



# NINJAZONE

Welcome to Ninjas class! We are so grateful that you chose Rock Springs Gymnastics to enhance your child's mental, physical, and social health. We are proud of our recreational programs, and our Ninjas class is no exception!

We have pulled together some tips and ideas that we would like for you to keep in mind as you enter the Ninja program. These points are designed to enhance your experience, and for you to understand why we do what we do, and to also gather some insight regarding the progress you can expect from your children.

### **1. What should my child wear?**

Your child should wear the uniform required by Ninja Sports International, the governing body that oversees NinjaZone Headquarters. The Ninja program is a pillar of the NinjaZone program, thus, the required uniform applies. The uniform consists of a Ninja T-shirt and headband. Bottoms should be comfortable athletic clothes without zippers or buttons. Long hair will need to be pulled back and bare feet are best for ninjas as it allows them to grip with their toes providing them with better balance and coordination while developing foot and leg strength. Uniforms can be ordered at [www.rsgymnastics.org/ninja-zone.html](http://www.rsgymnastics.org/ninja-zone.html) and look for the "Order Your Ninja Uniform Here" button next to the class listings or you can call (307-362-1647 ext. 1) or email your request in to us at [rsgymnastics@outlook.com](mailto:rsgymnastics@outlook.com).

### **2. Can I stay and watch class?**

You are always welcome to stay and watch class! Kids love showing you all the things they are learning! We do however ask that for the safety of all the children, and yourself (the gym is full of unusual & soft surfaces), that you stay in the designated view areas.

### **3. What is the purpose of the class?**

Ninja Zone's mission statement is "Turning Energy Into Ambition, One Awesome Kid at a Time". We want to use the exciting sport of ninja to focus kids' energy into building self confidence and learning self responsibility, problem solving, team work, work ethic, and grit. As a parent, we encourage you to not put too much emphasis on the skills- we're all about learning life skills and most importantly- FUN!

### **3. How does my child move up?**

Each level has a set of skills that requires mastery in order to move up. Each ninja works on mastering these skills at their own pace and we will continue to challenge them with the next level of skills as necessary. When a ninja has shown mastery of a complete level of skills, they will be invited to a Mission where they will demonstrate their skill mastery and earn the right to move onto the next level. Missions are by invitation only and are held several times throughout the year.

### **5. Is there competitive Ninja?**

Yes, there is! Ninja Games are an opportunity for Ninjas to experience the competitive side of Ninja sport. We recently held the first ever Ninja Games in Wyoming and it was a BLAST!! We are planning on having these events 3-4 times a year and ninjas will have the opportunity to travel to other Ninja Zone gyms to compete. Right now, the only other Ninja Zone gym in Wyoming is in Casper. Look for more information on these exciting events to come.