

Prep Op Team

February 2009



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Great Start to the Season!

Farmington Meet Results

Congratulations to all 22 girls on our team who competed in their first meet of the year. Many girls competed for the first time ever and others returned for another awesome season. All of our gymnasts did great and we are so proud of each and every one of them. They represented American Allstars in a fantastic way and demonstrated that hard work and effort do pay off.

Bronze team took second place all-around and Silver team took third place all-around. The gold team of Taylor S. and Taylor H. are not eligible for a team award, but they both also had a fantastic meet.

There were lots of memorable routines on all the apparatus and we couldn't have asked for a better start to the season.

Great job girls! We are so excited for this season to continue. Your goal should be to grow as a person, gymnast, competitor, and teammate at each of the remaining competitions.

Thank you for performing with integrity, cheering on the other teams, and keeping a positive attitude. You girls ROCK!



Coach Amy
&
Coach Missy

Why Did I Get That Score

Coach Missy and I have had a few discussions with the gymnasts about scores, but here is some information for parents. Gymnastics is a sport that allows a judge to interpret each routine. As long as the judges use the same standards for each group then it doesn't matter if they give low scores or high scores because everyone is being judged the same.

We are not allowed to see the judges notes or score sheets so it is impossible for us to know exactly everything they may be deducted for. However, there is a "Start Value" score and if the gymnast is missing a required element then the start value will be below a 10.0. If that is the case then we will approach the judge and find out what the missing skill was.

Gymnasts were heavily instructed by us that while at the meet they were not allowed to cry over scores or medals. **Effort** is the most important thing. The score may seem important, but in the long run it really isn't. The goal next meet is to have a better performance, not a higher score. Remember, different judges score different ways!

Posted Meet Results

If you are interested, Farmington has posted all of the meet results on their website.

FarmingtonGymnasticsCenter.com

You can search by team score or individual score.

Check the Web!
AmericanAllstarsKids.com

Leotard Washing Instructions

Please be very careful if you wash your gymnast's team leotard. They are very delicate and the colors can easily run. I have a print out of Motion Wears washing instructions for anyone who needs it. Please be careful!

Assignments During Practice

We were able to video tape every single girls routine and watch over them. We have typed up notes for each gymnast regarding every event and the skills or combinations they need to work on. During practice they will be correcting these mistakes so that we can learn from the first meet and improve their all around performance.

February



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

Silver Team Score = 103.875.

Bronze Team Score = 107.975

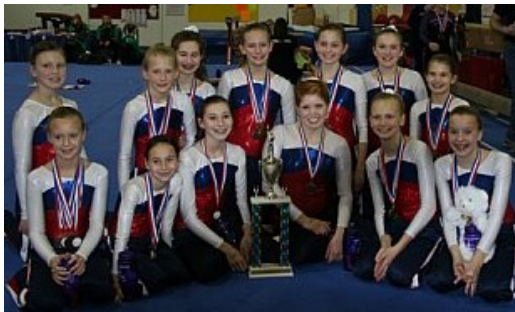
Upcoming Meets:

March Madness hosted
by GTC @ Oakland
University

March 6, 7, or 8

Wolverine Classic
hosted by Gym America
in Ann Arbor

March 13, 14, or 15



BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY!

What is the most important meal of the day? It has been proven that our brains work better, we feel better, and we have more energy when our body is fed in the morning. These things happen when we eat breakfast.

What makes a good breakfast? Eating at least 3 things from the food pyramid groups. **Fruit group:** banana, orange, apple, etc...**Grain group:** something in the whole wheat grain group -- whole wheat waffles, toast, cereal, etc. ...**Meat group:** egg, peanut butter (found in the jar, not in snack foods), cheese, meat etc. ...**Milk group:** milk for cereal, yogurt, cottage cheese, etc.

Always keep breakfast foods on hand so that a cheese sandwich and apple can be eaten in the car on the way to school if running late. Also, keep these foods at eye level so the child can help out in the morning. Parents, be a role model and eat with the children.

Remember that breakfast helps children in school retain their lessons easier, have better attendance (less sick days), and have improved behavior in school. When children get hungry they stop learning, act out, and don't want to go to school.

—Kathy Kinney: Nutritionist