

UNIFY ATHLETICS MONTHLY NEWSLETTER

FEBRUARY 2023



UNIFY
— ATHLETICS —

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- Meet Coach Maddie
- Become a sponsored advertiser!

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Unify Athletics



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THE SPRING SHOWCASE



We have been hard at work to put on what we think will be a memorable and meaningful gymnastics event for all of our recreational athletes and families...but what exactly is it? How do I sign up? Read below to learn more!

WHO, WHAT, WHEN, WHERE, WHY?

For the next two months, kids in all class levels will be learning a special floor routine with music as a part of their lesson plans. This will culminate in a series of group performances on either Friday, May 12th or Saturday, May 13th. Some of our team athletes will also get a chance to show off their skills. All participants will receive a shirt and a medal!

The Spring Showcase is near and dear to our hearts because it will help us expand our efforts in bringing scholarships opportunities to those that need it. We've been proudly offering reduced tuition and scholarships with simple terms, which has made gymnastics accessible to some who otherwise would assume it to be out of reach. It is our desire to begin a fund that will help us bring gymnastics to a wider group of eager participants!

Please click the button to the right (or send an email if you're reading the physical version of this, and we'll get you the link) to let us know if you plan to attend!

[FORM HERE](#)

PHOENIX UPDATE

The name Phoenix refers to the gymnasts in the competitive program at Unify. As young athletes grow up in the recreational program, going from Hatchlings to Chickadees to Sparrows, Hummingbirds and beyond, they may one day find themselves numbered amongst the Phoenixes, proudly representing all the incredible hard work they put in at competitions!

The level 5 crew, along with Coach Hunter and Coach Ewan at the end of an excellent meet. They know how to work hard and play hard(er)!



MAG SEASON HIGHLIGHTS

It's been an exciting first-ever meet season for **MAG (Men's Artistic Gymnastics)** at Unify! Although we had men's teams last year, they took last season off to focus extra hard on preparing for this season... and it paid off! Here are some team highlights of what they accomplished at their first four meets:

- **Level 4 team** - 3rd, place finish, 1st place finish, 1st place finish, 2nd place finish
- **Level 5 team** - 2nd place finish, 3rd place finish, 3rd place finish

And here are some individual highlights:

- **Ben H.** (Level 3) - 1st place All-Around at three meets, scores >10.0 at every meet
- **Aiden F.** (Level 3) - multiple scores >10.0
- **Grant** (Level 3) - multiple scores >10.0
- **Aiden H.** (Level 4) - 1st place All-Around at every meet, multiple scores >10.0 at every meet, an 11.05 on rings, an All-Around score of 61.15
- **Luke** (Level 4) - 1st place All-Around at one meet, scores >10.0 at every meet
- **Theo** (Level 4) - One score >10.0
- **Jackson** (Level 4) - One score >10.0
- **Tristan** (Level 5) - 1st place All-Around at one meet

How does someone score over a 10.0?! Well, the boys' scoring system is pretty different; they have the option of adding up to three "bonuses" to each routine, each worth .5 extra points. So a perfect score with all possible bonuses would be 11.5! Some examples of bonuses are back handsprings, very difficult strength holds, giant swings, extra twists, flips, etc. For those who have acquired those skills early on with good form, this can be very rewarding, yet bonuses performed with poor form ultimately harm a score. This all provides a fun, enriching framework for learning risk vs. reward!

Beyond scores, our MAG kids have had a ton of focus, team energy, and fun at every meet! Other coaches and judges have said very kind things about what they bring to the sessions. They've also steadily added bonuses, overcome fears, and matured as competitors. Since their season starts earlier, they only States and Regionals left at this point. Wish them luck! After that, they'll enjoy a summer full of training new skills for next season!

Most of the MAG Program cheering after our in-house mock meet



PHOENIX UPDATE (CONTINUED)

WAG SEASON HIGHLIGHTS

The WAG (Women's Artistic Gymnastics) program at Unify has really been making a name for itself in its second year on the competition stage. Yes, we bring home banners and medals and some bragging rights, but most important is this: Since last season, not a single meet has gone by where we haven't received direct compliments from other coaches, judges, volunteers or meet directors for bringing a fun, loving, electric energy to the competitions.

