



MELLENDEZ HEADED TO NIU



Apollo's Megan Melendez is the latest level 10 to commit to an NCAA Division 1 school.

It was a really long winter for Megan Melendez and her parents. Altogether, the Melendez family visited eight different schools: trips to Michigan, a swing through Utah, a weekend or two in Pennsylvania, and another trip to Jersey. Oh, yeah, and don't forget Ohio. They met with numerous coaches and there was a constant influx of e-mails. It seemed the mountain of collegiate gymnastics had almost become too enormous to conquer. That was, until Megan made one more trip to Illinois to visit NIU. Northern Illinois University turned out to be the perfect fit for Megan, both academically and athletically.

Situated in DeKalb, 65 miles west of Chicago, NIU hosts approximately 24,000 students and 17 NCAA Division I sports. They compete in the Mid-America Conference, or MAC. The Huskies boast one of the most successful academic programs in the country with a team cumulative GPA of 3.3! Megan will be coached by Mark Sontag at NIU while wearing her new leotard colors of cardinal and black. Best wishes Megan!!



CONGRATULATIONS on qualifying at the national level...

- ★ *Kristin Blades – Nationals* ★
- ★ *Paige Krall – Nationals* ★
- ★ *Morgan Byrd - NIT* ★
- ★ *Julia Konner – Easterns* ★
- ★ *Jane Winstead – Easterns (alt.)* ★

...and to our compulsory boys on a great regional meet...

- Tyler Guthrie (5) 1st Vault, 2nd Floor
- Erik Del Cid (6) 1st Floor

...and for outstanding routines at States!

GIRLS

- Paige Krall (10) 1st AA, 1st Bars & Beam, 2nd Floor & Vault
- Morgan Byrd (10) 3rd Vault & Floor
- Ebony Walters (10) 1st Bars
- Caitly Cantello (10) 3rd AA, 3rd Bars, 2nd Beam
- Julia Konner (9) 3rd AA, 2nd Beam
- Jane Winstead (9) 3rd Vault
- Leah Turner (9) 2nd Vault, 3rd Bars
- Kelsey Jackson (8) 2nd AA, 1st Vault, 2nd Bars & Floor
- Molly Overstreet (8) 3rd Vault & Floor
- Jessica Boon (8) 3rd Bars
- Dani Delaney (8) 1st AA, 1st Vault, Bars & Floor
- Hilary Green (8) 3rd AA

BOYS

- Griffin Kehler (8) 1st AA, 1st Floor, Vault, P-bars & Rings
- Ethan Fuller (7) 2nd AA, 1st Floor
- Rashad Mahmood (7) 3rd AA, 2nd Rings
- Erik Del Cid (6) 2nd AA, 1st Floor, Vault & P-bars
- Connor Jones (5) 1st AA
- Christopher Dana (5) 3rd AA, 1st Pommel
- Laszlo Kurucz (4) 1st AA

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- The SunSpot is published quasi-monthly. Please send items of interest to Debi Winstead: eurowinstead@msn.com*

A Big Congrats to Girls' Levels 8-10 Regional Qualifiers:

Ebony Walters	Leah Turner
Erin Turner	Arianna Robinson
Megan Melendez	Julia Konner
Megan McDonald	MaryLynn Clark
Paige Krall	Molly Overstreet
Caity Cantello	Kelsey Jackson
Morgan Byrd	Hilary Green
Kristin Blades	Dani Delaney
Anika Woodard	Jessica Boon
Jane Winstead	



The Apollo Level 3 team under coaches Sandi Quackenbush and Jacquie Teets continue to roll this year. On March 21st they competed at Loudoun Gymnastics Center in the Spring Forward Classic and took 1st place!! Congratulations Girls!!

AGPA News

By-Laws: Remember to cast your ballot by **Saturday, April 17th** on the proposed AGPA by-law changes.

Elections: In the third week of April, AGPA will open up the nomination process for positions on the AGPA board. If you are interested in serving and would like to run for office, or would like to nominate someone you know, be on the lookout for nomination forms and information in the next week or so.

Online: Don't forget to check out our website: <http://www.apollougymnasticspa.org> – this is where you can access monthly agendas, meeting minutes, bylaws, financial information, and more. If you do not have a username or password to access the 'Membership Only' section – please e-mail the secretary at agpasec@apollogymnasticspa.org for your logon credentials.

