



NEWS

Looking ahead

9/8	First Day for Recreational Athletes *Team/Company/Cheer see TeamApp.
9/13	First Open Gym -Visit our website for details
9/15	October tuition due *any drops after this day will not be refunded.
10/10	Parents Night Out; 4:30-9:00pm -Visit our website for more details!
10/15-10/16	MEA; Classes will remain in session.
10/31	Halloween; No classes
11/1	Winter Dance Show tickets on Sale @ 10am paramountarts.org
11/6	Final day to turn in Winter Performance Package
11/14	Parents Night Out; 4:30-9:00pm -Visit our website for more details!
11/25-11/29	Thanksgiving Break: NC Closed No Classes
11/27	Shop 'Til You Drop A Specialty PNO; 4:30-9:00pm Visit our website for details!
11/29	No Open Gym: Thanksgiving Break

Open Gym!

Pre-Register today on our website for our weekly Sunday open gyms! Cash or check only at the door. Card by pre-registration only. Registration closes at the start of open gym each week.

Sunday, 12pm-2pm

-Experienced Tumblers Open Gym

Sunday, 2pm-4pm

-Family Open Gym

-Sweet Peas Open Gym

*parents of athletes 6 years and under must be present while at open gym.

Stay in touch

Please allow for 24 hours for a response.



office@northcrestkids.com

North Crest Kids Activity Center
1009 Industrial Drive S
Sauk Rapids, MN 56379



PARENT CORNER

Gymnastics Term of the Month

Good Form

In gymnastics, form means posture and technique—straight legs, pointed toes, a tight core, and clean body lines. Good form is essential for control, precision, and elegance, and is evaluated in every routine across all events.

Reminders



Pack and label water bottle.



Read handbook on website.



Take your athletes 1st day of class photo!



Use the restroom prior to class!

NC Practice Wear!

Each year, we create NEW and extra special North Crest practice wear for the year... but only for a LIMITED TIME! 🎉

This exclusive gear isn't just about looking sharp – it's about building spirit, boosting confidence, and showing off that North Crest pride in and out of the building. Whether it's your child's first year or they've been flipping and twirling with us for seasons, these are must-have items they won't want to miss!

📅 We will have order forms available starting in January.

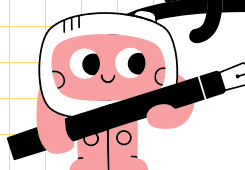
All athletes participating in the winter dance show will be receiving the leotards as part of their costumes. Let's make this season unforgettable – suit up in North Crest style and let your star shine! ✨

Dance Term of the Month

8 Count

In Dance, an 8 count is a fundamental rhythmic unit consisting of 8 beats. Typically within a 4/4 time signature music, that serves as a building block for choreography and music. The simplest form is counting "1, 2, 3, 4, 5, 6, 7, 8" and then starting over back at 1.

GYMNASTICS



Sweet Peas

Big Benefits for Little Gymnasts

- **Gymnastics builds strength, balance, coordination & flexibility.**
- **It teaches body awareness & safe movement.**
- **Develops confidence, focus & resilience.**
- **Encourages listening, following directions & teamwork.**
- **And lays the foundation for lifelong fitness & joy in movement.**

Skill of the Month

V-Sit

A position where the legs are raised off the floor close together and the body is supported by the hands to form a "V" shape. This is an important shape as gymnasts progress and their skills progress.

Skill Evaluations*:

Throughout September, coaches will be monitoring classes to ensure gymnasts are participating in a level appropriate for their skill set

**Due to Sweet Peas classes being age based, skill checks only happen in the big gym.*

Girls

4 main events:

- Vault
- Uneven Bars
- Balance Beam
- Floor Exercise

Boys

6 events:

- Floor Exercise
- High bar
- Parallel bars
- Pommel Horse
- Rings
- Vault

TEAM NC

Stay in touch



Team North Crest Gymnastics
@teamnorthcrest

Program Highlights!

We also took our annual team trip to Valleyfair! It was such a fun day filled with rides, laughs, and lots of team bonding. We always love getting the chance to spend time together outside of the gym and make memories as a team.

As we head into September, we are looking forward to a short and well-deserved rest and recovery break before beginning our new school year schedule on September 9th. We are excited to get back into the gym, continue working toward our goals, and see what this competition season has in store for Team North Crest!

Summer Recap

Team North Crest had an exciting month as we officially kicked off our competition season!

