



# LGBC 2010 FALL GYMNASTICS SESSION



The Lakeville Gymnastics Booster Club offers a year-round program for Beginner, Intermediate and Advanced level gymnasts. The goal of the program is to prepare young female athletes with the skills required to participate on the North & South High School teams.

**Advanced level gymnasts compete in a MAGA (Midwest Amateur Gymnastics Association) program in the winter session.**

### Coaches for the Fall Session:

- Adults - Shawn Ocken, Deb Matos, Randy Eppert and Shari Prouty, Angie Klugherz, Ashley Staton, Molly Hamer, Paula Bennett.
- High School gymnasts: Kelly Blake, Katie Burshek, Chelsi Berry, Kylie Prouty, Kaila Seurer and others...

### Questions / Concerns:

- If you have questions or concerns, please feel free to speak with one of the coaches before or after the classes, or you can call Shawn at 612-743-9769 or Shari Prouty at 612-280-0747.

### Dates for the Fall Session:

September 13th - November 11th

No classes on the following dates - October 20<sup>th</sup> & 21<sup>st</sup>, and November 2<sup>nd</sup> (election day)

### Times and Fees:

Class	Time	Fee
• Beginner	6:00-7:30 (Wed)	\$84.00 (8 classes)
• Intermediate	6:00-8:00 (Tues & Thurs)	\$224.00 (16 classes)
• Advanced	6:00-8:30 (Mon & Thurs)	\$297.50 (17 classes)
• 3 <sup>rd</sup> day option ( Int. & Adv.)	6:00-8:30 (Tue or Mon)	\$140.00 (8 classes)

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- **Beginners do not need to try out, Int. & Adv. Will need to try out for determination of level.**
  - **Advanced gymnasts compete in winter session with the MAGA program.**
  - **Fees are due at time of registration**
  - **Please add an annual \$30 insurance fee for all students.**
  - There is a 20% discount for a 2nd gymnast from the same family for each session

### Registration:

Registration will be held on the following days:

- **Current gymnasts:**  
Beginners: Wednesday, August 25th 6-7:30  
Intermediate & Advanced: Thursday, August 26th 6-8:30
- **New gymnasts:**  
Thursday, August 26<sup>th</sup> 6:00-7:30

(Gymnasts are required to attend with leotard to be assessed for class level. Please note that registration for new gymnasts is on a first come, first served basis, based on availability)

- A \$25 service fee will be charged if the class is cancelled within 1 week and nonrefundable thereafter.
- Questions or concerns regarding payment only should be directed to Shari Prouty at 612-280-0747. All other questions should be directed to Shawn Ocken.

**About the coaches...** Shawn Ocken, 2009 MAGA coach of the year, 16 years coaching at the high school and club level, been head coach of this program for 9 years. Deb Matos, club coaching experience, coaching for 8 years with this program judging experience. Sam Adams, on 2 State Title Teams, club coaching experience, Shari Prouty, High School Gymnastics experience. Current Lakeville Gymnasts, from Lakeville North and South High Schools also help coach.. The program has been the main feeder program to historically the top program in the State.

**Other Information:**

Handouts that are given to the gymnasts will be posted on the bulletin board hanging up just inside the gymnastics door. For more information on the feeder program or high school program, please visit the web site at:

<http://www.cougarboosters.org/gym.shtml>      <http://www.pantherboosters.org/gym/>

## September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 Advanced	14 Intermediate	15 Beginners	16 Intermediate & Advanced	17	18
19	20 Advanced	21 Intermediate	22 Beginners	23 Intermediate & Advanced	24	25
26	27 Advanced	28 Intermediate	29 Beginners	30 Intermediate & Advanced		

## October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Advanced	5 Intermediate	6 Beginners	7 Intermediate & Advanced	8	9
10	11 Advanced	12 Intermediate	13 Beginners	14 Intermediate & Advanced	15	16
17	18 Advanced	19 Intermediate	20 MEA No Gymnastics	21 MEA No Gymnastics	22	23
24	25 Advanced	26 Intermediate	27 Beginners	28 Intermediate & Advanced	29	30
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## November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Advanced	2 No Gymnastics Election Day	3 Beginners	4 Intermediate & Advanced	5	6
7	8 Advanced	9 Intermediate	10 Beginners	11 Intermediate & Advanced	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				