

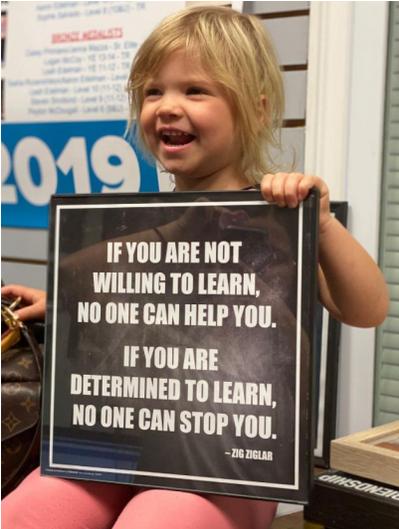
# Elite Learning Academy

## October 2020 Newsletter

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# ELA Has a Home!

The former CrossFit space has been converted to the Elite Learning Academy’s new facility. This is a very exciting opportunity!



by **ELA Group**

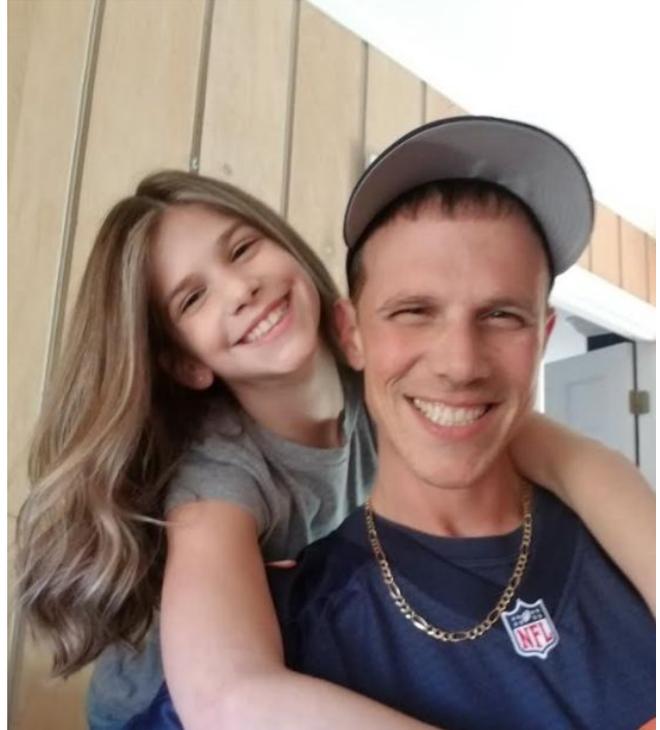
During October, Elite Learning Academy (ELA) moved into the newly renovated space next door to ETA. It is a spacious and bright room, filled with individual working stations so that the kids can diligently focus on their schoolwork as well as a collaboration table for team projects. ELA is the new home to both the “Athletics and Academics” homeschool program and for supervised remote-learning (“virtual school”) for children during the school day, which allows them to connect to their live meetings and work independently on work assigned by their teachers.

Our Athletics and Academics homeschool program students have been hard at work this month. In addition to their daily training and online homeschool program, the students spent time learning about effective note taking, learning new vocabulary words, developing a newsletter, and discussing the US election process. The older students are eager to start November, where they will be jointly reading The Maze Runner and preparing a written book assessment.

# Meet Ryan Bruno, ELA Academic Director

Mr. Bruno joins the ETA family as the ELA Academic Director to oversee the academic programs offered at ELA. Mr. Bruno facilitates the homeschool program and also provides assistance to the virtual school students.

Mr. Bruno is a NJ State certified teacher, with over ten years of teaching experience within the public school system. He has spent the last few years enjoying the opportunity to be a stay-at-home-dad and a taxi-driver to and from ETA for his four athletes.



Due to these unprecedented times that left families faced with many back-to-school challenges, Mr. Bruno worked with Coach Tatiana to create the opportunity to combine his passion for education with Coach Tatiana's vision to create one Elite facility that enables kids to excel at both Athletics and Academics while creating more time for family and other activities. This opportunity has created a unique experience for several of our ETA athletes, all of whom have been making great strides athletically and academically!

Let's quickly get to know a bit more about Mr. Ryan Bruno:

**Q: *Where did you grow up?***

A: Shrewsbury and Ocean Grove, NJ

**Q: *Where did you go to school?***

A: Rider University

**Q: *Favorite subject in school?***

A: Medieval World History and Colonial American History

**Q: *What was your first car?***

A: 1985 Nissan Maxima

**Q: *What is your dream car?***

A: BMW 750Li

**Q: *Favorite color?***

A: Navy Blue and Burnt Orange

**Q: *Favorite sport and team?***

A: Football - THE Chicago Bears!

