



TECHNIQUE

Tumbling & Cheer Prep

LEARN ★ GROW ★ TUMBLE ★ CHEER

OCTOBER NEWSLETTER

Fall is here, school is back in full swing, and we're excited for another great month at Technique! We hope everyone is adjusting to the new school year schedules and we are looking forward to a great year here at Technique as well! Check out our new website at www.techniquetumbleandcheer.com. We are in the process of making changes to streamline the information a bit, so check back from time to time to see how it shapes up. We appreciate each and every one of you and look forward to seeing your children in the upcoming year!



IMPORTANT DATE

Parents' Night Out
Saturday, November 14th
5:30-9:30pm



LOVE TECHNIQUE? HELP US GROW!

SMALL BUSINESS. BIG IMPACT.

Technique is a locally owned small business, and word-of-mouth continues to be one of the biggest ways families discover us. If you've had a great experience at Technique, there are several free and easy ways you can help!



Share our
Facebook or
Instagram posts



Tell a friend
about Technique



Leave us a
positive review
on Google
or Facebook



Like, comment
and interact
with our posts



Tag Technique
in your photos
and videos

SUPPORT OUR LOCAL BUSINESS SPONSORS



facial spa & skin center

Glo Facial Spa & Skin Center



900 West College Avenue, Normal



glofacialspa.com

Specializing in Acne treatments, Anti-aging facials and non-invasive treatments. Permanent Cosmetics and microblading, eyeliner, lip blush, eyebrows and scar revision, massage therapy, waxing, salt therapy and full spectrum infrared sauna.



1720 Bradford Lane, Ste 104
Normal, IL 61761



309-808-2581



techniquetumbleandcheer@gmail.com



www.techniquetumbleandcheer.com



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Be Part of Our Story!



STAFF SPOTLIGHT

Brookelynn Fritts

Encouraging athletes, building confidence, and celebrating progress.



1 WHAT DO YOU LOVE MOST ABOUT COACHING AT TECHNIQUE?

What I love most about coaching at Technique is getting to be part of each athlete's journey and watching them grow, both as athletes and as individuals. Seeing an athlete gain confidence, overcome a challenge, or accomplish something they once thought they couldn't do is incredibly rewarding. I truly value the relationships we build and the trust our athletes place in us. Being able to create a positive environment where every athlete feels supported, encouraged, and cared for while being challenged to reach their full potential is something I am very grateful to be a part of!

2 WHAT'S YOUR FAVORITE SKILL TO TEACH?

My favorite skill to teach is the back handspring. As a former cheerleader, I remember how challenging the back handspring was for me, which makes teaching it especially meaningful. It's such an important foundation for many of the advanced skills that come after it, and I love helping athletes build that strong foundation while developing confidence along the way. There's nothing more rewarding than celebrating those small victories with an athlete and watching them realize that they are capable of more than they thought. Progress doesn't always happen overnight, but seeing that growth and confidence develop is one of my favorite parts of coaching!

3 WHAT'S SOMETHING PEOPLE MIGHT BE SURPRISED TO LEARN ABOUT YOU?

Something people might be surprised to learn about me is that I'm always learning too! Coaching has taught me that every athlete is different and that there is never just one way to teach a skill. I'm constantly learning from the athletes I coach and finding new ways to help each individual feel confident, understood, and supported. I believe that being a great coach means being willing to listen, grow, and continue learning alongside your athletes.

4 WHAT ADVICE WOULD YOU GIVE A YOUNG ATHLETE WHO IS STRUGGLING WITH A SKILL?

I would remind them not to let one difficult skill define them or their abilities. Every athlete struggles with something at some point, and that is completely okay. Be patient with yourself, trust your coaches, and remember that progress takes time. Celebrate the small improvements. Most importantly, never be afraid to keep trying. As a coach, I want my athletes to know that they are supported through the frustrating moments just as much as they are celebrated through the successes. Sometimes the skills that take the most time and effort become the accomplishments we are most proud of.

5 WHAT'S ONE THING YOU LOVE DOING WHEN YOU'RE NOT AT THE GYM?

When I'm not at the gym, I'm a full-time student, so my schedule can get pretty busy! When I have some free time, I really enjoy spending it with my family and friends. I love being able to enjoy time with the people who mean the most to me. Balancing school and coaching keeps me busy, but I'm grateful for both and love everything I get to learn from each experience.

QUICK FACTS



Favorite skill to teach:
Back Handspring



Former cheerleader



Full-time student



Loves time with family and friends



Passionate about helping athletes build confidence

BIRTHDAY PARTIES *at* TECHNIQUE

Email us to schedule!
Available Saturdays 3:15–4:45 p.m.

Up to 10 kids: \$175

11–15 kids: \$210

16–20 kids: \$245

21–25 kids: \$280

\$50 deposit required to hold spot.
Balance due the day of party.



Huge assortment of equipment, trampoline, tumble trak, and lots of fun to fill their celebration!



Structured games, open gym time, and time for cake and presents.



All parties are private — you do not share the building or your time with other parties.



Party holders may arrive up to 15 minutes before the party begins to set up as well as stay 15 minutes after to take down.



Parents can take pictures and videos on the floor.



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