



NATIONAL TEAM TRAINING CENTER

September 2019 News

IGN SPECTRUM CORSE FITNESS
 Challenging Obstacles Requiring Strength & Endurance



- Spectrum CORSE is a fun, high-energy class for kids on the autism spectrum!
- Otherwise empty gym
- Siblings welcome if there is space
- Kindergarten and up - including teens!

****ENROLLING NOW****
 MUST CALL Iowa Gym-Nest to register: 341-2229
 >>>Classes are at Iowa City location<<<

SUNDAYS

IGN is pleased to offer a class for kids on the autism spectrum. We are accepting a limited number of new students. If you are interested in trying this class, call us at 319-341-2229 to register. Classes are on Sundays at our Iowa City location.



National TOPS Qualifiers

IGN's Brynley Applegate (8), Lyla Brewer (9), Greta Krob (9), and Kelsey Andrews (9) qualified to USA Gymnastics National TOPs Testing. TOPs – Talent Opportunity Program – is a USA Gymnastic talent recognition program for 7-10 year old girls. Athletes participate in State/Regional Competitions in June and July. The top 100 8, 9, and 10 year olds qualify to the National competition which takes place October 11-13 in Indianapolis, Indiana. The highest finishers at Nationals will qualify to the National TOPs Team.

IGN's Marina Drugg (7) earned a place on the TOPs Diamond Team by finishing in the top 50 seven year olds in the US. Seven year olds do not participate in the National Competition. They are named directly to the National Team from the results at State/Regional Competitions.

IGN is the only facility in the area who have athletes in the TOPs Program. We start kids in the program at 4 years old in the Tiny TOPs class, as they progress they move up to the Junior TOPs class before moving to a competitive team group.

If you are interested in more information, contact IGN TOPs & Elite Director Mary Wise:
 maryw@iowagymnest.com

IGN Teachers Certified



IGN teachers Jess, Jordan, Sam, Tristan, Piper, Kassi, and Alecia completed their USA Gymnastics Junior Olympic Developmental Coach certification at USA Gymnastics National Congress in Kansas City this August. This certification ensures that our staff are up to date on the most current techniques and training methods. In addition, Jayden joined IGN owner Paige in becoming certified as a USA Gymnastics National Instructor. They travel across the US to train other gymnastics teachers and coaches.

MARK YOUR CALENDARS

- September 2nd – IGN Closed for Labor Day
- September 14th – Open Gym, 5:30-8:30 Coralville
- September 20th – Girls Level 3-5 Intrasquad 4:30 Coralville
- October 4th – No School-No Worries Camp Coralville
- October 5th-6th – Girls Level 3-5 compete in Des Moines
- October 7th – No School-No Worries Camp Coralville
- October 11th – 13th – TOPs Nationals Indianapolis, IN
- October 11th – 13th – Region 4 Training Camp Hiawatha
- October 16th – 20th – Developmental Camp Crossville, TN
- October 19th – 20th – Girls Level 3-5 compete in Ankeny
- October 26th – 27th – Girls Level 3-5 compete in Waterloo
- October 31st – NO Classes – Happy Halloween!

Do you know about our Referral Program?



Tell your friends how much you love the classes at IGN...for every new student who registers for a class and tells us that you referred them, you will get \$20 in IGN credit to use towards classes, camps, or merchandise.

Lunch Bunch

Join us daily Monday-Friday
11:30AM – 12:30PM
at our Coralville location
for supervised, but unstructured
open play time in the gym!
Only \$5/child, kids 2 and younger
are free with a paid sibling.
No pre-registration is required.



How Gymnastics Helps your Child Succeed in School (Backed by Harvard Research)

Harvard School of Education released their findings on their latest research project; and, they could have simply titled it “Why Your Kid Should do Gymnastics if You Want Them to Develop the Kind of Character That Helps Them Succeed at School.”

Okay, it doesn't exactly roll off the tongue...but it cuts to the core of what kids need to succeed in school and why gymnastics is the perfect place to develop it.

You see, the good folks at Harvard in conjunction with 4,000 UK teenagers undertook a study that examined the characteristics that best predicted a student's future academic success and that characteristic is... **Grit.**

Grit, which was defined as having determination, courage, persistence, a 'growth mindset' and the ability to maintain a balanced lifestyle, was a better predictor than intelligence in predicting which kids succeeded in the classroom.

Gymnastics develops determination. Determination is that quality that makes you continue trying to do or achieve something that is difficult. Simply watch a beginning gymnast learn a cartwheel or a pullover, and you are seeing determination in action.

Gymnastics cultivates courage. Tumbling across a 4-inch-wide beam? Running full speed at a standing object and then jumping (or flipping!) over it? Swinging on a bar 7 feet in the air? Defying gravity on a regular basis? Gymnasts routinely make the choice to confront discomfort, fear and to do the right thing even when it costs more than they want to pay. All hallmarks of courage.

Gymnastics plans persistence. Fall seven times, get up eight is a Japanese proverb turned gymnasts' motto. Developing that quality that allows someone to continue doing something or trying to do something even though it is difficult...that is not only the definition of persistence but is practically the definition of gymnastics practice.

Gymnastics garners a growth mindset. It's practically impossible to not have a growth mindset, the belief that our most basic abilities can be developed through dedication and hard work and be a gymnast. Otherwise, why would a gymnast even bother with practice? Turns out that a growth mindset helps create a love of learning and a resilience essential to great accomplishments. Ever met a gymnast who didn't love to learn new things or who accomplished something without having to rise in the face of difficulty or after a set back? Me neither.

Gymnastics demands a balanced lifestyle. Dr Christina Hinton, a neuroscientist and faculty member at the Harvard Graduate School of Education, said: “Our results suggest that grit does not require pushing yourself at all costs, but rather cultivating healthy emotional regulation skills and effective learning strategies.” Gymnasts understand this. The importance of getting enough sleep, nutrition, making time for gymnastics, school, family, faith and other extracurriculars are all things even our youngest athletes learn.

Still not convinced. Then consider this: an NCAA study was conducted that showed over 35% of gymnasts at the college level achieved a GPA of 3.5 or better. Over 90% of college students involved in NCAA gymnastics graduated, a much higher rate than students who didn't participate in gymnastics. More academic awards were given to gymnasts than to any other college sport by as much as two to three times. Additionally, more gymnasts received NCAA post-grad scholarships in the past 5 years than any other female sport. Like I said: “Why Your Kid Should do Gymnastics if You Want Them to Develop the Kind of Character That Helps Them Succeed at School.”