**Q: *If you had a superpower, what would it be?***

A: Invisibility or Flying

**Q: *Favorite daughter?***

A: Whichever one is the quietest!

**Q: *Best part of being at ELA?***

A: I enjoy spending time with my daughters during the day, but the BEST part is that we have more time each night for family dinner, movies, and fun.



# Interview with Tatiana

by ELA Group

The first interview of the ELA newsletter is with owner/head coach of Elite Trampoline Academy Tatiana Kovaleva. Tatiana Kovaleva is originally from St. Petersburg, Russia. She has competed and won many times before opening ETA. She met with the ELA group on 10/16/2020. Questions were asked by students of varying ages and grades.

**Q: *What is your favorite motivational saying?***

A: A Russian saying that roughly translates to, "Without working hard you won't be able to catch a fish."

**Q: *Where was your first competition?***

A: Riga, Latvia. I was eight years old.

**Q: *How old were you when you started trampoline?***

A: 7 years old. By 8 years old, I was a level 10. Training was 6 days a week.

**Q: *Describe yourself in one word.***

A: Passionate.

**Q: *What's your greatest accomplishment?***

A: Winning the World Championship in 1996.

**Q: *How did you meet Steven and Jeffrey?***

A: At the gym creating a team and they were on the gymnastics team and chose them to be on the team.

**Q: *What is your favorite breakfast?***

A: Berries and water with lemon.

**Q: *Who is someone you look up to or admire?***

A: Anyone who is passionate about what they do. It is inspiring..

**Q: *What competition is most memorable?***

A: 1992 First Youth European Championships. Earned a bronze medal.

**Q: *Do you have any hobbies?***

A: Yes. I love Photography, editing and organizing my photos.

**Q: *Do you have comfort food?***

A: Chocolate and Cold Stone Ice Cream.

**Q: *What is your favorite skill/least favorite skill?***

A: Full in rudy out is my favorite. Half rudy out is my least favorite.

**Q: *When did you learn your back tuck?***

A: 7 years old.

**Q: *Do you think there will be the 2021 Olympics?***

A: Hopefully. It would provide a sense of normalcy



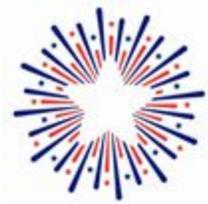
# Monthly Celebrations

By Sarah B. and Grace N.

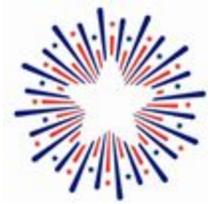


In Monthly Celebrations, we look to acknowledge the accomplishments of ETA team members. Our first edition looks at the achievements of the ELA Homeschool group. With expanded training, our athletes have been working very hard and making great gains!

Sarah B. and Autumn B. have leveled up to level 10. Grace N. got her level 9 compulsory routine. Sasha R. learned many new skills, one of them being full barani. Vivienne B. has achieved porpoise. Riley B. got her back tuck and level 4 routine. Anthony R. reached level 6, and is currently working on level 7!



**Congratulations!**



**Jeff Gluckstein and Nico Verderosa**

for being selected to be on the

**Senior Elite National Team!**





## **Thank you to Coach Misha!**

During October, Elite Trampoline Academy welcomed Coach Misha all the way from Indiana to host a Tumbling Clinic for our ETA team members.

Our athletes learned new training drills, improved their technique on current skills, and even stepped up to the challenge to try new skills!





# Nutritional Recipes of the Month

by Sarah B. and Grace N.

A smoothie is an easy and FUN way to combine healthy ingredients into a delicious treat! This month, we wanted to share two of our favorite smoothies; PERFECT after a day of hard work!

## PB and Banana Smoothie

### **Ingredients:**

- 2 medium sized bananas
- 2 cups milk
- ½ cup peanut butter
- 2 tablespoons honey (optional)
- 2 cups ice cubes

### **Directions:**

- Step 1: add ingredients in the blender
- Step 2: Blend
- Step 3: Enjoy!

S&G Rating: ★★☆☆/5★

## Kiwi and Strawberry Smoothie

### **Ingredients:**

- 1 banana
- 6 medium strawberries
- 1 kiwi
- ½ cup frozen vanilla yogurt
- ¾ cup pineapple and orange blend

### **Directions:**

- Step 1: place ingredients in the blender
- Step 2: Blend until smooth
- Step 3: Enjoy!