You see, gymnastics requires a lot. It demands that you show refinement in your movement while simultaneously exerting maximum force. Countless hours of training are represented in a 30-second routine that may or may not go your way. Unfortunately this often means a lot of tears and miserable expressions at these meets. Not for us, though. While we can certainly have our tough moments, we always aim to make the competition atmosphere fun and sometimes a little silly. We cheer for other teams, we try to laugh it off when it doesn't go to plan (agreeing to focus on improvement when we get back to the gym), and we try to stay present to the fact that the stakes aren't always as high as our brains might make them out to be. It's really a lovely time.



The Silver squad, waiting for their turn to show off some beautiful floor routines!



Lainey, our gymnastics AND coaching phenom, making that sky high Beam jump look absolutely effortless!

WAG MEET RESULTS

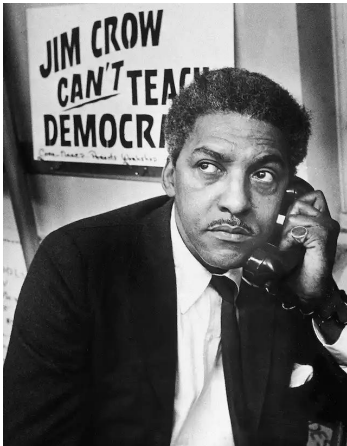
With three meets under our belts, the WAG teams have had a successful season so far. There were two great meets in February -- **The Greensboro Gymnastics Invitational (GGI)** and **The Rumble in Raleigh (RIR)**. At each many gymnasts made great improvements and met many personal goals. As individual levels, we saw an increase in the team scores for three different levels.

The team score is the top three scores per event with a perfect score of 120. Our **Silver team**, with just three people, had a team score of 112.425 at RIR which is 2.225 better than GGI. Our **Gold team** had a team score of 113.925 at RIR (and a first place finish) which was 1.125 higher than GGI. Our **Diamond team** had a team score of 111.85 at RIR (and a second place finish) which is 1.2 higher than GGI. Our **Platinum team** also finished second at RIR!

With several personal and team accomplishments, our WAG gymnasts are gearing up for their last regular season meet in Winston-Salem, and then will be preparing for states. and possibly regional championships!

CHALKBOARD QUOTES OF THE MONTH

Black History Month Edition!



"We need, in every community, a group of angelic troublemakers."
Bayard Rustin

Bayard Rustin was a significant leader in the civil rights movement. He worked very closely with Dr. MLK, but because he had controversial ties to the communist party and was openly homosexual, he was often more of an important behind the scenes organizer instead of being on the frontlines. This was done for his safety.

"We don't ask a flower any special reason for its existence. We just look at it and are able to accept it as being something different from ourselves."

Gwendolyn Brooks

Gwendolyn Brooks was a highly prolific and influential poet. Her poetry is used in modern day activism and is studied in middle schools and high schools across the US.

She won many awards including the coveted Pulitzer Prize! She wrote for adults mostly but also had some books for children, and she earned more than fifty honorary degrees in her lifetime!



"There is no royal, flower-strewn path to success. And if there is, I have not found it, for whatever success I have attained has been the result of much hard work and many sleepless nights."

Madam C.J. Walker

Madam CJ Walker was an inspiring entrepreneur and the first black American millionaire! She created hair and beauty products for black women and even opened her own school - the Lelie College of Beauty Culture - in 1908!

"Never be limited by other people's limited imaginations"

Dr Mae Jemison

In 1992, Dr Mae Jemison became the first black American astronaut! She orbited Earth for more than one week on the space shuttle Endeavour. Afterwards, she created an international science and space camp for teens and founded a company that works on technologies to help developing countries!



MEET COACH MADDIE



I started gymnastics when I was 6 years old after watching the Olympics and deciding that I absolutely had to be able to do what the olympians could. I love coaching gymnastics just as much as I love doing it, and I hope to encourage every gymnast's passion and be an example of how gratifying and impactful the sport can be. Outside of gymnastics, I love acting, reading and playing with my two cats.

Maddie is an irreplaceable party of Unify. As a coach she's caring, passionate, and knows how to have a super fun class. As an athlete, she's driven, ambitious and such a fun teammate. Maddie has also taken up theater and is an excellent student - she really does it all!

BECOME A SCHOLARSHIP SPONSOR

We would like to invite individuals and businesses in our community opportunities to sponsor scholarships in our programs. Partnerships can be one-time contributions or ongoing contributions. They can be silent or we can partner with you to promote your business on our platform (email, monthly newsletter, socials, etc.).

To learn more, please contact us at hello@unify-athletics.com!
