

The Apollo



Sun Spot

...a newsletter for team families

Way to Go Megan!!!



Apollo has “chalked up” another one! Senior, level 10 gymnast, Megan McDonald has accepted a 4-year athletic scholarship to attend Iowa State University in the fall of 2010.

It’s not the Osborn Park three-peat trophy as VHSL state champions. Nor is it the 2009 Washington Post All-Met Gymnast of the Year. And, it’s definitely not another trip onto the podium to collect a medal. For Megan McDonald, she’s finally received the one award she’s always had her eye on throughout her gymnastics career: a four year, full-ride to attend Iowa State University.

After turning the heads of several college coaches last spring and receiving other scholarship offers this summer, Megan decided to risk it all and hold out a little longer in hopes that she would receive an offer from ISU. Through a couple of nail-biting weeks, she waited anxiously for the phone call from Iowa State’s head coach, Jay Ronayne. The second week in September, his call finally came. But, instead of offering Megan a scholarship, Ronayne asked her to send him one last video of skills with a ‘wow’ factor. With the pressure on, Megan managed to put together video clips highlighting new skills on bars and vault. It had the “wow” that Ronayne, along with assistant coaches Shari Mann and Jay Santos, had been looking for. Ronayne’s phone call, the one that Megan had been waiting for, came around 10:00pm September 21st.

Since then, it’s not uncommon to catch Megan wearing the Cyclone colors of cardinal and gold whenever she can. Also, if you ask, she’ll be happy

to demonstrate the cheers she learned at the Iowa State football game she attended last month... “I-S-U... Watcha gonna do?”!!

Iowa State, a member of the powerful Big 12 Conference, is located in Ames, Iowa and has a student population of 26,000. As an athletic powerhouse, ISU also boasts strong academics. This year’s gymnastics team has 9 women who received Scholastic All-American honors. This year, the women are scheduled to compete against some tough competition,

including: Michigan, Minnesota, Nebraska, Iowa, Oklahoma and top-notch Utah. In 2008, ISU gym girls missed winning the Big 12 title by 0.1! So, look for



great things to come from ISU in NCAA gymnastics this year and of course, next year when Megan will be a part of the team. Check out the Cyclone Zone: http://www.cyclones.com/SportSelect.dbml?DB_OEM_ID=10700&KEY=&SPID=4246&SPSID=46624

CONGRATULATIONS

GRIFFIN! Level 7 gymnast, Griffin Kehler has qualified to the USAG 2009 Future Stars Championships to be held November 12-14th at the National Training Center in Colorado Springs. Griffin will compete in an

effort to be named to the USAG Men’s National Development Team. GOOD LUCK!!

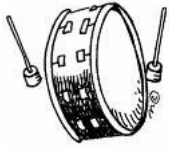


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The Apollo SunSpot is published monthly and welcomes your submissions (subject to editing). Please send articles of interest to Debi Winstead: eurowinstead@msn.com Next submission deadline: 11/16/09

MEET BEAT



Congratulations to our top 3 gymnasts of each level. Enjoy your smoothies! The results of the in-house meet

held on Sunday, October 18th:

Boys Team	Girl's Team
<p>Level 4</p> <ol style="list-style-type: none"> 1. Laszlo Kurucz 2. Hunter Burke 	<p>Level 3</p> <ol style="list-style-type: none"> 1. Sydney Banks 2. Alex Rothenbuescher 3. Hailey McAuliffe
<p>Level 5</p> <ol style="list-style-type: none"> 1. Connor Jones 2. Tyler Guthrie 3. Christopher Dana 	<p>Level 4</p> <ol style="list-style-type: none"> 1. Jane Deane 2. Payton Brooks 3. Jordan English
<p>Level 6</p> <ol style="list-style-type: none"> 1. Erik Del Cid 2. Ethan Fuller 3. Kyte Crigger 	<p>Level 5</p> <ol style="list-style-type: none"> 1. Grace Yeboah-Kodie 2. Meghan Shinton 3. Katie Wellington
<p>Level 7</p> <ol style="list-style-type: none"> 1. Rashad Mahmood 2. Bradford Rupert 3. Griffin Kehler 	<p>Level 6</p> <ol style="list-style-type: none"> 1. Katherine Bennett 2. Carsyn Quackenbush 3. Emily Kelly
<p>Level 10</p> <ol style="list-style-type: none"> 1. Michael Dietz 2. Bryce Sampson 3. Major Malcolm 	<p>Level 7</p> <ol style="list-style-type: none"> 1. Angela Menoyo 2. Deanna Knox 3. Siobhan Bernard
	<p>Level 8</p> <ol style="list-style-type: none"> 1. Molly Overstreet 2. Hilary Green 3. Danielle Delaney
	<p>Level 9</p> <ol style="list-style-type: none"> 1. MaryLynn Clark 2. Julia Konner 3. Samantha Cotton
	<p>Level 10</p> <ol style="list-style-type: none"> 1. Ebony Walters 2. Megan Melendez 3. Kristin Blades

