

The Prodigy Gymnastics Club Newsletter



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§ Letter From The Editor

I'd like to welcome everyone to the Gymnastics Club's Newsletter. I hope you enjoy the articles and features in this issue. I'd also like to remind everyone that The Newsletter relies on all members for its material. Any articles or columns are welcome, and all information is useful. If club members are going to a competition or are participating in one, they are more than welcome to write about it for The Newsletter. In order for this aspect of the club to continue all members must help out. Your contributions are important. If you have any article suggestions, please let me or any of the writers know. If you want to write, submit photographs or pictures, or if you just have information let me know. I will do the best I can to include all information received in the newsletter. A special note of thanks to all this month's contributors for their fantastic articles and to Don Whelan for the amazing cover he

designed for us.



People, Places, and Gymnastics

- 1992 US Olympic team members Scott Keswick and Jair Lynch have earned spots on the US World University Games men's gymnastics squad. Keswick, a graduate student at UCLA, finished second at the WUG Trials behind his college teammate Chainey Umphrey. Lynch, a senior at Stanford, finished in fourth place at the trials. Also qualifying were Dennis Harrison of Nebraska, Jim Knopp of Ohio State, and Bill Roth of Temple University. Both Knopp and Roth will be alternates at the World University Games in Buffalo, New York this July 9-13. The US men hope to improve on a fourth-place finish at the 1991 World University Games.

- At the women's gymnastics WUG Trials Hope Spivey-Sheeley took top honors. The University of Georgia junior will lead a top rate collegiate squad to the University Games. Stephanie Woods of the University of Alabama was runner-up to Spivey-Sheeley. Tammy Marshall of U Mass and Beth Wymer of the University of Michigan round out the US women's team. Alternates are Aimee Trepanier and Stacy Fowlkes. The US women look to capitalize on the break-up of the USSR and earn a team medal, but believe that the abundance of former Soviets entered in the competition through the various republics will make it difficult for the US to win an individual medal in the women's gymnastics competition.

- Shannon Miller, the 1993 World Gymnastics Champion, brought down the US Olympic Festival torch from Pike's Peak in Colorado Springs, Colorado after it was lit on Saturday June 12. The torch will be run through 58 cities in 41 days to San Antonio, Texas for the Olympic Festival that begins there on July 23.

- The 1993 Gold Gymnastics Tour rapped up this season's tour dates in Jacksonville, Florida on Sunday, June 13. During that performance Bart Connor has reportedly stated that the tour will resume next year. Gymnasts starring in the show included Kim Zmeskal, Betty Okino, Nadia Comaneci, Bart Conner, Henrietta Onodi, Hillary Grivich, Jennie

Thompson, and Dominique Moceanu.



Tips From Ti-Yon ∞ ∞

People have been asking how to do a back walkover. Here is some helpful advice. When you lift your first leg over your head, lift it over fast and hard. Also, keep your stomach in and tight. Your legs should go directly over your head. Your head should not be tucked into your chest. It should be in line with your arms.

Also, some people want to know how to do their back handspring on beam. Here is a helpful strategy. First do a couple on the low beam with mats on both sides. When you feel secure take the mats away and do a few more, making sure to stick the landings. Then, when you feel absolutely secure, take the trick up to the high beam. Pile a bunch of soft mats on top of each other until they reach the height of the beam. Now you're ready to try the trick on the high beam. Put your hands on the mats for the first couple of tries. Then put them on the beam. Take the mats away only after you have consistently done them well. Good Luck!!!

Well now, let's talk about form! For level 5 gymnasts, your back walkover is very important. You must do it correctly. Don't forget to begin with your leg up and end with it up because it is in the required routine. On your leap, always have both legs the same height. Do not have one leg higher than the other. It looks sloppy and uneven.

Now for dance. On your single, double, or even triple turns it is easier to stick your landings if you keep your arms above your head. It looks much better. I must admit that you turn faster when your arms are at you chest, but you may get a little out of control and you may fall to one side. Also, keep your head up and never look at the floor and stay on the ball of your foot. Make sure not to drop your heel. Here is a valuable tip on every dance move or trick you do. Keep your head up and your stomach in and tight.

