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SCATSGymnastics.com



# CHALK TALK

SCATS  
Gymnastics

## Sam Mikulak Makes 2016 Olympic Team

We would like to formally congratulate SCATS alum and family member, Sam Mikulak, for his victory in the all around at Olympic Trials in St. Louis, and his now secured spot on the 2016 U.S. Olympic Team!

Sam's parents, Tina and Steve, were both accomplished gymnasts themselves, having competed for the Cal Berkeley teams. But they would not have imagined in the fall of an Olympic year, 1992, that their newborn son would one day compete in the Games himself, not once, but twice.

Sam started out in the sport at SCATS as a Tot at the age of 2, with gym celebrity and toddler hero, Miss Cindy. Years later he would make his way up to the SCATS Boys Team.

It was there that Albert Avchian and Grigor Chalikian would coach the fearless young gymnast through 39 medals at the

national level and countless champion titles in regional and state competitions alongside friend and fellow 2016 Olympic Trials competitor, Kanji Oyama.



In 2010, Sam would receive a full-ride scholarship to University of Michigan, where he study at the School of Kinesiology and work to become a SEVEN time NCAA champion. Most recently, Sam added perhaps the most prestigious feather in his cap to date with his FOURTH consecutive victory at US National Championships, making him the first to do so in 16

years, and only the fourth man ever in the sport.

After a challenging first day at Trials, Sam kept his cool and was leading the all around by the midpoint of competition, where he would hold it until the finish.

Sam was as proud of the other four men rounding out the 2016 Olympic Team as he was of his own achievement, noting that "Everyone has really put in the work and made every day count leading up to this moment. They deserve it, and we're

about to do even greater things."

"I don't think I'll be able to get this smile off my face for quite some time," said Sam. Same goes for Sam's mother, Tina, who our SCATS Level 4 Boys Team know better as "Coach Tina."

You keep us smiling too, Sam, and you've made us all so proud. Now go get 'em in Rio!

## SCATS Wins "Firecracker Award" at the HB 4th of July Parade!

Thank you to all the SCATS families that came out to the 112th Annual(!) Huntington Beach 4th of July Parade this year and showed your support for the gym and our community! We took home the coveted Firecracker Award for best youth float for the 11th time in our 14 years of participation, and we had an absolute blast down there with our friends and families. This year was an especially fun one with our Olympic theme just ahead of the Rio Games this summer. Hopefully you caught some of the awesome ABC 7 coverage if you couldn't make it downtown on Monday. Check out some fun photos from the event at our Instagram and Face-

book pages. If you took any photos of your own, please share



or tag SCATS in them! We'd love you to send them on over to us at [info@scatsgymnastics.com](mailto:info@scatsgymnastics.com).

A special thanks and congratulations goes out to our staff and families who worked very hard to make our float something truly special this and every year, and of course our SCATS Team for being the super stars of the show. You all rule!

If you've never attended the HB Parade, make sure to stop by next time around. It's actually the largest Independence Day parade west of the Mississippi, and it's a fun way for the family to spend the day prior to the BBQs & fireworks shows. See you there next year!

### Dates To Remember

- July 11th—15th: "It's a Jungle Out There" Week at Camp!
- July 16th: July Tuition Late
- July 18th—22nd: Pirates & Princesses Week at Camp!
- July 23rd: "Beach Bash" Parents' Night Out Event
- July 25th—29th: Superheroes Week at Camp!
- August 1st: August Tuition Due
- August 1st—5th: Mini-Olympics Week at Camp!
- August 5th—21st: Gymnastics in the Rio Olympics!

### Did You Know?

The first large-scale gymnastics meet was held during the 1896 Olympics in Athens.

The German gymnastics team controlled the event and won almost every medal. Some events have been added and then removed from competition like rope climbing and club swinging.

Some track and field events—pole vault, shot put, and the 100-meter sprint—were at one time considered gymnastics events.