***REMEMBER THAT ALL TEAM FAMILIES WILL BE REQUIRED TO WORK A SPECIFIC NUMBER OF SLOTS FOR THE SURVIVOR MEET.....SIGN UP SHEETS WILL BE POSTED SOON.**



Upcoming Meets

Two Important Notes:

The Magical Classic Meet in Orlando, FL is a FRIDAY/SATURDAY meet, Feb. 5th & 6th.

The Greater NY Invitational will be held at Rockland Community College in SUFFERN, NY.

November 7th:

**Richmond Fall Classic
Girls' Levels 4-10
The Collegiate Preparatory School
Seal Athletic Center
103 North Mooreland Road
Richmond, VA 23229**

Specific start times are not posted, however optionals are scheduled to compete Saturday morning. Compulsories are scheduled for Saturday afternoon and evening. For more information:

http://www.rogcteam.org/Meet_Details.htm

November 21st & 22nd:

**Survivor Invitational*
Boys' Levels 4-10
Apollo**

The
BIG YAHOO'S
this edition go to:
Sharon Mullen
for doing a knockout job on the new AGPA website, in addition to the other bizillion tasks she does for our parents' association, and to:

Cheri Delaney
for volunteering countless hours in coordinating the in-house meet.

THANK YOU BOTH!

Coaches' Corner



Apollo's newest coach Nancy Gregory and her son, Harrison

She was a gymnast. She was an aerospace engineering major. She was a photographer. She was a head coach.

She is a single mom. She is a pilot. She is an EMT. She is a gymnastics judge. She is our newest coach. She is Nancy Gregory.

There have been many paths that Nancy has taken. Some that involved gymnastics and some that haven't. But no matter what, Nancy has always returned to the one sport she loves, gymnastics. At Apollo, Nancy's primary focus will be working with the girl's optionals on beam, however she will also be assisting with compulsories and using her technical-know-how on other events as well.

Nancy grew up in Fredericksburg, Virginia and began gymnastics at the age of 6. A decade later, she found herself sidelined with a torn ACL and switched her focus to the skies. At that point Nancy decided to become a pilot and after graduation enrolled in Embry Riddle Aeronautical University in Florida as an aerospace engineering major.

That path took a turn three years later when Nancy's father died of leukemia and

she decided to pursue professional photography instead. Upon completing her degree from the Southeast College for Photographic Studies in Daytona Beach, Florida, Nancy combined her photography and coaching careers for eight years. This meshes with her philosophy that, "You always have to have career and academic goals, but you always have to do what you love. I happen to love gymnastics."

Now, she has been coaching gymnastics for more than 17 years. Nancy was the head coach and manager at Shooting Stars Gymnastics in Hickory, NC, worked for four years as an optional coach at Paragon and worked another four years with optionals and compulsories at Roanoke Academy. In addition, she has been a USAG optional and compulsory judge for 7 years.

Nancy never lost sight of her goal to become a pilot and after sitting for her private pilot's license, she has completed training for her instrument and commercial pilot's license. Her next flying goal? Nancy hopes to become a flight instructor and teach during the day.

