

HURON Physical Arts

May 2007

CENTER, L.L.C.

News from the Hurricanes Gymnastics

HPAC Hurricanes “Rocked the House”

Congratulations to the HPAC Hurricane Level 4 Gymnastic’s team:

- *Sarah Longuski
- *Sarah Thompson
- *Michealina Brast
- *Caitlyn Heath
- *Carly Messina
- *Rose Ostrowski

The team finished 4th place in the State of Michigan Championships in their very first season!

All the gymnasts had great performances April 21st in Bay City, Michigan. Carly Messina had an outstanding vault score of 9.3 along with teammates Caitlyn Heath and Sarah Longuski also scoring in the 9’s.

Coach Holly said “the performance of the day must go to Caitlyn Heath with the best round-off back handspring she has ever done!”

Job well done girls. You should be so proud to be part of the 1st Hurricane Team trophy!

HPAC Welcomes the new Hurricane Pre-Team

Congratulations goes out to our newest additions to the HPAC Hurricane’s Competitive Gymnastics team.

Our new Pre-Team members are:

- *Juliana Amey
- *Skyler Goodman
- *Emma Haack
- *Taylor Moran
- *Misha Penzien
- *Summer Schmitt
- *Morgan Smith
- *Chloey Struthers
- *Kaley Wagner
- *Emma White
- *Susannah Woodruff

On behalf of HPAC, Coach Holly and Coach Andre, welcome to the team!

Words of Wisdom from Coach Holly Simple Question Convinces Kids to Eat More Fruit

“Would you like fruit or juice with your lunch?” A recent study showed that when school-aged children were asked this question, 90% took the fruit serving and 80% of them actually consumed it! In the control school, only 60% of the students chose a fruit serving. As a result, nearly 70% of the children in the intervention school consumed a fruit serving at lunch, while fewer than 40% did so in the control school. Access the study at <http://www.ijbnpa.org/content/4/1/6/abstract/>