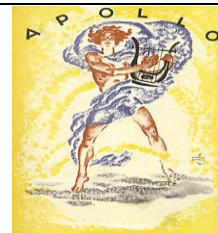


The Apollo

# Sun Spot

...Everything Apollo!!



## WHAT'S WITH THE WEIRD NEW VAULTS???

In case you have not noticed, there are some recent additions to our gym. Ken and his trusty assistants recently installed two new vaults. These aren't the Vaults of yesteryear!!!

*Because of its shape, some gymnasts have nicknamed this new style vault the tongue!*



## A Little Vault History

### Overview

The vault is one of only two gymnastic apparatus on which both male and female gymnasts perform -- the other is the floor. The vault table is 125 cm or nearly 4 feet high and 95 cm or 3 feet wide. It sits perpendicularly at the end of a 78- to 82-foot runway. Like many gymnastic events, the vault's history has its roots in warfare training and entertainment.

### Origins

Gymnastics origins date back to ancient Greece. *Nearly 5,000 years ago, acrobats would*

*run towards a charging bull, grab the horns and do a series of aerial moves as they were tossed over the bull's back.* Later Alexander the Great and the Romans practiced mounting and dismounting horses using a wooden apparatus designed with a head and tail. Modern gymnastics developed from the physical education programs of Johann Friedrich GutsMuths and Friedrich Jahn of Germany who used vaults that resembled horses with a neck.

### Vaulting in Competition

Gymnastics was included in the first modern Olympics in Greece in 1896. The vault was 35 cm wide and male gymnasts would vault over the length, not the width as women do.

### Evolution of the Vault

The narrow width of the vault was blamed for many injuries. In 1983, Dieter Hofmann, a former East German coach, began a campaign to change the vault saying it was too narrow for men's shoulders and therefore contributed to injury. Women suffered casualties from misplacing hands on the vault. In 1991, following a serious vaulting injury to Trent Dimas at the Indianapolis World Championships, then vice-president of the Federation Internationale de Gymnastique called for a creation of a new vault design. The Pegasus vaulting table debuted in 2001 at the World Championships in Belgium.

*History Courtesy of [GymnasticsCoaching.com](http://GymnasticsCoaching.com)*

September 17, 2011

**NGD2011**  
The Year of the Handstand



**2011 - Year of the Handstand**

**WE CRUSHED THE RECORD!!!!**

***Congratulations to all that participated!!!!***

**[Click here to see photos from all over the Country!!!](#)**

20,478 gymnasts and fans from more than 300 gymnastics clubs and locations nationwide joined together on Sept. 17, 2011 to break the world record for most handstands performed simultaneously and bring the title back to the United States.

At precisely 1 p.m. ET, 20,478 of participants throughout the country kicked up into a handstand to break the existing record of 2,402, set by Australian gymnasts in Melbourne to promote the 2005 World Gymnastics Championships.

"We originally set the record of 1,072, here in Indianapolis, in July 2005 as part of the run-up to the 2005 Visa Championships," said Steve Penny, president of USA Gymnastics. "Bringing the title back to the USA is a great way to celebrate National Gymnastics Day across the U.S. and help build awareness and support for gymnastics."

Each year, USA Gymnastics celebrates National Gymnastics Day to build awareness of the sport and support Children's Miracle Network Hospitals. Money raised will benefit Children's Miracle Network Hospitals in each club's local community.

***Since 2001, gymnastics clubs across the country have raised more than \$1.4 million for Children's Miracle Network Hospitals. The clubs have until Nov. 9 to raise and submit their funds for this year.***

*Article courtesy of USAG*

***Of Course Handstands Require Practice...***



***Disqualified!***



***Mike – when he had style!***



***Emily and Sandi – The Teenage Years... Are those Gloria Vanderbilt's?***

## GIRL'S CORNER



Last weekend, from September 16-18, Apollo had 7 gymnasts attend the Region 7 High Performance Camp in Woodward, Pennsylvania. Only gymnasts who qualify for Level 10 JO Nationals or Level 9 Eastern Nationals are invited to attend this amazing Camp. This year we had a record number of girls invited: Jane Winstead, Anika Woodard, Arianna Robinson, Evelyn Nee, Julia Konner, Danielle Delaney and MaryLynn Clark. All four of our optional coaches attended to learn about the latest regional and national information, codes of points, rules, meets, and regulations.

