

Prep Op Team

October 2008



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It's time to get ready for meet season!

Floor Routines

It is traditional in gymnastics to keep the same music and routine for 2 years. Last years team members will be keeping the same floor music for this season; however, we will be incorporating their new skills to make sure their routines are up-to-date.

New team members need to sign up to have their floor routines choreographed on either a Saturday or Sunday. There is a sign up sheet at the front

desk. Please sign up early so you can get the time and day that works best for you. All routines must be choreographed by the end of October.

Floor routine private lessons are one hour long and cost \$100. We have already started having the girls listen to possible floor music that they like and then Coach Missy and I will make the final decision on the music we think best suits them and will showcase their talent. On the day of your floor routine private you will

need \$10 for you to get a copy of your music. We have already paid the larger cost of getting the music and having it cut.

It is important that *everyone* has a copy of their floor routine music and that you take it to every meet with you. For any team member who needs an extra copy to keep in their gym bag bring in a blank CD with \$5 we will burn an extra copy for you.



Practice Times

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

Friendly Reminder: Team Tuition is \$215 per month and is due on or before the 1st.

Leotards at Practice

Please make sure that every gymnast is wearing a leotard to practice. Wearing the proper attire makes it easier for coaches to correct form and body position, It also makes it easier to spot.

The Votes Have Been Tallied

We tallied up all of last years team member votes and the majority chose to keep the same leotards as last year. Although I talked to the leotard company about the material, they said that there was nothing they could do for us and highly stressed following the washing instructions precisely. I know that some of you have spoke with them as well and

received the same information. We will use the same company for this years leotards and will find another one next year when we get new designs.

On Wednesday, October 8th all gymnasts who have last years team leotard please bring it, along with your team warm-up with you to practice. We can then see who needs a different size and we will use the

current ones to size all the new team members.

The cost of the whole package New is \$250.

Leotard & Scrunchie: \$90

Warm-Up Jacket & Pants: \$120

Gym Bag: \$40

Payment is due by October 15th so we have time to order them and have them here before the Holiday Show in December.

Holiday Show

We will be having our Holiday Shows the weekend of December 13th -14th. We would like our team girls to do a tumbling performance for the younger kids during their shows and then the team kids will have their own show that they can sign up for. We highly recommend everyone take part in the festivities. It is a lot of fun. More information will come as we get closer!

October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice 6:00-8:45	2	3 Practice 5:15-7:30	4
5	6	7	8 Practice 6:00-8:45	9	10 Practice 5:15-7:30	11
12	13	14	15 Practice 6:00-8:45	16	17 Practice 5:15-7:30	18
19	20	21	22 Practice 6:00-8:45	23	24 Practice 5:15-7:30	25
26	27	28	29 Practice 6:00-8:45	30	31 GYM CLOSED	

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. It is not acceptable for us to find out that a gymnast is not coming to practice through their fellow team members.

2008-2009 Meet Schedule

This schedule is tentative and could change, although it looks like this will be our meet schedule.

<u>Meet</u>	<u>Possible Meet Dates</u>
<i>Farmington Gymnastics</i>	<i>January 30, 31, or February 1</i>
<i>Oakland University (GTC)</i>	<i>March 6, 7, or 8</i>
<i>Wolverine Classic (Ann Arbor)</i>	<i>March 13, 14, or 15</i>
<i>Infinity Gymnastics</i>	<i>April 3, 4, or 5</i>
<i>State Meet in Mid Michigan</i>	<i>May 8, 9, or 10</i>

* Please remember that we don't find out which day and time we compete on until about 10 days prior to the meet. It is not acceptable for you to personally call the gym hosting the meet to find out the meet schedule before it has been posted. When they post it we will be sure to get it to you. Sometimes they put it on their gym website so you can see it yourself that way. *