



NEW COACH SPOTLIGHT *Tanya Vasyuk*



Tanya Vasyuk,
Level 3 Coach

There have been several new coaches to join the Apollo team this year. Coach Tanya Vasuk started this season (September 7th) co-coaching Level 3, warm ups, dance, floor, beam, choreography and conditioning for levels 3 through 10. Tanya started coaching 25 years ago. She has coached in Spain, Brazil, South Korea, South Africa, Qatar, Chicago, Burke and in Manassas. Her level of expertise is vast as she has coached from beginner levels to National Teams.

Her co-coach with Level 3, Jacquie Teets expressed her excitement to work with Tanya. "I think it's always a good experience for the girls to work with a coach from another country and learn their different styles of coaching. Tanya has been working very hard

with them to get them ready for this upcoming season. Her dance background and attention to detail is very beneficial to the girls, especially at such a young age when developing proper basics is so important."

"I really enjoy meeting all kinds of characters. I like to see kids learning every day something new and how it affects their off gym life. The most exciting moments (to me) are when kids finally can make elements which they did not believe they could do," Tanya explained. Coach Tanya has a saying she tells her athletes, "Everybody has an equal opportunity to win Olympic Gold Medal."

Born in Kiev, Ukraine, Tanya got involved with gymnastics when she was seven years old. She liked

it so much that after graduation she became a professional coach. After graduating from the University with a degree in teaching, Tanya worked as a coach in the Ukraine and then in other countries. "Trying to find a right way to show the same gymnastic elements for different students is the most challenging aspect of coaching. There is no same way to do it," Coach Vasuk explained.

Coach is very impressed with Apollo's facilities stating, "The gym is a very clean, well equipped and organized facility. The staff is very friendly and professional. I felt very comfortable [at Apollo] from the very first day."

Tanya lives in Fair Lakes with her husband Joe, daughter Anna and her big poodle Dandy.

FALL FESTIVAL & PEP RALLY

SUNDAY, OCTOBER 24, 2010 from 12 Noon to 5pm at Apollo

Apollo Gymnastics Parents Association, along with Apollo Gymnastics, will be holding a Fall Festival on October 24, 2010 from 12:00 pm to 5:00 pm. Please come out to enjoy games (including a dunk tank with coaches as volunteer dunkers), food and fun while supporting our competitive team before their meet season begins. In addition, we will be conducting a Flip-a-thon inside the gym, all proceeds

to benefit St. Jude's Children's Research. If your child is interested in participating in the Flip-a-thon (flips will be counted according to age and ability; i.e. somersaults, backward rolls, cartwheels, etc...), please stop by the front desk for the pledge form. Again, all money collected will go to St. Jude's Children's Research.

The team Pep Rally will take place between 5-7 pm immediately

following the Fall Festival on Sunday, October 24. Each Girl's Level and the Boy's Jr and Sr Team will have an opportunity to perform for the rest of the team (a dance, a skit or a tumbling show). The Pep Rally is the Apollo team's kick off for the competitive season.

We hope to see everyone in a fun filled day.

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AGPA NEWS

Letter to Parents

To All Apollo Team Parents,

The meet season is fast approaching and I wanted to take a moment to re-iterate Apollo Gymnastics Meet Policies.

Gymnastics is a team oriented sport requiring your gymnast and their coaches to work very hard to ensure the gymnast's skills and routines are competition ready. Apollo and its coaching staff feel it is a privilege to be a member of the Apollo Gymnastics competitive team, and as such **all team members are expected to compete in all scheduled competitions.**

The gymnasts coach is the only one person who can determine if a gymnast will compete in a given competition. The coach typically bases his/her decision on the health of each gymnast and the gymnast's current skill level. You will be notified as soon as possible if your child's coach has determined your gymnast is not capable of competing.

If your child is sick and you feel they are unable to compete; or if there is a family emergency, such as a death in the family, please e-mail me as soon as possible at ApolloMeets@aol.com. With the approval of the coach, I will ensure the gymnast is scratched from the competition and if the scratch deadline was met, request a meet fee refund from the host gym.

If a refund is received, the AGPA treasurer will credit your account

for the amount of the meet fee. Please keep in mind, not all meets issue refunds and this year I am noticing numerous host gyms are making the refund/scratch date the same as their entry deadline. Rest assured, I will always do my best to obtain refunds whenever possible. **Please remember**, only meet fees are refundable, all families are still responsible for sharing all coaching fees/costs for the meet, whether or not your child competes.

Apollo Gymnastics policy stipulates your AGPA assessment account must be current in order for your gymnast to compete. If a gymnast's assessment is not current and in good standing, the gymnast will not be entered into any meets until their account is paid or a payment plan has been agreed upon. The AGPA is very willing to work with families that need an alternate payment arrangement and will do everything possible to ensure your gymnast has every opportunity to compete, so please contact the AGPA Treasurer, Kim Schumpp (transitioning to Jennifer Johnson) directly at agpatreasurer@apollogymnasticspa.org.

