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"Training Champions in Body, Mind, & Spirit"



What difference does gymnastics training make?

According to Debra Wilson, a reading specialist writing about success in school and what makes for great readers, gymnastics training teaches essential skills she relates to:

- Self regulation in the classroom.
- "I can do it" attitude
- Easy transitions between academic subjects
- Tuning into teachers
- Cooperation with classmates
- Completing assignments without prodding
- Confidence in meeting new goals
- Visual, auditory, and tactile information integration
- Ability to follow multi-step instructions and comprehend complex patterns
- Balance and strength for good body control
- Patience in waiting for one's turn
- Flexibility with schedule and substitutions
- Better speech and reading fluency
- Improved orderliness

Doesn't it make sense to give your child the best opportunity for success in school and in life? Check out the many opportunities offered by **Trinity Academy of Gymnastics**, your local USAG member facility, offering recreational and competitive programs for kids of all ages.

Source: Wilson, Debra Em, MA, Reading Specialist. Our Gymnastics Center: An Academic Treasure Chest of Gold. Technique. July 2008, Volume 28, #7, pages 18-21.