

# Is your gymnast competing at the Winter Island Getaway Invitational?

*Behind every gymnast who believes in herself is a loved one who believed first.*

**Congratulate your gymnast for a job well done!!**

# GOOD LUCK GRAMS

*"Start Each Day Reminding Yourself: Don't Let Anything Or Anyone Get You Down. It's A Good Day To Have A Good Day."*  
-Laurie Hernandez

*"Hard days are the best because that's when champions are made. If you push through the hard days then you can get through anything."*  
-Gabby Douglas

Sponsored by  
**Chantilly Academy Parents Club**

**NO IN-PERSON SPECTATORS?**

**NO PROBLEM!!!**

The Chantilly Academy Parents Club has created an online order form where you can still support your gymnast and congratulate them on a job well done.

- Order your Good Luck Gram Now
- Orders due by December 3<sup>rd</sup> at midnight.
- We deliver all Good Luck Grams to Chantilly Academy gymnastics for distribution.
- Unique opportunity to include items that you can personalize with our gymnast's name.
- Click here to shop (<https://forms.gle/eTjayAnnd6wM4D129>)
  - Complete the form
  - Submit payment via Venmo or PayPal.
- Email [CAPCBoard@gmail.com](mailto:CAPCBoard@gmail.com) with any questions

Don't miss this unique opportunity to have the Good Luck Gram for your gymnast be a complete surprise.

From,  
Chantilly Academy Parents Club