

Prep Op Team

November 2008



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It is time for Routines!

Holiday Spectacular

Some of you have expressed confusion over the Holiday Spectacular in December, so I would like to clear it up for you.

We put on 5 different shows the weekend of December 13th and 14th. Our recreational gymnasts sign up for the day and time that corresponds with the class that they are in. During the 2 shows on Saturday and the first 2 shows on Sunday we need team girls to sign up (the sign up sheet is at the front

desk) to come to the shows and perform a group tumbling demonstration. We received an overwhelming number of compliments last year for our team performance. Many parents said that it was motivating to see actual gymnasts from American Allstars performing such high level skills.

The last show is on Sunday, December 14th from 4:00-6:00pm. Prep Op kids are encouraged to sign up for this show so they can individually perform

all of their routines.

This is a great opportunity to prepare for meet season. Team members will perform routines on all four events. The cost for this show is \$35 per gymnast and \$4 per guest ticket. If you are part of the team demonstration at an earlier show you will receive up to 6 free tickets for the last show. Gymnasts will also receive a medal and certificate for participating.

Hope that clears it up a little for you! Feel free to ask if you have any more questions.

Practice Times

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

Friendly Reminder: Please notify us ahead of time if you will be absent.

Athletic Tape

Athletic tape is a common item that gymnasts use. We go through lots of tape, so we will give each gymnast 1 roll of tape to keep in their gym bag for practices and meets. After that they will need to bring their own or purchase a roll for \$2.00 at the front desk.

Routines, Routines, and More Routines

It is time to dive into routines on bars, beam, and floor. Everyone has their floor music and routine now, so we will be practicing during our floor rotation.

Routines will be extremely important from now until the end of meet season, which is mid May. Gymnasts will be scored at meets based on the quality of the routines they perform. Some of the main

things judges will be looking for are creativity, fluidity, form, execution, and overall performance. Quality is revered over quantity. It is way better to do simple skills well, than to throw harder skills at a mediocre level. We will be emphasizing all of this during practice.

Gymnasts are highly encouraged to review and practice their routines in their head and

in the mirror at home. We will work on the tumbling skills at practice, but they should go over arm placement, head placement, and the dance moves that are included in their beam and floor routines.

Gymnasts will still be able to work on new skills, but our main focus will be on perfecting the skills they will be competing.

Routine Re-vamp

Some of last years team gymnasts need a little re-vamping to their floor routine to make sure that it has all the requirements and incorporates new skills. We will be going over this in practice, but if it requires more work than can be done in a group setting you will be notified so we can set up a 30 minute private lesson. The private lesson would cost \$45 and would have to be set up for a Saturday or Sunday with Coach Amy or Coach Missy; depending on availability.

November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Practice 6:00-8:45	6	7 Practice 5:15-7:30	8
9	10	11	12 Practice 6:00-8:45	13	14 Practice 5:15-7:30	15
16	17	18	19 Practice 6:00-8:45	20	21 Practice 5:15-7:30	22
23/30	24	25	26 Practice 6:00-8:45	27 Thanksgiving Gym Closed	28 No Practice Gym Closed	29 Gym Closed

December Events

- Team Sleepover starts Saturday, Dec. 6th @ 6:30pm . Pick Up is Sunday, December 7th by 9:30am
- Prep Op Holiday Spectacular group performance Dec. 13th & 14th
- Prep Op Holiday Spectacular individual performance— Sunday, Dec. 14th from 4:00 -6:00pm
- Gym officially closed Dec. 22nd — Jan. 1st
- Optional Practices
 - Monday, Dec 22 - 10:00am—12:30pm
 - Monday, Dec 29 10:00am—12:30pm



Team Sleepover

The girls have been asking since the season started and it is finally happening...a team sleepover at the gym! The sleepover will start at 6:30pm on Saturday, December 6th and will last until 9:30am on Sunday morning.

We will provide pizza and drinks, but the girls are encouraged to bring snacks to share and to bring their own sleeping gear.

If this one is anything like past sleepovers, they will have a blast!



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.