

HURON Physical Arts

April 2007

CENTER, L.L.C.

News from the Hurricanes Gymnastics

HPAC Gymnast Kevin Thompson “Rocked ‘em like a Hurricane”

Kevin Thompson, HPAC Hurricane competitive gymnast, was named Michigan **Level 4 State Champion** this past weekend in Cadillac, Michigan. Kevin not only took first place in the all-around, but on EVERY event! Congratulations on a great season Kevin and congratulations to Coach Andre Adams on yet another State Championship! **You rock!**

HPAC Gymnast Tabatha Lehto Scores Big at the Level 7 State Meet

HPAC's Hurricane gymnast, **Tabatha Lehto** earned many medals throughout the season but saved her best performance for the Level 7 State Championships that were held in Lansing on March 25th. She earned her season high score on the balance beam, floor exercise and the all around placing 6th on floor with a 9.3 and tied for 9th on vault with a score of 9.25. **Congratulations Tabby.**

Welcome and Congratulations to our newest Hurricane Logan Taylor

Congrats to Logan Taylor with a great performance in his first competitive season with our Hurricanes. Logan scored a 9.0 on vault in his very first meet in Battle Creek, Mich. We can't wait to see what he has in store for us next season!

Words of Wisdom from Coach Holly How To Be a Good Sports Parent

Many parents pressure kids in the hope that they will become professional athletes who make millions like Olympian Carly Patterson. But only one in 13,000 high school athletes make it to the pros. It is very important that we keep the youth sport world healthy and positive for the children. In order to fix the problems in youth sport, fixing the crisis in kids' sports begins at home. Here are some tips from *Sports Done Right* to get parents started:

- **Encourage your child**, regardless of his or her degree of success or level of skill.
- **Ensure a balance** in your student athlete's life, encouraging participation in multiple sports and activities while placing academics first.
- **Emphasize enjoyment**, development of skills and team play as the cornerstones of your child's early sports experiences while reserving serious competition for a varsity level.
- **Leave coaching to the coaches** and avoid placing too much pressure on your youngster about playing time and performance.
- **Be realistic** about your child's future in sports, recognizing that only a select few earn a college scholarship, compete in the Olympics or sign a professional contract.
- **Be there** when your child looks for a positive role model.

**Good Luck to our Level 4 Hurricanes
On their State Meet April 21st
“Rock ‘em like a Hurricane”
Carly, Sarah L., Sarah T.,
Caitlyn, Mickey and Rosie**