End of Season Party: Plans are underway for the End-of-the-Season party. It is tentatively planned for early June. Stay tuned for more information!

MEET BEAT

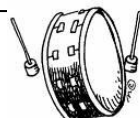
The annual meet for the advanced recreational classes will be held **MAY 16TH**! Be sure to mark

The BIG YAHOO

this edition goes to:
COACH PETER SOUL

Who not only took the metal edge of a flying uneven bar across his eye at regionals, but who also coached back-to-back-to-back sessions without a break.
Thanks for being there for our girls!!!

Level 3 Girls Rock Again!



your calendars. ***At this time we are anticipating holding two sessions, so each team family will be required to work one session.*** However, keep in mind that this could change.

Also, on **June 19th**, there will be an **End of the Season Gala** for recreational gymnasts. Team families will not be required to work at this event, however gymnasts will be asked to participate and “wow” the crowd with their advanced skills. So please pencil in this date on your calendars.

APRIL 17 & 18

Boys Optional Regional Championships
Westpoint, NY

Girls Level 6/7 VA State Championships
Roanoke, VA

April 24 & 25

Girls Level 8 Regional Championships
Churchville, MD

May 1 & 2

Girls Level 9 Eastern Nationals
Charleston, WV

Girls Level 5 VA State Championships
Fredericksburg, VA

May 8-9

Girls JO Nationals & NIT
Dallas, TX

Boys Level 9-10 Nationals
Knoxville, TN

Level 4 VA State Championships
Fredericksburg, VA

FUND Raising

Scrip Sales: Johnene will be placing Scrip orders throughout the summer. Orders and checks must be received by the Friday before the orders go in so that the money is in the bank. The next order will

*“Perfection is not attainable,
but if we chase perfection
we can catch excellence.”
Vince Lombardi*

be place Monday, May 3rd. The order for June will go in on the first Monday and then the order for July will go in July 5th. *Remember that gift cards make the perfect teacher or bus driver gift at the end of the year!*

Summer Concert Fundraising: Nissan Pavilion is now named Jiffy Lube Live and we are hoping to announce a TIPS training session at Nissan in the next week or so. Concert season starts on May 13th! Stay tuned for sign-up sheets and more information about the fundraiser. Remember this is a great way to earn credit towards your assessment, to listen to some good tunes and share some laughs with other parents.

Market Day: Market Day will continue through August. Next orders are due April 23rd.

Management Minute

Drop-Off/Pick-Up Many team parents continue to park or wait in their vehicle in the fire lane right outside of the lobby doors for their athlete. This not only impedes the flow of traffic in the parking lot, but obstructs others who have parked and are trying to leave. ***Do not park or wait in your vehicle outside of the entry doors!!***

Leaving valuables in the gym: Just a reminder ...please do not allow your child to leave valuable articles in the gym over the weekend.

Classifieds

For Sale - Girl's team warm-up: Child small, barely worn. Looks brand new! E-mail Rachel Pullen at rep6186@msn.com

Wanted - Girl's team warm-up jacket: CL or AXS for a new level 4 to borrow for the last two meets of the season (meet dates: 4/24-25 & 5/8-9). Call Michelle at 703-929-1955.

**Apr/May 2010 Gym
Calendar**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	12	13	14	15	16	17 Boys 7-10 Regionals West Point NY Girls 6/7 States Roanoke By-Law votes due
18	19	20	21	22	23 Market Day orders due	24 Girls Level 8 Regionals Aberdeen, MD
25	26	27	28	29	30 Money due for May Scrip orders	1 Girls Level 9 Eastern Nationals Charleston, WV Girls 5 States Fredericksburg
2	3 May Scrip order placed Tuition Due	4	5	6	7	8 Boys 9-10 Nationals Knoxville, TN Girls JO Nationals & NIT Dallas, TX Girls 4 States Chesapeake
9	10	11	12	13	14 Girls' Optional Banquet 6:30-10:30 pm City Tavern Manassas	15 Set-up for Rec. meet
16 Recreational Meet – Team families must work!!	17	18	19	20	21	22

Success is an attitude....allow your mind to believe and you will succeed.