I hope this clarifies the policies regarding meets for the Apollo Gymnastics Team. Here's to a fantastic and successful competition season! Go Apollo!

Nancy McDonald
Meet Director
Apollo Gymnastics

New AGPA Treasurer

From Jennifer Johnson New AGPA Secretary

I graduated from Samford University with degree in Public Administration & Minor in Business. For a number of years I worked in banking and I have also been Treasurer for a number of organizations with the military (Peterson Officer Spouses Club & Maxwell Officer Spouses Club) as both operating & Welfare Treasurer. I was also President,

Treasurer, & Meet Coordinator for my daughters gymnastics team the Vandenberg Jets in California. My husband, Ben, is in the Air Force and we have three children, Tucker (13), Emily (11) and Luke (3). We just moved here this summer for hopefully our last move and have lived in California, Montana, Colorado, Alabama, Hawaii, and now Virginia.

FUNd Raising

Yankee Candle:

starts October 20th and runs through November 10th. All orders and payment will be due on the 10th. Late orders are not an option with this particular fundraiser because we actually have to mail it off!

Scrip:

We will have two scrip orders in November...one will be placed on the 12th orders and payment due in by the 5th with the second order going in on the 29th of November....orders and \$ due in by November 22nd. Orders can not be placed without the payment being in the bank prior to the orders being placed.

Market Day:

October orders pick up is on October 21st from 7-8pm at Rosa Parks Elementary School.

November orders are due in by November 12th with pick up on November 18th. This is the month we also run the pie sale so look for flyers in your mailbox sometime after October 22nd!!! Yumm

NOTE:

White House Ornaments: October Market Day, Yankee Candle will all go towards the 2nd assessment period.

November Market Day and Pie Sale will be going towards the 3rd assessment period.





TEAM REPORTS

BOYS TEAM

The Boys Team has a scrimmage on October 30 at Apollo. This is not an officially sanctioned meet, but just a Scrimmage or mock meet to help evaluate our gymnasts.

Our most important news is to congratulate Coach Grygoriy Buchovski on becoming a United States Citizen!

Brenda & Janette
Boys Team Level Reps

GIRLS TEAM Level 3

The team welcomed our new coach, Tanya Vasyuk. She is working alongside Jacquie Teets. We are very excited for our first meet on November 14th!

GIRLS TEAM Level 4

The team welcomed Tanya Vasyuk to assist the team and a new coach, Sandi Quackenbush. We are hard at work prepping for our first meet of the season.

GIRLS TEAM Levels 5 & 6

Introducing Byron and Emily Halliburton. At Apollo, Byron and Emily will be training the level 5/6 group.

We are very excited to introduce Byron Halliburton to our coaching staff. Byron is currently an Active Duty Non-Commissioned Officer in the U.S. Air Force. In addition, he has been coaching gymnastics since 1992 all around the country, and once in Germany. In Germany, he was the program director, in Castle Rock, CO, he was a girls optional coach, in Tampa, FL he organized training for Levels 5-9 and in Melbourne, FL he trained levels 7-10, specializing in uneven bars, vault and tumbling.

Our group is excited to introduce Emily Halliburton to our coaching staff. She is a former US National Team member in both gymnastics and springboard and platform diving. She is also a 2000 Olympic Team Trial finalist in springboard and platform diving. Her most recent experience was coaching the optional team at

Tumbleweeds Gymnastics in Melbourne, FL. She was responsible for training levels 7-10 and qualified gymnasts to state, regional and national competitions. In addition, she is a choreographer, creating routines for more than 40 competitors throughout Florida alone and has over 10 years of international elite level competition experience.

GIRLS TEAM Levels 7-10

We are very excited to announce a new team coach for the Level 7-10 team. Please join us in welcoming Coach BJ.

CONGRATS TO COACH GRYGORIY BUCHOVSKI!

We congratulate Coach Grygoriy on becoming a United States Citizen!





TEAM MEETS 2010-2011



OCTOBER 2010

- 23 - 24:** None
- 30 - 31:** **Saturday, 30th**
BOYS Levels 4 - 10 Scrimmage
AT APOLLO**

NOVEMBER 2010

- 6 - 7:** None
- 13 -14:** **Sunday, 14th**
GIRLS Levels 3 - 10 In House
AT APOLLO**
- 20 -21:** **Sunday , 21st**
BOYS Levels 4 - 10 Survivor Invitational
AT APOLLO**
- 27 - 28:** **THANKSGIVING WEEKEND**

DECEMBER 2010

- 4 - 5:** **GIRLS Levels 5 - 6** World Class
IN HAMPTON, VIRGINIA
- 11 -12:** **GIRLS Level 4** 1st Sectional
AT OCEAN TUMBLERS • CHESAPEAKE, VIRGINIA
- BOYS Levels 4-10** Dave Brown Invitational
IN WILLIAMSBURG, VIRGINIA
- 18 -19:** None
- 25 - 26:** **CHRISTMAS WEEKEND**