In addition to skills, practice and drills, the gymnasts are assigned to a random team during their time at Woodward. Throughout the weekend, gymnasts perform team-building exercises and have various skills contests. This year instead of prizes, the region decided to make monetary contributions to the Shannon Miller Foundation, which is dedicated to fighting childhood obesity. Today, an estimated one third of all children in the United States are overweight, and the occurrence of obesity has more than quadrupled in the last 25 years. <http://www.shannonmillerfoundation.com> By the end of the Camp, the region donated \$1400 to the fund. College coaches also attend the camp as a means to

scout gymnasts from the entire region and to help them recruit and narrow down potential prospects.

Every year, the biggest highlight is the unveiling of the Region 7 High Performance leotard. In addition to the fun and comradery, the camp isn't complete until each gymnast receives the new leotard!!

Look for the girls wearing their new turquoise and black leos around the gym...with a big "Region 7" embroidered on it. With hard work and dedication, you can get to nationals and earn one of those leos, too!

For more information on the Woodward Camp:

**Note:** The Women's & Men's Artistic World Championships are in two weeks!

<http://tokyo2011.fig-gymnastics.com/>

### Gymnastics NEWS

The US Women's World Team!

The team members are: Jordyn Wieber, Alicia Sacramone, Aly Raisman, McKayla Maroney, Gabby Douglas, Anna Li, and Sabrina Vega. One gymnast will end up as the alternate, to be named later. Shawn Johnson was announced as the non-traveling second alternate, and was named to the Pan American Games team.

### Fun Fact...

*The word gymnasium came from Greek which means "exercise naked!"*

*Hmmm – Sure glad this is not Greece...*

## BOYS CORNER



### ***Boy's Team Captains for the 2011/2012 Season***

Bryce Sampson - SR Team Captain  
 Bradford Rupert - SR Team Co-Captain  
 Laszlo Kurucz - Jr Team Captain  
 Tyler Guthrie - JR Team Co-Captain

### ***Everything you wanted to know about Boys gymnastics, but were afraid to ask!***

Boys Gymnastics is a type of sport which involves the performance of various exercises. In order to perform these exercises you require physical strength, balance and flexibility.

**Floor Exercise:** the gymnasts basically perform on a spring floor which is 12m by 12m. The performance includes tumbling passes which display flexibility. Strength skills are demonstrated through press handstands and scales. Most routines are performed in a period of about 70 seconds and there will be no background music. According to the rules, a boy gymnast is required to touch every corner of the floor no less than once when he is performing his routine.

**Pommel horse:** This involves double and single leg work. The single leg work comes in the form of scissors.

The double leg performance is however the main event. Basically, both legs are swung by the boy in a circular motion as various skills are executed on every part of the contraption. The routine comes to an end when the boy

performs a dismount. This is done through swinging the body over the contraption or landing subsequent to a handstand.

**Still Rings:** These rings are hung on a wire cable. The height is adjusted in such a way that the boy can hang freely. The routine that ensues is a good demonstration of dynamic motion, strength and balance.

The gymnast has to perform no less than one fixed strength move.

**The Vault:** the boy has to sprint down a runway. This runway is approximately 25 meters long. After the sprint, he has to jump over a spring board.

The idea is to maintain the body position and at the same time punch the vaulting platform. The next step involves rotating to a standing position. As the boy gets older, he will be able to incorporate multiple twists as well as somersaults into the routine prior to landing. There are a number of factors which determine the success of the vaults.

These include the speed of the run, the power which is generated from the shoulder and the legs and the length of the hurdle to mention a few.

**Parallel Bars:** The boy has to perform various exercises on 2 bars which are normally 1.75m high. The exercise involves performing swings and balances. The end of the routine requires the gymnast to release with immense coordination and strength.