Our Compulsory, Bronze, and Silver athletes had their Media Day and competed in their first sanctioned meet right here at North Crest! It was so exciting to see our athletes step onto the competition floor, show off all the hard work they have been putting in, and officially get the season underway. We are so proud of everyone and can't wait to see what the rest of the season brings!



WILD CHEER

North Crest Wild Cheer team had an action-packed August! We finalized our competition choreography and went into the community to fundraise for the upcoming season. Along the way, we packed in team bonding and skill-building sessions.



After a well-deserved short break, the team returned to the mat at the end of August, ready to hit the ground running. We hope to see you cheering on your local cheerleaders!

Cheer Us On!

Farmington High

November 11th Times TBA

University of Minnesota

December 13th Times TBA

STMA High

December 19th Times TBA

Competition times and venues will be shared as available.



Stay in touch



North Crest WILD Cheer

@northcrestwildcheer

Your paragraph text

DANCE



This month in class...

Dancers in all levels will begin with or review the basics of dance. Dance basics are important because they provide a strong foundation for more complex skills, build confidence and discipline, and allow for greater expression and creativity. Mastering these fundamental movements creates muscle memory, enhances coordination, improves rhythm and musicality, and allows for connection with the other dancers, leading to a more enjoyable and successful dance journey at all levels.

Winter Show

January 9th, 2027 4:00pm
Paramount Theatre

The Winter show is a stage performance available to all Dance Movement, Ballet/Tap and Jazz/Hip Hop classes including combo classes!

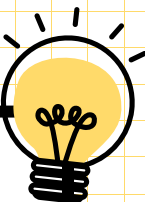
This opportunity is not required but is highly recommended, as performance is a large part of dance education.

Please keep an eye on emails, handouts and newsletters for further information regarding performance packages, registration, rehearsal dates and ticket sales!

Don't Forget!

-Dance shoes and sizers for each class are available at the front desk. Stop by to order yours today!

-Remind your dancer to try to use the bathroom prior to class start time! This ensures that your athlete gets to enjoy all of the fun that class has to offer without a bathroom break getting in the way.



COMPANY NC

Summer Recap

Our Company and Pre-Company dancers have been working SO hard this past month, and we are so proud of everything they have accomplished! 💙 ✨

They've officially started learning their Winter Show/competition dances, and we are beyond excited to announce this year's production themes:

Ballet Production: Willy Wonka

Jazz Production: Monsters, Inc.

And the best part? Every dance in our Winter Show will connect back to our theme "Dancing 9 to 5" and incorporate a job in some way! 🧑‍💻 ✨

Our dancers have put in countless hours of hard work, dedication, and passion throughout this past month, and it has been so exciting to watch everything come together.

We couldn't be more proud of our dancers and all they are accomplishing already! We are looking forward to an incredible year ahead and can't wait to see them bring these productions and dances to life! 💙

Upcoming Performances

Sauk Rapids-Rice Dance Show
@ Sauk Rapids-Rice High School
September 26th at 11am

St Cloud CRUSH Dance Show
@ Tech High School
November 14th Time TBA

Sartell Dance Show
@ Sartell High School
November 21st Time TBA

CSB Dance Show
@ CSB Gym
December 4th Time TBA

Stay in touch



Company NC

@companynorthcrestdance

HAPPY BIRTHDAY!

Help us in wishing these athletes a "Happy Birthday!"

Stop by our front desk the week of your birthday to get a birthday sticker to wear to class!

September 1st

Ilaria K.

September 2nd

Luca F.

September 3rd

Adeline C.

Coach Delaney

September 4th

George A.

Addison F.

Lincoln S.

Emma S.

Samuel S.

September 5th

Amelia D.

September 6th

Rylee D.

Kylie F.

Agnes L.

Adisyn R.

Ziggy W.

September 7th

Scarlet S.

September 8th

Lainey S.

Adalee S.

Asa T.

September 10th

Madison H.

Maya N.

Harrison P.

Hannah S.

Macie S.

September 11th

Rylee G.

Isabelle P.

September 12th

Ella D.

Hazel G.

September 13th

Samara B.

Caelia O.

Miss Maddie

September 14th

Addison L.

September 15th

Sonja K.

September 16th

Lovisa M.

Rosella M.

September 18th

Paisley G.

Sophia S.

September 22nd

Josey G

September 23rd

Elliana G.

Katelyn M.

Bailey P.

Coach Tanner

September 24th

Blakely K.

Kayden K.

Helen L.

Natalie W.

September 26th

Cameron A.

Lyndy S.

September 27th

Audrey F.

September 28th

Ruby O.

September 29th

Oliver H.

September 30th

Amiyah C.

Aubrey C.