Another path that Nancy has taken is that of an EMT. She volunteers around 400 hours a year with Chancellor Volunteer Fire & Rescue in Spotsylvania County. On top of everything else, she plans to complete her physics degree in Quantum Optics at George Mason University.

With all of the career and academic paths that Nancy has travelled, her favorite path of all is actually one made of dirt. When she's not coaching, riding rescue, flying or studying, Nancy and her five year old son, Harrison, love to hike. Nancy says that she tries to spend time each week hiking, kayaking, camping, or just being outdoors. She describes herself as an "outdoor girl".

No matter which path Nancy takes, with all of her ambition, energy, and gymnastics experience, no matter if it's a vapor trail or gravel trail, we are glad that it has crossed our path at Apollo!



Management Minute

STICK IT!! If you don't have your vehicle window decal yet, stop by the front desk and pick one up. When a member of the Teets family spots your car (obviously, not in the Apollo parking lot), you will be entered into a monthly drawing to have \$75 credited to your account! The drawings will continue through May, so stick it today!

Flu Season: Please do not send your child to work out if they are ill!! If your gymnast is too sick to attend school, then they are naturally too sick to attend practice! Be considerate of your teammates and coaches by keeping your gymnast home if he or she doesn't feel well. Coaches will send kids home if they feel that they are not well enough to practice. Also, there is hand sanitizer out on the gym floor, remind your gymnast to use it as often as desired. (The rule of thumb promoted by the CDC is to wash one's hands the amount of time it takes to sing "Happy Birthday" twice!!)

Uniforms: As 98% of the orders have arrived, Val has started distributing new warm-ups and leotards to the girls. Signatures are required to validate that a uniform was received. If you haven't done so already, stop by the reception desk and pick yours up!

Balcony Viewing: As the balcony viewing space is limited, we would ask that team parents try to limit their time spent watching workouts. In fairness to the recreational students who are only here for a 1-2 hours a week, it would be helpful if team parents could limit their viewing to non-peak times. Please allow recreational parents and grandparents to have front row seats and don't stand at the railing, blocking others' views. We realize that some of you have loooooong commutes to the gym, if you'd like to use a party room during those peak hours, feel free to ask. Thanks for all of your help and understanding with this issue.

Cubbies: Remind your child to keep his/her things picked up and to throw litter in the trash cans. Recently, the cubby areas have been a mess.

Dance Room: When dance classes are in session, please do not stand in front of the studio or along the railing. The dancers need room to change their shoes, etc. It also creates a fire hazard.

Drop Off/Pick Up: Do not double park on the yellow curb or wait for your gymnast in your car by the front doors. This creates a bottleneck in the parking lot and prohibits others from backing in/out of parking spots. Never leave your car unattended in the fire lane either.

Management Attendance at Meets: In anticipation of another great Apollo season, Val plans to attend at least one meet for each level, girls and boys, this season. It should be a fun year....Go Apollo!

CONGRATULATIONS!!!!

Apollo was voted 2009 "Best of Woodbridge" award as the #1 place for gymnastics instruction, deemed by the Prince William County Chamber of Commerce! Congratulations to all the staff for a great job in earning a stellar reputation!!



Oct/Nov/Dec Gym Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			21	22	23	24
25	26	27	28	29	30	31
				Scrip Order Deadline	Yankee Candle Orders Due	No Open Gym End of fund- raising cut-off for Assess.#2
1 Tuition due	2	3	4	5	6	7 Fall Classic Girls 4-10 The Collegiate Seal Athl.Cntr. Richmond VA
8 Spirit Laser Tag Fundraiser	9	10	11	12	13	14
15	16 SunSpot submission deadline	17	18	19	20	21 Survivor Invitational Boys 4-10 Apollo
22 Survivor Invitational Boys 4-10 Apollo	23	24	25 Girls' Teams Practice	26 Thanksgiving NO TEAM PRACTICES	27 Girls' Teams Practice	28 Girls' Teams Practice
29 GYM CLOSED	30	1 Tuition due	2	3	4	5 Greater NY Invitational Girls 7-10 Rockland Comm. College Suffern, NY