**High Bar:** The gymnast executes release skills, twists and revolutions around a bar which has a thickness of 2.4 cm and which is 2.5m above the ground. The gymnasts usually make use of leather grips in order to have a good grip on the bar. When these gymnasts are performing on a competitive level, they are normally judged according to the degree of difficulty and execution.

**Apollo Gymnastics  
Parent  
Association**



**AGPA**

**NEXT MEETING:** 10<sup>th</sup> of October.

**A MESSAGE FROM YOUR AGPA  
PRESIDENT**

I wanted to take this opportunity to convey to you my vision and expectations of the AGPA Board that serves you, the parents. After my election to the Board, I thought; what have I gotten myself into! Immediately I noticed the outgoing Board members were extremely professional, helpful and downright great people. Their hard work in keeping financials accurate and policies enforced made for a smooth transition. The former Board members endured ups and downs and through hard work created and passed down a solid foundation in which the Board now operates for which we should all be grateful.

I conveyed to the Board as a whole that I wanted our work to be clear and transparent more so than what was already in place. The first thing I expected of each board member (starting with myself), was to know the provisions of our current 501 (c) (3) status which is identified as a non-profit charitable organization. I have encouraged the flow of communication to the parents via emails, posting on our AGPA website and Facebook to inform you and to demonstrate that your Board is working for you. In my experience and I'm sure in yours, lack of information and communication in any organization is a recipe for disaster and we cannot afford to experience this here at the AGPA. Please know that your Level reps are the front line Board members and they have been advised to maintain the constant flow of information through a chain of command. I am privileged to be surrounded by a great group of individuals on the Board. Their dedication and commitment to the entire membership is to be admired.

This is an exciting year for Apollo Gymnastics; we have young women who are on the verge of being nationally recognized because of their success over the years. The boys program has grown and should be as dominating as they have been. This year the meets that are scheduled for Apollo Gymnastics are of high caliber and it is a great opportunity for our gymnasts. I understand some parents may have concern with the travel required, but I can promise you your child will have a great time with his/her friends in a hotel setting and an even better time when he or she places on the podium. In closing, I am proud to be affiliated with Apollo and to work closely with Val and Nancy to ensure success for many years to come.

**FUNDRAISING**

**Market day:** Please use account #24453 or Rosa Parks PTA. Online: Credit card or Debit card. At Sale: cash/check. You must pick up at Rosa parks Elementary between 7-8pm...

Dates for pickup: October 20<sup>th</sup>

**Location:** Rosa Parks Elementary: 13446 Princedale, Woodbridge, Va. POC:

Ms Johnene Dana: [JDANA10@Comcast.net](mailto:JDANA10@Comcast.net)

**Christmas Wreath/Spray Sales:**

Begin October 26th

Orders due Saturday, November 12th.

Delivery expected December 5-9.

**Yankee Candle:** Sales run until October 13<sup>th</sup>.

**Please welcome our newest Level 7 Gymnasts:**

Kaitlyn Harvey and Sydney Koelsch, who are new to Apollo this season! We also want to welcome their parents, John and Dawn Harvey, and Drew and Melanie Koelsch!!!

