

# TWISTING TALES



*Elmwood Gymnastics Academy Team Monthly News*



## A Note from our Leader...

*By Alaina Wertz (alaina.wertz@ochsner.org)*

Hello! Many of you already know me, but I'm Alaina Wertz, the Supervisor at Elmwood Gymnastics Academy. I've worked as an assistant at EGA for 3 years and was formerly the youth fitness coordinator at Ochsner Fitness Center.

I'm dedicated to continuing the tradition of excellence that Ochsner and Elmwood Gymnastics established for our program -- and thrilled to have the opportunity to continue to push it to new heights.

Elmwood Gymnastics Academy has long been the leader in excellence in tumbling and artistic gymnastics. We've added new pieces of equipment and have had some exciting transitions with our coaches and look forward to continue building our team in 2022.

These newsletters will be coming to your inbox monthly with a message from our coaches, facility and program updates, as well as the successes from our gymnasts.

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# CLASS OPENINGS

## Parent and Me

Openings for Parent and Me classes now available on Saturdays at 9:15am and 11:30am. Gymnasts are 18 months to 3 years of age. This class is 30 minutes long.

This program helps the toddler develop large and small muscle movements with the comfort of their parent.

## PreK Classes

Openings for PreK classes available Wednesdays and Thursdays with limited availability.

Building balance, coordination, flexibility in a fun atmosphere

## Artistic Wins



Level 10 - 1st Place team  
Level 8 - 2nd Place team  
Level 7 - 1st Place team  
Level 6 - 1st Place team

## Tidbit of the Month

### Wrist Strength & Success

Strengthening the forearm and wrist is one of the most overlooking areas of cross-conditioning for gymnasts. But everytime you push off an apparatus -- beam, vault, or floor -- or you grip the bars to swing into a kip, your forearm and wrist strength are tested.

The stronger these muscles are, the greater chance you have for success on the move.

If you are interested in Ochsner Fitness Center personal trainers to train wrist and forearm strength, contact [fittlab@ochsner.org](mailto:fittlab@ochsner.org) today!



## Gymnast of the Month

Alex Balinbin

\*Member of the USA Gymnastics 2021-2022 Senior National Tumbling Team

\*Bronze Medal in Senior Elite Tumbling at the 2021 National Championships

\*Gold Medal in Open Elite Double Mini at 2021 National Championships

\*Finished 7th while representing USA at the 2021 World Age Group Competition in Baku, Azerbaijan in November