



## Mini-Hops is in compliance with newly State mandated Concussion Training Course for Coaches



The State of Minnesota has recently passed legislation requiring all coaches working in youth athletics to take a free, online course "Concussion Training for Coaches" provided by the Center for Disease Control.

There is a big push for concussion awareness right now, so we at Mini-Hops want to make sure that we are educated on the subject. We also feel it is our responsibility to make this information available to parents so that they can become educated about concussions.

There are posters in the lobby to help you learn the signs and symptoms of a concussion. There are also posters throughout the gym listing concussion symp-

toms.

One of the points of the training is that coaches and parents needs to be aware of concussions and what to do to prevent, detect and treat a possible concussion. Anyone can take the online Concussion Training Course. If you decide to take the online course, it will help you:

- Understand a concussion and the potential consequences of this injury,
- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a



concussion, and

- Focus on prevention and preparedness to help keep athletes safe season-to-season.

If your kids play sports, be sure to visit the Center for Disease Control's website for complete details on how to help your child: [www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

Mini-Hops coaches are dedicated to continually educating themselves in the field of gymnastics and safety. All Mini-Hops Coaches will be completing the online Concussion Training Course by November 1st.

## KIDVENTURE Mini-Hops GYMNASTICS

At Mini-Hops we run camps during school breaks. At camp the kids have a blast doing gymnastics, as well as arts and crafts, have lunch (you provide) and may have a little down time while they

watch a short G-rated movie (depending on the length of the camp). The campers will also spend time jumping in and playing in the huge foam-filled pits, jumping on the trampolines and playing games with our fabulous instructors!

Camps run from 9:00-1:00, 1:00-4:00(no movie) or 9:00-4:00 depending on the camp.

Sign your campers up for morning, afternoon, or both. All of our camps are filled with high-energy, fun activities for kids of select ages (see individual camp details).

Ask about discounts on multiple camps.

## MEA CAMP

Thurs Oct 20 & Friday Oct 21



Member Cost: 1 Day - \$55 Both days for \$105

For Kindergarteners & Up! Time: 9am-4pm



More camps available - visit us on the web! [www.mini-hops.com](http://www.mini-hops.com)

# Customer Appreciation Event - Bob the Builder Theme - "Building a Strong Foundation"

Thank you! We appreciate your business! Mini-Hops is a non-profit organization that has been serving this community for 34 years! We are proud supporters of educating the youth of tomorrow. But our work would not be possible without you, the customer. We would like to extend a special invitation to you.



*To do more for the world than the world does for you - that is success."*  
**Henry Ford**



Thank you for your patronage and your support!

**FRIDAY, OCTOBER 14th**  
"Bob the Builder" Customer Appreciation Event:

11:00-12:00 or 5:30-6:30 (ages 1 - 6 years)

7:30-9:00 (ages 6 & up)

**Special Offer: 50% OFF**  
**PRESCHOOL OPEN GYM MULTI-PACK**  
**(10 open gyms for the price of 5!**  
**For sale this day only.)**

Please join us for a Customer Appreciation event. The event will be held in conjunction with our fun Friday Open Gyms. Preschoolers (12 mos-6 years) are welcome at 11:00-12:00 or 5:30-6:30. Ages 6 & up are welcome from 7:30-9:00. There will be a fun theme in the preschool room, treats and special prizes included!

## **FOOD DRIVE:**

**Bring food items to donate to help our community!**

In conjunction with this special customer appreciation event, we would like to give back to a greater cause. We will be holding a food drive. Bring food items (see list for acceptable items) to the event and we will share with Emergency Foodshelf Network that helps Minnesotans in need.

*\*New Friend must be outside your immediate family & have not been enrolled at Mini-Hops in the past 12 months.*

## **MHG is hosting Gymnastics Meet**



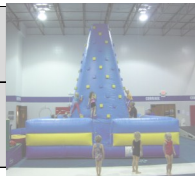
Sat Nov 5th - Sun Nov 6th at Bloomington Jefferson High

Girls Level 5 & 6 Meet. This is a great Family Friendly Event! Show your budding gymnast how fun competition can be!

Meet advertising available for purchase- sheets at front desk. 1/2 page or full page in black & white. Will reach approx. 1000 people.

## **BIRTHDAY PARTIES**

### **Mini-Hops GYMNASTICS**



**Think of Mini-Hops for your child's birthday party!** We promise to provide a carefree experience for you as the host, and memories that will last a lifetime for your child. Our trained coaches are available during all phases of your party to assist you.

**NEW! Inflatables now available!**



## **Flippin' Fun 5K Run**

Sun. November 13th - 9AM

Mini-Hops BOOSTER CLUB is sponsoring a Family Friendly 5K Run at **Minnetonka Middle School East**

Registration Info at: <https://sites.google.com/site/flippinfun5krun/home>

FACEBOOK: Flippin'Fun 5K **See you there!**



## **\$60,000 of IMPROVEMENT PROJECTS and EQUIPMENT at MHG!**

- New flooring in the lobby and parent observation areas!

- Big Fans in the Main Gym to help move the air, cool that area during the summer months and push warm air down in the winter months.

- Countertops in the kitchen/parent observation area and bathrooms (coming soon)!

- We purchased 2 new inflatables to be used at Special Events and for an added fee at Birthday Parties!



## **MHG RHYTHMIC GYMNASTICS**



Children who love music and dance thrive on creativity and originality, and are challenged by complete body and physical skill mastery are drawn to the sport of rhythmic gymnastics. A rhythmic gymnast learns to work with five pieces of hand apparatus:

*Rope, Hoop, Ball, Clubs & Ribbons*

Athletes combine hand/eye coordination, dance and gymnastic body movements to form the foundation for the sport.

See Front Desk for more information.

## **Rhythmic Team Auditions for ages 7-11**

Saturday, Oct 29th 3:00-4:30pm

Anyone welcome! Call to Register Today! 952-933-2452