S&G Rating: ★★☆☆/5★



# Sasha's Book Review

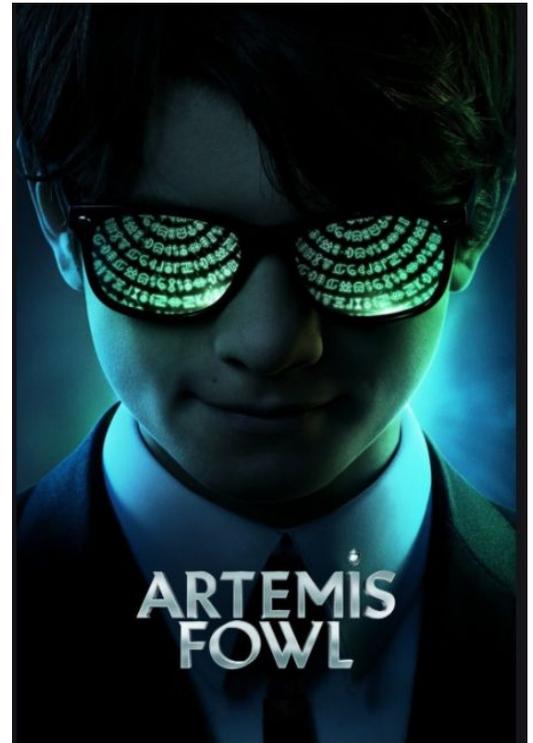
by **Sasha R.**

For the first edition of Sasha's Book Review, we take a look at a SciFi/Fantasy novel, **Artemis Fowl by Eoin Colfer**.

The story takes place in Dublin, Ireland. The criminal mastermind, Artemis, steals a faerie's book and learns all about the fairies laws and their treasures. Artemis Fowl then kidnaps a fairy by the name of Holly, who is captain of the LEP (Lower Elements Police) squad which is like the police but from the underground. Artemis demands a trade, Holly for a ton of 24 carat gold. This leads to an action packed war between the fairies and Artemis.

I like this book because of the action and the details. With an element of Sherlock Holmes intertwined with a SciFi twist, Artemis Fowl was a great read. I found many unexpected turns which were captivating. I would say this series is a must buy for your kid(s) who don't want to read. I found that this novel made me want to read more! Best book I've ever read!

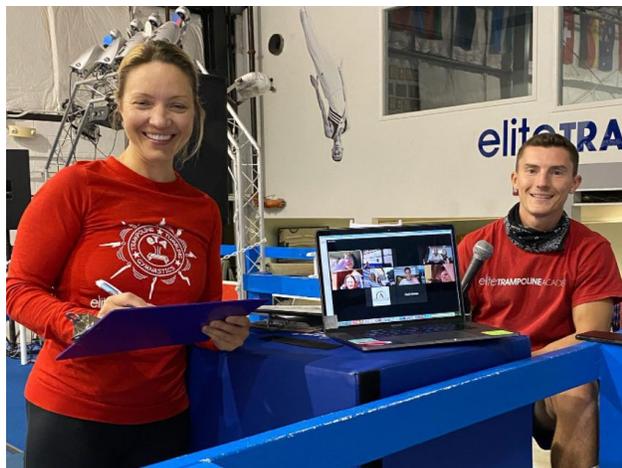
Sasha's rating: ★★★★★/5★



# ETA Home Competition - COVID Style

by **Autumn B.**

2020 has been a very strange year; but that did not stop ETA from hosting a competition, *COVID Style!* Although the competition was limited to competing team members, coaches, and judging staff, lots of parents, grandparents, and friends were able to attend “virtually” through a secured zoom meeting.



A big THANK YOU to all of the ETA coaches for making this happen.

Keep a look out for the November newsletter which will highlight the October Trampoline Competition results!

***Congratulations to our 1st, 2nd, and 3rd place athletes during the September DMT & TU Home Competition!***

## Double-Mini Trampoline Results - by Level

	Elite	Level-10	Level-9	Level-8	Level-6	Level-5
<b>1st Place</b>	Ava D.	Vika R.	Gia V.	Lexie C. Callie F.	Jack H.	Quinn M.
<b>2nd Place</b>	Leah E.	Michelle S.	Sarah B.	- - -	Reagan S.	Hollis H.
<b>3rd Place</b>	Leah G.	Kate E.	Sydney B.	Grace N. Margaux O.	Josh S.	Vivienne B.

	Level-4	Level-3	Level-2
<b>1st Place</b>	Sasha S.	Sienna M.	Josie B.
<b>2nd Place</b>	Hannah C.	Riley B.	
<b>3rd Place</b>	Anthony R.	Mia G.	

## Tumbling Results - by Level

	Level-7	Level-6	Level-5	Level-4	Level-3	Level-2
<b>1st Place</b>	Sarah B.	Sophia P.	Peyton M.	Grace N.	Quinn M. Julia Z.	Sasha S.
<b>2nd Place</b>	Vika R.	Sophie S.	Margaux O.	Tessa C.	- - -	Nina W.
<b>3rd Place</b>	Sydney R.	Callie F.	Gia V.	Josh S.	Taylor M.	Hollis H.