

PREMIER NEWS

The Dream Starts Here

Upcoming Events:

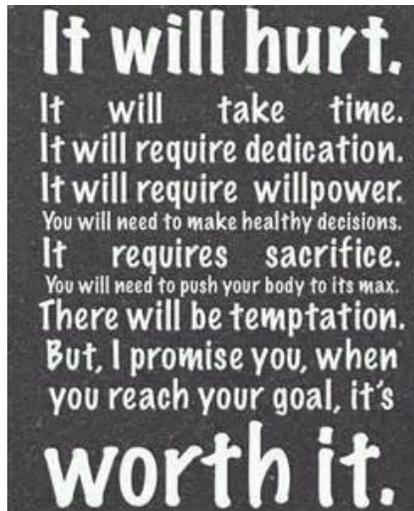
- Feb. 2 Facebook contest ends
- Feb. 5 & 6 Pikes Peak Meet
- Feb. 8-13 Teddy Bear week
- Feb. 12 & 13 WOGA Meet
- Feb. 13 Valentines Sleepover
- Feb. 14 Valentines Day
- Feb. 22 Session 3 starts
- Feb. 26 & 27 Winterfest Meet
- Feb. 29 Rec. Testing week
- Please remember that 2 weeks notice is required before a new session if you are dropping.
- Make-ups must be scheduled with the office.
- No credits or refunds are given for missed classes if you choose to drop midway through

PGR INFO:

Valentines Sleepover Saturday Feb. 13 7pm to Sunday 9am. For ages 5-13. \$30.00 for 1 child or \$50.00 for 2.

Recreational Testing: We will notify you only if your child is ready to move. We have very high standards for our testing requirements; so it can take awhile for some gymnasts to move up. This is ok, we want every gymnast to be successful where they are at and not feel overwhelmed at a higher level.

Motivational Moment:



Coaches Corner

Preschool Dept: This month our little gymnasts get to bring their favorite TEDDY BEAR or STUFFED ANIMAL to class the week of Valentines **Feb 8th - 13th**. Parents be ready to takes some cute photos of your little gymnast teaching their Teddy how to do gymnastics.

We also have an act of kindness for every day this month that you can help your little gymnast be a part of. Check it out on our PGR board in the lobby.

Recreational Dept: Game week Feb 15th - 20th. An act of kindness for every day of the month that your gymnast can be a part of spreading. Look for the Calendar on our PGR board in the lobby. And ending the month with **Testing Feb 28th - March 5th**. Also would like to give a warm welcome to some new Premier Coaches that you might have seen around the gym; Ms Annie, Rylann, Julie, Savannah and Coach Eric. Happy month of Kindness!

5 Tips to Stay Healthy in Gymnastics

1. **Good Flexibility**
2. **Keep muscle strength equal and balanced**
3. **Take conditioning serious, gymnastics takes a lot of strength**
4. **Be a good communicator / don't ignore pain**
5. **Pay attention to your nutrition**

Team Gymnast of the Month:

Reata Moore

Team Gymnast for 3 months



Coach of the Month:

Kadia Odd

Coach at PGR for 2 1/2 years



Business Highlight:



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