If there is anything advice or a tips you would like me to give you, write to me at: Ti-Yon Ward

1601 W 54th Ave.

or

Prodigy ID number TGSD10

Merrillville, IN 46410

Gymnastics

Federation and Club Addresses

Karolyi's Gymnastics (Kim Zmeskal, Betty Okino, and Hillary Grivich)
17203 Bamwood, Houston, Texas 77090

Dynamo Gymnastics (Shannon Miller and Kerri Strug)
P.O. Box 270535, Oklahoma City, Oklahoma 73137

Hill's Angles Gymnastics (Dominique Dawes)
7557 Lindbergh Dr., Gaithersburg, Maryland 20879

Pozar's Gymnastics (Michelle Campi)
2709 El Camino Ave., Sacramento, California 95821

Parkettes Gymnastics (Kristin McDermott)
401 Lawrence St., Allentown, Pennsylvania 18102

Brown's Gymnastics (Wendy Bruce)
740 Orange Ave., Altamonte Springs, Florida 32714

Pro Serv (Any US Gymnast)
1101 Wilson Blvd., Suite 1800, Arlington, VA 22209

Ukrainian Gymnastics Federation (Tatiana Lysenko, Tatiana Gutsu)
Esplanadnaya Street 42, 252023 Kiev, Ukraine

Belarussian Gymnastics Federation (Svetlana Boginskaya, Elena Piskun)
Kirov Street, 8/2, 220600 Minsk, Belarus

Russian Gymnastics Federation (Oksana Fabrichnova, Natalia Bobrova)
Lujnetskaya Nabereynaya 8, Moscow 119.270 Russia

Romanian Gymnastics Federation (Lavinia Milosovici, Gina Gogean)
Str. Vasile Conta 16, 70139 Bucharest, Romania

Hungarian Gymnastics Federation (Henrietta Onodi)
Magyar Torna Szovetseg, Dozsa Gyorgy ut 1-3, 1143 Budapest, Hungary

Uzbekistan Gymnastics Federation (Roza Galieva, Oksana Chusovitina)
P.O. Box 15, Ul. Poltoratskogo, 83, Tashkent, Uzbekistan

~ ≈ ~Charismatic Kim~ ≈ ~

Name: Kim Zmeskal
Birth Date/Place: February 6, Houston
Hometown: Houston, Texas
Coaches: Bela and Martha Karolyi
Favorite Apparatus: Floor Exercise
Favorite Gymnast: Mary Lou Retton
Began Gymnastics: at age 6
Favorite Group: Boys to Men
Hobbies: Swimming, collecting bottles, jigsaw puzzles
Gymnastic Achievements: 1992 Olympics: 3rd-Team
1992 Worlds: 1st-Floor Exercise & Balance Beam
1992 McDonald's Am. Cup: 1st-All Around
1992 US Championships: 1st-AA,FX,BB; 2nd-V,UB
1991 Worlds: 1st-All Around; 2nd-Team; 3rd-FX
1991 McDonald's Am. Cup: 2nd-AA
1991 US Championships: 1st-AA,FX; 2nd-BB
1990 McDonald's Am. Cup: 1st-All Around
1990 US Championships: 1st-AA; 2nd-BB,FX,UB

~ ≈ ~Simply Shannon~ ≈ ~

Name: Shannon Lee Miller
Birth Date/Place: March 10, 1977, Rolla, Missouri
Hometown: Edmond, Oklahoma
Coach: Steve Nunno
Favorite Apparatus: Balance Beam
Began Gymnastic: at age 5
Favorite Music: Oldies from the 1960's and 1970's
Hobbies: sewing, skiing, playing with dog Dusty
Gymnastic Achievements: 1993 Worlds: 1st-All Around, Bars, Floor Ex.
1993 McDonald's Am Cup: 1st-All Around
1992 Olympics: 2nd-AA, BB; 3rd-Team, UB, FX
1992 McDonald's Am Cup: 3rd-All Around
1991 Worlds: 2nd-Team, Uneven Bars
1991 US Nationals: 1st-Balance Beam; 3rd-Vault



Advice and Answers From Superperson



by Natalie Coffin

Dear Superperson:

Dear Superperson:

I'm not very flexible. It kills me when I see other people slide easily into positions. Help!

- Frustrated

On Bars I have been told that I need to strengthen my arm and stomach muscles. Do you have any suggestions?

- Strength Builder

Dear Frustrated:

Try not to be frustrated. If you really want to be flexible, work at it. Everyone has strengths. Those who are flexible may not be as powerful as you are. Good luck!

