

## **Is your child ready train for American Ninja Warrior sports?**

By W Samantha Newman

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*February 2018 Local Business Spotlight is Team Central Gymnastics Academy.*

Learn about a whole new sport called NINJA. Team Central Gymnastic Academy, one of the leading gymnastic programs in Missouri, is celebrating 2 years of ninja class instruction. It was developed with their coach, Jack Morgan, who started by teaching Parkour classes. Jack was in a Parkour performing group, currently coaches Boy's Competitive Gymnastics, and was a former American Ninja Warrior Competitor who made it to Las Vegas finals! Many of the American Ninja Warrior competitors have had gymnastics or rock wall training background. So, it was an easy decision for gymnastics organizations around the country to develop specific training for NINJAS.

This new NINJA sport is a training in obstacle course running with aspects of gymnastics, tumbling, and physical fitness. This program is for 4-18 year old! Most classes are 50-minutes long just once a week classes available year-round. They also have other fun activities like NINJA themed day-camp, NINJA clinics, NINJA Kid's Night Out, and NINJA birthday parties.

Team Central Gymnastic Academy has various levels of NINJA training. They have a class for the little ones-NINJA KIDS for kids 4 years old through Kindergarten. Once they are in first grade or higher, they go into classes based on their individual skills. The better they can maneuver over obstacles, tumble, and flip---the faster they can level up. They also offer special NINJA Clinics, Summer Camps, and Kid's Nights Out so anyone can participate in the fun!

Team Central Gymnastics plans on having an end of the season NINJA performance/challenge in the Spring for boys and girls enrolled in classes. What a fun and exciting way for kids to stay active and fit? This is a great way to get physical conditioning for other sports like basketball, soccer, and baseball. Even better for those who plan to go on to one day compete in American Ninja Warrior.

Jack continues to train and do ninja competitions all over the US with other coaches from our gym and others he has met along the way. Recently (January 2018) he competed in Kansas City where he stopped in to visit with American Ninja Warrior competitor, Drew Drechsel, on tour at a local gymnastics/ ninja facility. We continue to gain more obstacles and ninja equipment. This week he trained on how to use grips properly to build upper body strength, endurance, and easier transition from one to the next.

Beyond being fun for Jack, competing helps him develop obstacle course ideas for the Youth Ninja Competitions with Gateway Gymnastics in St. Louis, Missouri. He has done over 5 competitions and is working on another one for May 12, 2018. If your child is 6-18 and wants to enter, please visit [www.teamcentral.org](http://www.teamcentral.org) for registration details.

If your child has an interest in the show and wants to train for American Ninja Warrior, you should consider taking a trial class to see what the hype is all about. Children flourish and learn to be fit while having fun.

Team Central is located at 2675 Metro Boulevard, Maryland Heights, MO 63043. You can go on their website for more information at [www.teamcentral.org](http://www.teamcentral.org). They are a not-for-profit 501(c)3 organization who was voted 2015 Best In Maryland Heights for associations and organizations.

Thanks for reading this article! I feel that being thankful is a very important part of business. I also love feedback. So please feel free to contact me at [wsnewman@suntidesigns.com](mailto:wsnewman@suntidesigns.com) with any comments or feedback. I look forward to writing more about different industries and helping businesses get their message out. If you have a tip or idea for the next article, please let me know and I will give a shout-out to you and your business. Also, you can contact us on how to promote an event or product/service at your business.

-W Samantha Newman  
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