



## Mikulak Takes 4th on Hi-Bar, 7th AA in Rio, "Final Five" Dominate Women's Gymnastics



Congratulations to SCATS alum, Sam Mikulak for an outstanding performance and unrelenting effort in the 2016 Olympics in Rio! And our hats are off to the "Final Five" in Simone Biles, Aly Raisman, Gabby Douglas, Laurie Hernandez and Madison Kocian, who simply dominated the 31st Olympiad with an unprecedented landslide team victory followed by many individual medals.

Sam finished the qualification round on the very first day of Olympic competition in FIRST place on floor exercise and with the rest of men's Team USA in 2nd for team. Finals proved to be challenging as our boys faced extremely tough competition in the seemingly unstoppable Japanese team, as well as the very talented Russian and Chinese men's teams. The consistently high-scoring per-

formances from the Eastern competitors and the UK, coupled with some struggles of our own on pommel horse, proved to be roadblocks to the podium, but our boys still landed in 5th in the team finals at nearly FIVE full points ahead of the Brazilian team in 6th place.

In addition to qualifying for the all around final and finishing 7th (of essentially everyone on planet earth), Sam also gave a very impressive performance on high bar that might have earned gold under other circumstances. Sam finished 4th in the high bar event final, less than 7/100ths of a point behind the bronze medalist and only 1/10th behind the silver, which was secured by his US teammate, Danell Leyva.

The women's team was unstoppable, captained by veteran Aly Raisman and led by Simone

Biles, who quite simply is taking the sport to a new level. The women of Team USA won the team gold by an unheard-of 8.2 points, while Biles herself took the individual all around title by a margin that would have been comparably devastating, were it not for Raisman's high scores that clinched silver.

The women and men of Team USA brought home a total of 15 medals from artistic gymnastics competition, 8 of which were gold won by the "Final Five."

We're immensely proud of Sam and all the hard work he put in both in and out of Rio. We look forward to seeing him shine again in Tokyo and the coming years ahead of 2020. Congrats to all of Team USA for their achievements. You've made your country and its young gymnasts very proud!

## Nat'l Gymnastics Day "Parents' Night Out"

Did you know that SCATS is 53 years old this year?! We're proud to have served the families of Orange County since 1963 as Southern California's premier gymnastics school.

Saturday, September 17th is National Gymnastics Day, so what better day to host a fantastically fun event in celebration of the sport and gym together. Come have a blast with us that Saturday from 4:00 PM to 8:00 PM for our Olympic gymnastics themed event. **RSVP'ing** is a *must*, or you might get left out in the

cold...er heat rather.



We're extending to everyone the discounted summer price of only \$30 per child and just \$25 per sibling for this fun event, too. AND, you can

bring a friend who's new to SCATS for FREE! See the front office for details on the offer. Kids as young as 3 can join us for gymnastics fun, games, face painting, pizza, prizes and more while mom and dad take the night off!

Space is limited and we historically fill up very quickly for NGD, so sign up as soon as possible with our front desk or over the phone at 714 895-2909.

We hope you'll join us— we had a BLAST last year and certainly plan on doing so again this time around!

### Dates To Remember

- September 5th: LABOR DAY—SCATS CLOSED
- September 10th: Pro-Shop Sale! (9 to noon only)
- September 17th: Nat'l Gym Day 'Night Out' event!
- September 30th: C.A.P. starts! (see side 2)
- October 8th & 9th: First GYM Team Competition
- October 26th: Pre-School Halloween Party
- October 29th: Ghouls' Night Out Party

### Did You Know?

*Gymnastics has existed for more than 2,000 years, but its development as a competitive sport began a little more than 100 years ago. Gymnastics was introduced to the U.S. and its school systems in the 1830's by German immigrants Charles Beck, Charles Follen and Francis Lieber.*

## SCATS Voted OC's "Best Gymnastics Class" of 2016

The results are in, and thanks to you, SCATS has been voted Orange County's "Best Gymnastics Class" for the 2nd time in three years! Look for the September issue of Parenting OC Magazine around town to see SCATS featured among winners in other categories.



We would like to extend our sincerest "THANK YOU" to all of you, our hard-

working and supportive SCATS parents that voted for us, and moreover who continue to keep your kids involved with an activity that is truly wonderful for child development on so many levels.



Over our 53 years, we have been fortunate to develop an environment that resembles an extended family more than a workplace. Parents, just as much as our coaches, front office staff and fabulous gymnasts of all ages, are a part of that family.

So here's to you, SCATS moms, dads, grandparents and supportive family. Thank you for all you do! You are such a tremendous part of what makes this a second home for so many.

## C.A.P.: Competing Academy Program

After a fabulous and successful spring season of our C.A.P. program (that feels like it ended only yesterday), we're already gearing up for our fall session!

For those of you not familiar with our Competing Academy Program, it is a special extra-curricular program for Academy girls who would like to experience the thrill of USAG gymnastics competition but on a less intense level. It's also a great precursor to our GYM Team program, for those interested in it.



\$150 covers your daughter's participation in the C.A.P. meet as well as the 8 Friday or Saturday sessions in the fall leading up to it, wherein kids will use their skills learned during regular classes to put together fun routines. Training session 1 is September 30th. Seven weeks later on Nov. 19th, C.A.P. kids will participate in the "Cash Bash" Meet in front of family and friends.

The girls have a blast and get the opportunity to earn "gym bucks" toward prizes at the meet. Every child is a champion!

## Two Fun Halloween Parties!

'Tis the season to be scary! Well, not too scary, and not just yet, but we *do* have tons of Halloween fun in store next month! Come to one or both of our Halloween events.



They're a blast for the kids and a cool opportunity to get into costume with friends before the 31st.

We'll be hosting our annual SCATS Costume Party (for kids 18 months to 7 years) on Wednesday, October 26th. We decorate the gym to the nines in Halloween fashion and even rent a spooky Halloween bounce house for the special occasion. Don't worry, we keep the event very age appropriate. "Fun" is the operative word here, not "fear!"

And for those of you who are big fans of our Parents' Night Out events, we can't WAIT to see you the Saturday before Halloween (10/29), for some ghostly fun at "Ghouls' Night Out." This is one of our two extra special seasonal parties of the year (alongside New Years), and it's always a blast!

Stay tuned for more info, as we'll be taking sign-ups later this month!

## Back 2 School PRO-SHOP SALE!



ALL LEOS & SHORTS



SCATS T's & HOODIES

+ discounted GYM Team leotards

Saturday Sept. 10th  
9 AM to Noon  
ONLY!

### QUOTE OF THE MONTH

"You have to expect things of yourself before you can do them."

- Michael Jordan