**President:** Sam Faz

**Vice President:** Ms. Johnene Dana

**Secretary:** Ms. Cheri Delaney

**Treasurer:** Ms. Dawn Harvey

**Fundraising Coordinator:** Ms. Margaret Gaskins

**Meet Coordinator:** Ms. Valerie Clark

**Level 3 Representative:** Ms. Emily Bourget

**Level 4 Representative:** Ms. Susan McKenzie

**Level 5/6 Representative:** Ms. Andrea Bush

**Level 7/8 Representative:** Ms. Robyn Henry

**Level 9/10 Representative:** Ms. Lucy Nee

**Boys Senior Representative:** Ms. Janette DelCid

**Boys Junior Representative:** Ms. Brenda Guthrie

**2011-2012 Meet Schedule**

MONTH	DAYS	MEET	HOST	LOCATION	G/B Levels
<b>NOV</b>	6	Apollo In House	Apollo	Woodbridge, VA	G L3-10
	20	Survivor Invitational	Apollo	Woodbridge, VA	B L4-10
<b>DEC</b>	2-4	Sting Meet	Bowie	Bowie, MD	G L3
	9-11	Dave Brown Memorial	Williamsburg	Williamsburg, VA	B L4-10;G L4-10
	16-18				
<b>JAN</b>	6-8	Jerrell Steele Invitational	GymQuest	Richmond, VA	G L3
	13-15	Arizona Grand Invitational	Gold Medal	Phoenix, AZ	G L9-10
		World Class Invitational	World Class	Newport News, VA	G L6-8
		Aerials Invitational	Arlington Aerials	Arlington, VA	G L4
	20-22	Sue Whitlow Invitational	Elite	Orlando, FL	B L4-10
	27-29	Sportsplex Team Classic	Sportsplex	Landover, MD	G L7-10
		2nd Sectional	World Class	Newport News, VA	G L4-5* (All)
<b>FEB</b>	3-5	BlackJack	Dusty Ritter	Las Vegas, NV	B L9-10
	10-12	East Coast Classic	Fairland	Landover, MD	G L 4-8
		Garden State Classic	North Stars	Boonton, NJ	G L 9-10
	17-19	Excalibur Cup	Excalibur	VA Beach, VA	B L4-10
	24-26	Rock n Roll Invitational	Apollo	Woodbridge, VA	G L3-10
<b>MAR</b>	2-4	Nation's Capital Cup	Marvateen	Landover, MD	G L5-6
	9-11	March Madness Invite	Chantilly	Chantilly, VA	G L 4
		Kupet's Pink Invitational	Rockdale	Savannah, GA	G L7-10
	16-18	3rd Sectional	VIGS	Midlothian, VA	G L4-5*
		VA State Championship		TBD	B L 4-10
	23-25	States	Olympiad	Richmond, VA	G L8-10
30-Apr 1	States	Ocean Tumblers	Chesapeake, VA	G L6-7	
<b>APR</b>	6-8				
	TBD	Optional Regional			B L 7-10
	TBD	Compulsory Regional			B L 5-6
	13-15	Regional	Ocean Tumblers	Chesapeake, VA	G L9
		4th Sectional	Chantilly Academy	Chantilly, VA	G L4- 5*
		Spit n Polish	Paragon	Fredericksburg, VA	G L5
	20-22	Regional	Parkettes	Allentown, PA	G L10
		Spring Fling	Ocean Tumblers	Chesapeake, VA	G L4
	27-29	States	VA Techniques	Radford, VA	G L5
		Regional's	Berks	Reading, PA	G L8
<b>MAY</b>	4-6	States	Gym Inc	Hampton Roads, VA	G L4
		Eastern Nationals	Docksiders	Landover, MD	G L9
	11-13	J.O. Nationals & NIT	World Class	Hampton Roads, VA	G L10
	TBD	J.O. Nationals			B L9-10

**NOTES: Some weekend meets are Fri-Sun - some are Sat/Sun**

**IMPORTANT: L4 & L5 must qualify to reach Sectionals, then qualify at Sectionals to their State Meet**

**All qualified L4 & L5 will attend the 2nd Sectional ; 3rd/4th Sectional will only be for those that**

**still need to qualify for States.**

## *Sun Spot Spotlight*

### Fun with Running - A Crucial Skill for So Many Sports

Since so many sports, including basketball, baseball, softball, soccer, gymnastics, and of course track and field, require good running technique, coaches must concentrate on teaching proper running technique.

Most people and often even athletes and coaches take for granted that if they can run, they are performing efficiently, but this is often not the case. Even with professional ball players, corrections can be made with running technique and/or speed. Running should be analyzed, broken down into smaller parts drills, and then taught correctly.

Foot alignment, knee lift, heel lift, arm swing, and even where the athlete is focusing should be trained individually, corrected, and practiced frequently. Perhaps during training, each portion of the run or the drills\techniques should be used as a warm up for training or for a more enjoyable experience, as relay races.

