



# Hawaiian Island Twisters Gymnastics

Junior Olympic National  
Team Training Center

## August 2005

### HITS is gearing up for the Fall season!

#### Fall Schedule Updated

Please take a moment to look at our HITS fall schedule. This will highlight important dates such as gym closings, special dates and recreational class evaluations. HITS is undergoing some exciting new changes to become a top-notch gym which provides the best training in Hawaii for your child. We have already received brand new team lockers for our competitive gymnasts. Plan are well underway for construction of our mezzanine seating area, in addition to the enclosure of our boys' / back gym very soon!

#### Aloha Shannon!

HITS would like to extend a warm welcome to Coach Shannon! Coach Shannon was a former competitive rhythmic gymnast who has several years of gymnastics coaching experience. She has been a welcome addition to assist with our pre-school, homeschool, and girls' gymnastics classes. Coach Shannon will also be teaching a brand-new Pilates class (more info in *What's*

*New!*) that HITS will be offering.

#### Gym Closed

#### August 29-September 4 and Labor Day

Please note in your updated fall calendar that HITS will be closed from Monday, August 29th to Sunday, September 4th in order to prepare for the kick-off of our fall/back-to-school year. **Keep in mind that your August tuition will NOT be pro-rated and NO make-ups will be offered for those dates** because for the month of August, **everyone** will have **FOUR** weeks' worth of classes.

The gym will also be closed on Monday, September 5th in observance of Labor Day- a make-up can be scheduled for this day by calling the gym at 839-4944 or contacting the front office for class availability.

#### What's New!

**Pilates-** Coach Shannon will be teaching this exciting new class for adults. The class will



This gymnast is demonstrating both back and leg flexibility. This skill is called a needle scale.

be offered Tuesdays and/or Thursdays 12 noon-1PM. Cost is \$60 for 1x/wk or \$110 for 2x/wk.

**Boys Pre-Team-** Coach Walter has started a boys pre-team offered on Sundays 2-3:30PM, Mondays 5:30-7PM, and Wednesdays 3:30-5PM. *The enrollment for this pre-team is by-invitation only.* You may address any questions with Coach Walter.

#### Housekeeping Reminder:

Please remember that for safety reasons, **NO ONE is allowed on the floor or on the gymnastics equipment until it his/her class time.** Younger siblings or friends of gymnasts are not permitted on the floor or equipment of either the main gym or pre-school area. Please encourage good safety habits by reinforcing to your child to remain seated prior to class and to wait until the coach has started the class. HITS also kindly requests that parents and visitors sit in the seating area, and not on the equipment or vault/ runway area. Mahalo for your support of our commitment to safety!

## HITS Team Corner

#### New Routines!

Our compulsory gymnasts have been hard at work learning the new USAG routines- check out the new music and intricate dance skills!

#### Alaskan Adventure

A good time was had by our HITS gymnasts and Coaches Joe and Jamey who enjoyed a week-long gymnastics camp in

Alaska. Many new skills were learned and new friendships were formed!

#### US Challenge/Classic news

Congrats to Randi Lau and Megan Harada for their outstanding performance in representing HITS. Megan placed 7th all-around in the junior national competition, and Randi qualified to compete as a junior int'l elite at US Nationals August 10-13. Way to go girls!

### Happy Birthday to our August Birthdays!

- Nicole Lauro
- Marie Moriwake
- Kelli Ann Kamau'u
- Sally Tappe'
- Shawn Kiyabu
- Tara Salima
- Chelsea Slayter
- Mary Watts
- Kealohi Young
- Deborah Beatty
- Taryn Miyake
- Jenna Neely
- Kaitlin Taosaka
- Haley Tateyama
- Olita Palmer
- Megan Pimental
- Ashley Rapoza
- Amanda Bell
- Hana Hohnstein
- Kellie Toyama
- Chantelle Nakano
- Donovan Roy
- Joseph Shoupe
- Lydia Gordon
- Haley Yamasato Gragas
- Taylor Hunt
- Trinity Martin
- Sonya Smith
- Kaylie Takeuchi
- Mika Ohata
- Sunako Remillard
- Fayth Martin
- Julia Horowitz
- Jade Rosso
- Isaiah Leung
- Bryce Fujishima
- Faith Richardson
- Kailey Nishimura
- Bryson Luke
- Kylie Takafuji
- Julia Lorey
- Chloe Kagesa
- Jadie Guieb
- JoyYoung
- Jenna Furuta
- Kyrie-Maria Autton
- Ashley Farm
- Clarissa Reidy
- Madison Miura
- Aria Reiland
- Jaye Matsumoto