Dear Strength Builder:

Try doing some V-ups and sit ups to strengthen your stomach. For the arms, push ups and pull up work. Also, ask around, see what the other gymnasts are doing. Keep working!

Dear Superperson:

What, in your opinion, should a good diet include?

- Health Nut

Dear Gymnastics Club Members:

If you have any questions for Superperson, write to:

Natalie Coffin

923 Western Avenue

Northbrook, IL 60062

Dear Health Nut:

A good diet should include a variety of foods. Sweets are okay, but don't eat them a lot. Also, don't forget about fruits, breads, meats, nuts, dairy products, and vegetables.

or you can e-mail your questions to:

KCBV80C

Upcoming Events and Latest Results

Drawing Contest: In next month's newsletter we will be holding a drawing contest.

Anyone who wants to join is more than welcome. Please send me a copy of one or two of your favorite drawings of a gymnast by August 10. All of the entries will be reduced in size and presented in the newsletter. Everyone will then choose their favorite and send in their vote. The winning picture will be displayed in full size. The winner will also have his or her biography printed up in the newsletter. Enter now to meet the deadline! Address is on the bottom of page 8.

Poll Results: In the latest polls on the Prodigy Bulletin Boards, Kim Zmeskal has won the most favorite gymnast and the most photogenic gymnast categories. While Shannon Miller received votes in both of these categories, surprisingly she also received the most votes for least favorite gymnast.

Upcoming Competitions:

- July 9-13 World University Games
Buffalo, NY
- July 21 USA / Ukraine / Belarus Triangular Meet
Los Angeles, CA
- July 23-Aug. 8 US Olympic Festival
San Antonio, TX
- Aug. 25-28 US National Championships
Salt Lake City, UT

If anyone is going to or competing in any meet you are more than welcome to write an article about it for the newsletter. Please notify me if you are able to help out.

Writers and Articles: If anyone cares to become a writer for the Prodigy Gymnastics Club Newsletter, they are more than welcome to sign up. We need people who are willing to write articles of their choosing. You could write a column on a gymnastic topic. For example, how do you feel about judging, the scoring system, and ways they may be improved. If you meet a famous gymnast you could write about your experience. If you are going to a camp this summer, you could write up a review about your experiences there and how it compares to other camps. If any of you are members of fan clubs or even head your own, you could write about your club, what you do, and why it would be interesting to others. Also, don't hesitate to write in to our advice columnists. They are waiting to hear from you.

Game Board

P S D L M I S I U T I N S T R U G
C V M L W C H C F P W I L S O H I

W E C K E R A R V L K E S W I C K
 K T A T I A N A I G P D I C B L G
 Z L V S X E N G S K Q O N O D I K
 H A C T I G O G E A N M P C T U R
 D N A S H A N E C U L I T A L K S
 Y A N G R L R E A D P N D E N I S
 F L R E O I H L D O K I N O Y N P
 N I S E N E D L H L S Q K D J Z C
 S S L A T V I E V U D U M E S T N
 E T D I M A S I F Z M E S K A L I
 S C H E R B O B B W A L L E R J C

Find these gymnasts' names in the puzzle:

(Hint: The names are hidden vertically and horizontally only.)

Svetlana	Neculita	Onodi	Tatiana	Yang
Dominique	Gogean	Galieva	Shannon	Strug
Zmeskal	Scherbo	Wecker	Misiutin	Li
Dimas	Keswick	Waller	Liukin	Okino

Newsletter News

- Next month's **Prodigy Gymnastics Club Newsletter** will feature the World University Games' gymnastics competition, and the gymnastics drawing contest. Also, there will hopefully be some new and interesting articles from Kristy Klein, James Moyer, and Michael Oristaglio. We will also have more great advice and tips from our advice columnists Natalie Coffin and Ti-Yon Ward.
- **Deadlines** for all articles is **Aug. 10**. The next issue will be out on Aug. 15. All articles, photographs, and suggestions are welcome.
- Because of the expense of producing this newsletter, the cost will have to be raised to **\$1.00** per issue. This month I will pay the extra cost, but next month the price will have to be raised to a dollar. Please let me know if you think this is fair.
- Please send this month's \$0.70 to: **LeeAnn Baker**

**24 Homestead St.
 Lexington, MA 02173**

Photo Opportunity