

# FEBRUARY 2012 NEWSLETTER



## Gym Athlete of the Month



### Kayla Cabrera

#### Power Tumbling Team

**Favorite Athlete:** Coach Misha!

**Favorite Food:** Goulash

**Favorite Movie:** Michael Jackson's "This Is It"

**Age:** 13

**Favorite Book:** "McKenna"

**People I Admire Most:** My Parents, Coach Misha, and Megy.

**When I grow up I want to be:** A Vet, a Coach, and a professional violinist.

**Other Activities I Enjoy:** Dance and playing Violin

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"Happy Birthday to you! Happy Birthday to you! Happy Birthday dear...Nathan, Brogan, Gwen, Keelen, Johnathan, Michael, Blake, Michael, Nathan, Cameron, Madalyn, Hunter, Jim, Tristan, Sneha, Sruthi, Tyler, Mia, Parker, Cary, Peyton, Ronnie, Claire, Anthony, Patrick, Luke, Joey, Filip, Mike, Ryan, Abigail, Adyson, Alexandra, Alexis, Alicia, Anna Maria, Ashley, Brittany, Ashley, Christine, Eleisah, Elie, Elsa, Emily, Emma, Faith, Gyanna, Izabella, Jenna, Jenny, Jordan, Joseph, Julia, Kaitlin, Kati, Katie, Kayla, Kelly, Kloe, Lanee, Madison, Megan, Mia, Madison, Nicole, Olivia, Paige, Robin, Samantha, Shannen, Sneha, Sophia, Sruthi, and Taylor...Happy Birthday To You!!!



**Congratulations to all of our Trampoline & Tumbling athlete's who competed in our "Hollywood Blvd." meet on January 15th. With over 300 athletes representing 21 teams, the competition was tough. Thank you to everyone who supported the event, especially our volunteers, who successfully accommodated over 1,000 spectators and all of our competitors!**

### ***NEW Expanded Special Needs Classes!***

In addition to our Midwest Elite "Angels" special needs cheer program, MTIC is now offering special needs Gymnastics and Pre-School classes. Contact the Front Desk for more information and the current class schedule!

**MIDWEST TRAINING & ICE CENTER**

10600 White Oak Ave. Dyer, IN (219) 558-8811

Check out our new website at [www.midwesttrainingandice.com](http://www.midwesttrainingandice.com).



## CONGRATULATIONS LAKE CENTRAL CHEER TEAM JAMFEST NATIONAL CHAMPIONS!

MTIC would like to recognize the Lake Central Cheer team on the recent National Championship. The LC Cheer team has been training at Midwest for the last 5 1/2 years and have developed into one of the top cheer and tumbling teams in the country. Great Job Ladies!



The Midwest Elite Cheer Team will be competing at the GLCC Speedway Slam on Saturday, February 11th. This year's GLCC Speedway Slam will take place in Fort Wayne, IN at the Grand Wayne Convention Center. We would like to wish all of our competitors the best of luck at this event!

Midwest Gymnasts levels 3-10 recently competed at the King Arthur Invitational. The club was represented well by our athletes, but the L3 team stole the show. The team won 1st place in the team category and also won 1st Place in the All Around in every age group, taking 1st-3rd in the 8 year old age group. Way to go Midwest!



MTIC is now accepting students for our Xtreme Boarding classes. Classes take place every Thursday night at 8pm and on Saturday afternoons at 2pm. Our classes take place on our trampolines and all students

train on state of the art Voda Trampboards specifically designed for use on trampolines and in foam pits. MTIC is the safest place to practice your moves and master new tricks! Sign up today and join the FUN!



Congratulations to the Girls Gymnastics Team on their performance at the Circle of Stars Gymnastics Invitational in Indianapolis. The annual Circle of Stars Women's Invitational took place January 20-22 at the JW Marriott and the Marriott Hotels. More than 3,000 female gymnasts from around the country participated in this year's event. There were 106 gymnastics clubs representing 14 states in 39 gymnastics sessions held throughout the weekend in Levels 3-10. The Circle of Stars Gymnastics Invitational, working with USA Gymnastics, selected the top scoring junior and senior from all of the Level 10 sessions to advance to the Nastia Liukin Cup in New York City on March 2nd. The Circle of Stars is a 3 day premier amateur competition, which has ranked among the top two largest gymnastics competitions in the country. The event is hosted each year by De Veau's Gymnastics Booster Club.



### GOOD LUCK NADIA!

For the past 6 weeks, we have had the honor of hosting Ms. Nadia Vysotski, daughter of Coach Viktor and Coach Olga. Nadia will be leaving us to return to training in her home country of Belarus where she is a member of the Belarus National Team. Thank you and good luck in your upcoming competitions!



## MANIAX TEAMS CROWNED TOURNEY CHAMPS!

MLK Jr. weekend was a victorious one for 2 Maniax teams, as our Mite Silver and Bantam Silver teams claimed some new hardware. Mite Silver competed in the Crossroads Tournament in Chicago, while our Bantam Silver team battled it out in Fort Wayne for the Hoosier Cup. Congratulations to both teams on their tournament Championships!