For a relay race each portion\movement of the run can be performed by a different teammate. Another idea is to have every participant in the race perform a certain portion or movement of the running technique.

A great contest idea for athletes is to use the arm swing for the run; once the correct elbow bend\angle and swing (alternate motion of forward and back) is learned, the number of arm swings per 30 seconds can be timed. Coaches must watch that the athletes keep their arms bent throughout the swing rather than bending and straightening with each swing. The "karate chop" motion is popular and may be a natural movement for some, but it is incorrect. The participant with the most correct arm swings can be the winner.

With the knee lift motion; once it is learned correctly without impact (marching in place and marching forward) and then with impact (running in place lifting knees and running forward lifting knees) the participants can race toward the finish using the knee lift motion. Of course, if the knees have not been lifted to at least hip height or even belly button height the knee lift was not performed correctly and that participant cannot be the winner, especially since the race was specifically designed in order to practice using the knee lift motion for correct running technique.

The same race can be performed using the heel lift or actually the heel to buttocks (kick butt) motion. This motion should be learned separately from the knee lift motion. Once learned correctly using a march\walk and then a running in place and running forward motion, have your participant's race while using the kick buttocks motion. Remember, if the heels do not touch the buttocks each time, that participant cannot be the winner, especially since the participants were actually learning and practicing the heel lift for proper running technique.

Once both the knee lift and the heel lift have been learned and practiced, they can be combined. It takes a great deal of coordination to combine both! It is easiest explained by stating that the participant must lift one knee (right leg) and then kick the buttocks with the other foot (left). It is lift knee, kick butt. And it takes even more coordination to continue toward a finish line alternating the two techniques! It feels awkward and does take practice.

After the leg motions and arm swing are learned separately, they can be combined. Perhaps try to combine the knee lift with the arm swing or the heel lift with the arm swing. Once each leg motion can be combined with the arm swing, the participant is ready to attempt a sprint toward a finish line using all of the proper techniques. The coach must constantly observe and make useful suggestions to the athletes such as lift the knees, opposite arms, and keep the elbows bent while performing the arm swing.

You see, there is a great deal of learning and careful practice that goes into the proper running technique and eventually an efficient sprint. Just think of how many baseball players would be on base safely and how many more football players would score touchdowns if they ran just a bit faster! And how many more gymnasts would vault more successfully if every one of them would practice running technique on a regular basis.

Besides good technique, many athletes need more speed. This is not something that is improved or learned as proper technique is. And is usually is not improved within minutes or overnight. One sports coach stated that anyone looking to increase their running speed should run down hill. This will force the athlete to run faster because gravity is at work. The muscles will be forced to react quicker, thanks to gravity, and eventually the athlete will be able to react this quickly on their own. Quicker reaction\movement equals a quicker run\sprint. The coach must keep the angle of the hill in mind, because if it is too steep there could be risk of injury.

So go out there and help your athletes perform better by teaching and correcting running technique. Good luck and may the force be with you!

The running drills mentioned in this article can be found in the book, "Over 100 Drills and Conditioning Exercises." It is a training manual that was written for gymnastics coaches, but is useful to physical education teachers, dance teachers, and any coach in need of running drills.

By Karen M. Goeller.

<http://www.gymcoach.sport.new.net>

## *October Calendar of Events*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <i>Yankee Candle Orders Due!!!</i>	<b>14</b> <i>Market Day Orders Due!!!</i>	<b>15</b> <i>Script orders Due!!!!</i>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> <i>Market Day Orders Pickup!! 7:00-8:00pm</i>	<b>21</b> <i>Script Delivery Date</i>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <i>Christmas Wreath/Spray Sales begin</i>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

### **IMPORTANT, SAVE THE DATE**

- *The Best, the one and ONLY "SURVIVOR" Men's Meet, November 20th*
- *The Largest and the coolest "Rock n Roll" Women's Meet, February 24-26, 2012*

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