# Gym & Swim Summer Camp is Sizzlin'!

Our 30th Annual Gym & Swim Summer Camp is off to a great start and is already kicking off week number three on Monday: "It's a Jungle Out There!" We'll have a creepy crawly visit from our friends at Pre-historic Pets on Monday the 11th, and we've still got plenty of other activities, events and guests planned through Friday and throughout the entire summer!



The swim portion of our renowned summer camp takes place at the Marina High School pool every Tuesday and Thursday, with other outdoor sports activities and water games at neighboring Wheeler Park

on select days throughout the summer. Our field trip days start at 12:30 PM, so make sure your campers are at SCATS, ready to leave at NOON for the short (and safe) walks to our various field trip destinations.

Every Wednesday, campers 5 and older take a field trip over to Chuck E. Cheese for pizza lunch and games galore. Fridays include a short walk to Get Air, HB's trampoline park HQ, where campers can quite literally bounce off the walls for the afternoon. And of COURSE we'll make time on SCATS' very own 50 foot bounce house obstacle course as well!

There isn't a hotter ticket in town, especially for the price. We have plenty of discounts to go around, including full-week rates, half-day rates and sibling rates. If you're looking to just drop by now and then, you can even purchase a punch card and get 2 free camp days for every 10 purchased. Fun and flexibility is the name of the game this summer and SCATS is the place to find both!

Visit our front desk or website at [scatsgymnastics.com](http://scatsgymnastics.com) for more info.

## GYMNASTICS:

### The Foundation Of Sports

Gymnastics is the foundation of all sports, whether they're competed in the Olympics, X-Games or the World Cup! Training in gymnastics leads to a more well-rounded athlete, and those with a background in gymnastics naturally excel in other sports. Below are just a few of many critical elements in gymnastics training that help improve performance in a variety of other athletics:

#### Strength

Developing an optimum level of strength gives all athletes a competitive edge in their discipline. The sport of gymnastics is responsible for developing some of the strongest and most agile athletes in the world!

#### Spatial Awareness

Gymnastics teaches the fundamentals of spatial awareness that apply to ALL sports, including and especially skateboarding, snowboarding, parkour and other modern "extreme" sports.

Being aware of how your body is moving and where it is in relation to the ground is crucial and is the key to preventing injury.

#### Form

Gymnastics places a strong emphasis on developing perfect form and balance in every aspect of the sport.

These elements are also vital to a number of other activities such as cheerleading, dance and martial arts.

## Have Your Birthday Party at SCATS!

Have a birthday coming up and not sure what you're doing for the big day yet?

Have your birthday party at SCATS! Every Saturday and Sunday we host SUPER FUN birthday parties that the kids will never forget and the guests will be talking about for weeks.

Parties are a fun-filled two hours in length and can accommodate up to 30 kids. We provide a birthday ban-

ner, a special gift for the birthday boy or girl, coaches, supervision, set-up, clean-up and TONS of fun for everybody.



Give us a call to check availability for your preferred date and time slot, but don't wait until the last minute because we tend to fill up quickly. Just give our front office a call or stop by after class to reserve your ultimate birthday party at SCATS Gymnastics!

## Parents' Night Out: July 23rd

We've got a fun night planned for Saturday, July 23rd from 4 to 8 PM, and for kids as young as 3! Have your little gymnasts and their friends join us for the Endless Summer Beach Bash (here in the gym) while you take a well-deserved evening off to yourselves. We've got plenty of fun in store for this one, including beach games, prizes, the pillow battle over the foam pit, our 50-foot inflatable obstacle course, races and competitions, hide 'n' seek, freeze dance and more. All that plus pizza dinner for less than the cost of babysitting!

Saturday July 23rd is the date, so make sure

to mark your calendars now and reserve your spot with us in advance.

Space is limited, though, so don't wait too long to sign up!



## QUOTE OF THE MONTH

"I'm a great believer in luck, and I find the harder I work the more I have of it."

-Thomas Jefferson