## LTS Skater of the Month

### Ellie Lukowski

Freestyle 1

**Age:** 9

**Favorite Athlete:** Michelle Kwan

**Favorite Movie:** The Help

**Favorite Book:** Anything by Laura Ingles Wilder

**People I admire most:** Mom & Dad

**When I grow up I want to be:** A Cake Decorator!



## Maniax Player of the Month

### Christian Wells #82

Squirt House 1

**Position:** Defense

**Favorite Athlete:** Patrick Kane

**Favorite Subject:** Reading

**Favorite Book:** Maximum Ride

**People I admire most:** My teacher Mrs. Steege

**When I grow up I want to:** Play in the NHL

**Other Activities:** Reading, Baseball, and Sound Crew for the kids worship team at church.



## CANDLELIGHT BOWL A

### “STRIKING” SUCCESS!

On January 21st, Midwest Youth Hockey Association hosted its first ever **SOLD OUT** Fundraising Event.

Thank you to all 120 guests who made this event the most successful Midwest Maniax fundraiser to date! Proceeds from the night will go toward hosting the Midwest Maniax Annual Awards Banquet on March 18, 2012.



Illiana HS Hockey League playoffs start February 17th. Come cheer on the Mustangs, Indians, Irish, and Bulldogs as the battle it our for the right to hoist the Roper Cup!

Friday 2/17	Munster vs. Kankakee 7:30pm
Saturday 2/18	Crown Point vs. Lake Central 1:40pm
	Kankakee vs. Crown Point 7:10pm
	Lake Central vs. Munster 8:40pm
Sunday 2/19	Munster vs. Crown Point 3:00pm
	Lake Central vs. Kankakee 4:30pm
Saturday 2/25	Roper Cup Championship

*Spring Hockey sign ups are starting soon! The Midwest Maniax will be participating in the NorthWest Hockey Spring League at the House level, and travel teams will compete in the SouthWest Spring League. Tryouts and Evaluations will begin the week of March 12th with league games beginning in April.*

## WELCOME COACH WHITNEY!

MTIC would like to welcome our new Learn To Skate Director, Whitney Zaenker. Whitney grew up in the great state of Montana where she learned to skate at a young age. She began her formal training at the age of 13. At 16, Whitney became an intern coach with her local figure skating club in Butte, MT, where she began teaching LTS classes. Whitney also worked with the production of her club's annual ice show and began choreographing her own competition pieces. After moving to California to study theatre, Whitney relocated to Berlin, Germany where she had the pleasure of receiving an international training certification and resumed her coaching and choreography. Whitney is a member of the Professional Skaters Association and the United States Figure Skating Association.

## MIDWEST HEALTH & FITNESS CENTER FEBRUARY CLASS SCHEDULE

### MONDAYS

8:30-9:20am Boot Camp Aerobics (Alisha)  
6:30-7:20pm Boot Camp Aerobics (Alisha)

### WEDNESDAYS

8:30-9:20am Aerobic Body Shaping (Alisha)  
6:30-7:20pm Aerobic Body Shaping (Alisha)

### THURSDAYS

6:30-7:30pm Yoga\* (Jacki)

### FRIDAYS

8:30-9:20am Basic Step (Alisha)

\*\$25 fee for members/\$35 non-members

## WEEKENDS ROCK

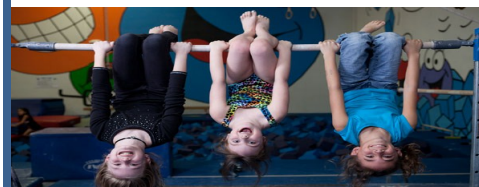
### AT MIDWEST!

### Open Gym

Fridays 8-10pm

Saturdays 3-5pm & 8-10pm

Sundays 12-2pm



### Open Skate

Saturdays 10:10-11:30pm

Sundays 1:20-2:50pm



### Rat Hockey

Saturday Nights 1:15-2:45am

## JOIN THE PARTY!!!

**FREE**

**Zumba Demo  
with Leslie Gallegos**



**Tuesday, February 21st**

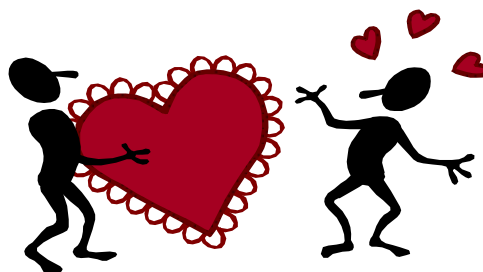
**6:30-7:00pm**

**Call (219) 558-8811 to  
reserve your spot today!**

Midwest Health & Fitness Center

## FEBRUARY'S

## SWEETHEART OF A DEAL!



**\$0 JOINING FEE**

**WHEN YOU SIGN UP BY 2/29/12**