JANUARY 2011

- 1 - 2:** None
- 8 - 9:** None
- 15 - 16:** **GIRLS Levels 4 - 10** Starstruck Invitational
IN ATLANTIC CITY, NEW JERSEY
- 22 - 23:** **GIRLS Level 3** New Year Invitational
AT GMS • MANASSAS, VIRGINIA
- BOYS Levels 4 - 10** Sue Whitlow
IN ORLANDO, FLORIDA
- 29 - 30:** **GIRLS Levels 4 - 5 2nd Sectional**
(ALL 5s & L4s who still need to qualify)
IN CHANTILLY, VIRGINIA
- GIRLS Levels 7 - 10** Sun N Surf
IN CORAL SPRINGS, FLORIDA

FEBRUARY 2011

- 5 - 6** **BOYS Levels 9 - 10** Black Jack Invitational
IN LAS VEGAS, NEVADA
- 12 - 13:** **BOYS Levels 4 - 10** Temple Invitational
IN PHILADELPHIA, PENNSYLVANIA
- 19 -20:** **GIRLS Levels 4, 6 - 10** Excalibur Cup
IN VIRGINIA BEACH, VIRGINIA

FEBRUARY 2011 continued

- 26 -27:** **GIRLS Levels 3-10** Rock N Roll Invitational
AT APOLLO**

MARCH 2011

- 5 - 6:** **GIRLS Levels 4 - 8** Capital Cup
IN LANDOVER, MARYLAND
- GIRLS Levels 9 - 10** Derby Classic
IN LOUISVILLE, KENTUCKY
- 12 - 13:** **GIRLS Levels 4 - 5 3rd Sectional**
(ONLY gymnasts who still need to qualify)
AT GYMSTRADA • VIRGINIA BEACH, VIRGINIA
- BOYS Levels 4 OR 5 - 10** TBD
- 19 - 20:** **GIRLS Levels 8 - 10 State Meet**
IN LEESBURG, VIRGINIA
- GIRLS Level 3** Spring Forward
IN LOUDOUN, VA
- 26 - 27:** **GIRLS Levels 6 - 7 State Meet**
IN CHESAPEAKE, VIRGINIA

APRIL 2011

- 2 - 3:** **GIRLS Level 8 Regionals**
IN WILLIAMSTOWN, NEW JERSEY
- GIRLS Levels 4 - 5** Flower Power
IN CHANTILLY, VIRGINIA
- BOYS Levels 7 - 10 Optional Regionals**
- 9 - 10:** **GIRLS Level 9 Regionals**
IN LANDOVER, MARYLAND
- BOYS Levels 5 - 6 Compulsory Regionals**
- 16 - 17:** **GIRLS Level 10 Regionals**
IN ALLENTOWN, PENNSYLVANIA
- GIRLS Levels 4 - 5 4th Sectional** (if needed)
IN MIDLOTHIAN, VIRGINIA
- 23 - 24:** **EASTER WEEKEND**
- 30 - MAY 1:** **GIRLS Level 5 State Meet**
IN FREDERICKSBURG, VIRGINIA

MAY 2011

- 7 - 8:** **GIRLS Level 9 Easterns**
IN WORCESTER, MASSACHUSETTS
- BOYS Men's Nationals**
IN LONG BEACH, CALIFORNIA
- 14 - 15:** **GIRLS Level 10 JO Nationals**
IN LONG BEACH, CALIFORNIA
- GIRLS Level 4 State Meet**
IN DANVILLE, VIRGINIA

NOTE: GIRLS Level 3 will attend the Level 3 State Meet if its offered this year (in May) • Calendar shows Sat/Sun dates. Meets can be Fri-Sun or Thur-Sun. Each gymnast typically competes in one session on one day of the weekend meet. Session assignments are usually released by gym host 1-2 weeks prior to meet. ** ALL Team Families: 1 Parent required to work one day of home event.



THE APOLLO
GYM
CALENDAR

OCT/ NOVEMBER 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 APOLLO GYMNASTICS FALL FESTIVAL & PEP RALLY 12 NOON - 7PM	25	26	27	28	29	30 BOYS TEAM LEVELS 4-10 SCRIMMAGE AT APOLLO
31 HALLOWEEN	1 NOVEMBER TUITION DUE	2	3	4	5 SCRIP ORDERS & MONEY DUE	6
7	8	9	10 YANKEE CANDLE FUNDRAISER MONEY & ORDERS DUE	11	12 MARKET DAY FUNDRAISING ORDERS DUE	13
14 GIRLS TEAM LEVELS 3-10 IN-HOUSE AT APOLLO	15	16	17	18 PICK UP MARKET DAY FUNDRAISING ORDERS AT ROSA PARKS ELEM	19	20
21 BOYS TEAM LEVELS 4-10 SURVIVAL INVITE AT APOLLO	22 SCRIP ORDERS & MONEY DUE	23	24 THANKSGIVING BREAK	25 GYM CLOSED	26	27
28	29	30				

NOTES _____
