to the event that made it so successful!

NEW Class Offering: Tumble2Dive!

Because diving is a gymnastics sport where you land in water, Elite Athletics now offers a “Tumble2Dive” class with the opportunity to join a competitive Club diving team called the Liberty Diving Academy coached by World Team Member Tori Wood! Class meets 2x’s per week for ages 5-17. Register: Parent Portal > Classes > Tumble2Dive. Questions: 434-525-4813.

About the coach:



Tori will be starting a tumbling class for LU Club divers. She started gymnastics very young and became a level 10 gymnast who went to Nationals. She competed in diving while also participating in competitive JO. Tori has many years of coaching and is qualified to teach any of our classes including Preschool, Xcel, Tumbling and JO to level 10. She has

become a Champion diver and recently trained for the Olympics in Wisconsin.

Gym Training: Diving students learn and train in the gym at Elite Athletics. To make their training as safe as possible, participants learn safe tumbling skills and diving skills through the use of the trampoline, tumble track, pit, and spring floor. Skills will range from basic jumping drills and conditioning to form a solid base for diving. They

will also work on advancing forward rolls to front/back tucks and eventually double fronts/back into the pit.

Pool Training: Diving students also learn and train at Liberty University's pool transferring skills from the gym to the pool. Divers will start with jumps and basic dives off the side of the pool and advance their skills onto the 1 Meter and 3 Meter springboards. Competition will be an opportunity for divers as their skills progress.



September 23rd! **SAVE the date!** From 1-4 pm Elite Athletics is having a Family Fun Exposition event to raise money for the Children’s Miracle

Network! Come have fun and WIN prizes, enjoy inflatables, food, games, face & nail painting, petting zoo, police cars and more! (Rain date: September 30th)



Camps! Camps! Camps!

We have a summer full of FUN waiting for you! Go to www.eliteathleticsva.com > Classes > Camps and register in the Parent Portal for a great time!

June 19-23: Game Week!

- June 19: Poke’mon Go!
- June 20: Twister Xtreme (Ages 2+)
- June 21: Scavenger Hunt
- June 22: Life-Size Monopoly
- June 23: “Minute to WIN It” Challenge

June 26-30: “Beach/Water Week!”

July 17-21: Jedi’s & Wizards

July 24-28: Movie Week

- July 24: Finding Dory (ages 2+)
- July 25: TROLLS (ages 2+)
- July 26: Jungle Book (ages 2+)
- July 27: RIO (ages 2+)
- July 28: Zootopia (ages 2+)

July 31-August 4: Xtreme Week

- July 31: Ninja (from lil’ - Xtreme2)
- Aug 1: Ninja (from lil’ - Xtreme2)
- Aug 2: Mission impossible
- Aug 3: Trampoline Jam (ages 2+)
- Aug 4: Xtreme Party

Upcoming important dates:

- June 10th - All Athlete Tryouts at Elite 10-noon!
- July 1st - 9th Elite Athletics Closed