



## Beckley Gymnastics celebrating 25th anniversary

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— When a homesick physical education teacher returned to Beckley after living in Massachusetts, opportunity tumbled right into her lap.

The year was 1983, and a young man who had been operating one of the area's first gymnastics schools was ready to leave the state. Beverly Kincaid (Sanna) was ready to come back home. And she did. She brought with her the knowledge and the skills necessary to take over the gymnastics center and make it her own. At the time, Beckley Gymnastics occupied an old warehouse on City Avenue, under the old Pickway.

This month marks the 25th anniversary of Beckley Gymnastics — now in Crab Orchard — and events are planned for this weekend and next to help celebrate.

Team members from any of those 25 years are invited to a team reunion at the gym from noon to 2 p.m. today.

But the reunion is not the only way the gym is celebrating the milestone. Gymnasts may also participate in a backhandspring and advanced tumbling clinic from 10 a.m. to noon today, and next week, they're invited to "flip and jump" at a cheer clinic for elementary- and middle school-aged students from 10 a.m. to noon. The clinics are \$20 each.

"I'm on my second generation now," Sanna said, meaning she's now coaching children of former students. Those parents, she added, offer a great deal of support and had a huge hand in this 25th anniversary celebration.

Alumni who aren't able to attend today's reunion are encouraged to visit the center's new Web site, [www.beckleygym.com](http://www.beckleygym.com), which features an alumni "catch-up" page.

The center is located at 1281 Robert C. Byrd Drive South at Crab Orchard. Classes are available for girls and boys age 2 and up.

"Overall, gymnastics is the best physical thing you could do," Sanna said. "It is the original P.E., going all the way back to the Greeks. It's much more than flexibility and strength, it teaches confidence and discipline."

The longtime coach, who still spots, lifts and works out with the most energetic of her students, is quick to add she's proud of former students, many of whom have become successful businesswomen, college athletes, teachers and mothers.

"They know how to juggle life," she said, "and they learned that by being involved with gymnastics."

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