



PREMIER NEWS

The Dream Starts Here

Upcoming Events:

- Jan. 2-6 Winter Camp
- Jan. 5 Innersquad meet
- Jan. 14 Adrenaline meet
- Jan. 27 San Diego meet
- Jan. 30 Session 2 Begins
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 a session.

PGR INFO:

Happy New Year!!

Winter Break Camp is Jan. 2 - 6 and is for ages 3 to 12. 9am – 12pm or 9am - 3pm.

Coaches Corner

Our classes have gotten very full and we appreciate your patience as we try to make room for move-ups and new classes. We have decided to not test in January due to classes being so full. Coaches will however begin to work higher skills with gymnasts that are ready so do not feel like they are not progressing and being challenged.

Dear Parents

USA Gymnastics understands that being the parent of a gymnast can be both rewarding and challenging. Sometimes it can be difficult to balance all of the obligations and commitments that come from having your child in the sport. It can be just as challenging to deal with the emotional ups and downs that come along with all practices and competitions. USA Gymnastics welcomes you to usagymparents.com, an online resource created to share information with parents to help them along their child's gymnastics journey.

Team Gymnast of the Month:

Kerrighan Dauk

She has been a Team Gymnast for 3 months

Motivational Moment:



Employee of the Month:

*Tyler Eisenhand
Coach at PGR*

Premier Mission: At PGR our main goal is to provide each child with the safest and most enjoyable environment to perform. Although, we are a gymnastics facility we strive to help children grow in other areas of their life. Gymnastics is an excellent base for all other types of sports, and develops self-confidence and the ability to work as a team. With positive reinforcement coaching, every child should be able to reach their level of excellence in a fun but learning atmosphere.

