

Tumbling Head over heels

Young gymnasts show off their skills

They tumble and do backbends, handsprings and cartwheels in the air.

The crowd at the Red Devils' basketball game Friday got to see Oberlin gymnasts of all ages perform during half time of the boys game.

The kids have been practicing weekly in Atwood as part of Creative Movements Gymnastics.

The group, which meets on Mondays, draws kids in from Oberlin, Atwood, McDonald, Herndon and Bird City, said Diane Sis, a board member for the group and one of the coaches. The other head coach is Laury Migchelbrink. The kids range from preschool age to high school.

Creative Movements is a non-profit group started over six years ago by a board of seven members. At first, the board coached the kids, said Mrs. Sis, then they decided to hire two head coaches who had experience in gymnastics or some kind of training in the sport. The board still helps as assistant

coaches, said Mrs. Sis.

She said the kids learn floor routines, vault, bar and beam. The training ranges from very basic to advanced. Each child is placed in a class based on their experience level, she said.

The cost of the regular class, an hour a week, is \$20 a month. For pre-school age kids, the class is only 45 minutes and for the advanced class, an hour and a half.

Mrs. Sis said the classes are open to all children, both boys and girls. The youngest gymnast is 3.

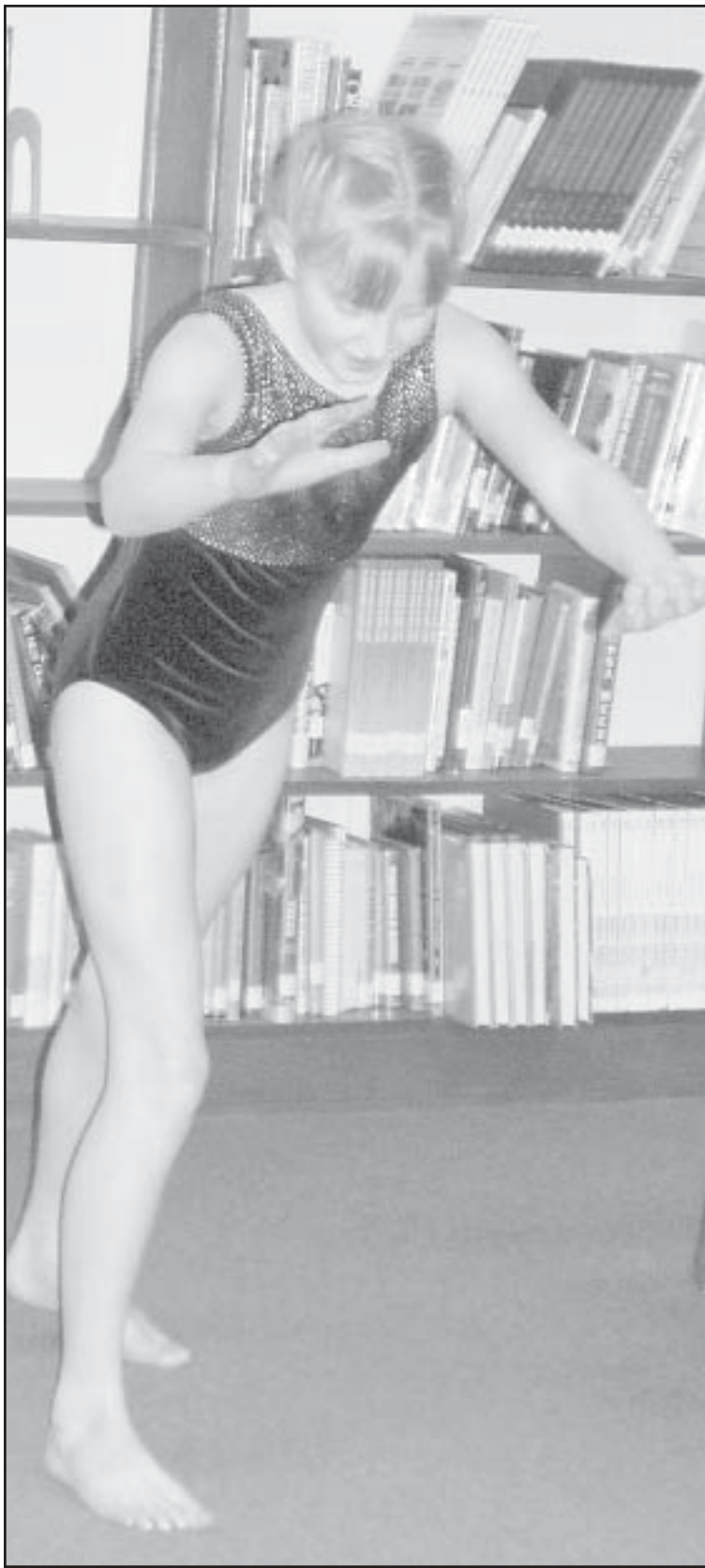
She said the classes are modeled after the kid wrestling program, which has been a success. Students were interested in taking gymnastics in Atwood instead of driving to Colby, she said.

They also can attend a summer camp.

Although there are close to 60 kids in the program, only those from Oberlin performed Friday night. She said the other students would be performing next week at an Atwood game.



MORGAN JANSONIUS got help from her coach showing off her favorite thing during the girls' performance at the high school Friday night. The young gymnasts performed during halftime of the boys' game.



HEATHER PLOUSSARD (above) stood on her hands as she prepared to flip over. Heather (left) also warmed up with many cartwheels and round offs.



GIRLS WARMED up in the library, including Darbi Rouse (above left) and Sierra Lohofener, who stuck their tongues out at each other. Cassidy Shields (below) showed off her back bend.



Story and photos by **Kimberly Brandt**