

Prep Op Team

September 2008



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## Welcome to the 2008-2009 Season

### 2008 Beijing Olympic Games

This summer we were all treated to a spectacular sporting event at the 2008 Beijing Olympics. In addition to swimming and track and field, gymnastics was one of the featured events. Congratulations to the entire men's and women's team who respectively won a team bronze and silver.

We must also recognize the two biggest names in gymnastics: Nastia

Liukin and Shawn Johnson. Nastia won the gold all-around medal, silver on beam and bars, and bronze on the floor. Shawn took home the silver all-around medal, gold on balance beam, and silver on the floor. Although there was a lot of controversy and speculation at the Olympics over the ages of some gymnasts, one thing is for sure, they all put on a great show and inspired everyone who was watching.

Participating in the Olympics may not be every athlete's dream, but at American Allstars we want to help every gymnast reach their full potential. Whether the goal is learning a cartwheel on the beam, a back tuck on the floor, or just being part of a special team, we look forward to having you with us. At American Allstars "Every Child is an Allstar!"



#### Practice Times

	6:00pm
Wednesdays	—
	8:45pm
	5:15pm
Fridays	—
	7:30pm

We're on the web!  
[AmericanAllstarsKids.com](http://AmericanAllstarsKids.com)

#### Staying Organized

Gymnastics is important, but school comes first! We want and expect everyone on team to do well in school. Please keep yourself organized and prepared so that you can be successful in both!

### What to expect in September

We had a great summer! Coach Missy and I are very pleased with the progress of everyone. This season is going to be great and we are so excited that it has begun.

In the month of September we will continue to work on new skills and improve existing ones. We will also keep focusing on conditioning, endurance, and strength training. The progress

made over the summer and in September will help us make the best decision possible about which team (bronze, silver, or gold) each gymnast will be placed on.

We will also have all of last year's team member parents vote on whether we get a new team leotard or keep the same one for one more year. On most occasions teams keep

the same leo for 2 years; however, I know that there were some washing issues, and some girls out grew theirs. See the separate note for more information on the vote. There will also be a sign up sheet for those who don't have a floor routine. Last years team members will keep the same music, although we might alter their routines to add their new skills.

#### Am I Prepared for Practice?

- Leotard
- Hair pulled back
- Water bottle (Water, Gatorade, Propel, etc...no pop)
- Grips & Tape
- Well nourished (Protein & Carbohydrates that can be used by your body as fuel)
- Focused and in a productive mind-set

# September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day	2 Gym Closed	3 First Day Team Practice	4	5 Team Practice	6
7	8	9	10 Team Practice	11	12 Team Practice	13 National Gymnastics Day
14	15	16	17 Team Practice	18	19 Team Practice	20
21	22	23	24 Team Practice	25	26 Team Practice	27
28	29	30				

## October Events

- You can wear your gymnastics friendly Halloween costume to class Oct 29th. Wear your leo underneath so you can take the costume off.
- NO PRACTICE — Closed for Halloween: Friday, Oct. 31st



## **Attendance at Practices**

It is very important that we have all the gymnasts attending every practice. We know that there will be occasions where a school or family function might cause an absence and as long as we are notified ahead of time that absence can be excused. Excessive absences are not beneficial for the gymnast or the team.

## *Welcome Back Coach Missy*

I would like to welcome Coach Missy back to the American Allstars family. She took a year off to start a family with her husband, Steve, and together they welcomed their son, Collin, into the world. Now she has returned to us and will be working here full time. We are extremely blessed to have her experience and expertise. She was a level 10 gymnast and was also a collegiate cheerleader. One great accomplishment she has shared with us was her invitation to train with Bella Karolyi at his camp with some of the 1996 Olympic gymnasts. She stayed in Texas for 4 months and although she admitted it was difficult to understand what he was staying at times, it was never difficult to understand what he meant!

Coach Amy