

Prep Op Team

March 2009



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Powerful Words Kickoff!

Dear Family,

We are launching our Character Development Program this month. All coaches will discuss with their students the word of the month and how it applies to the gym, school, and their everyday lives.

This month we will focus on the character concept "confidence." Our power-chat discussions and activities will aim to help children understand the importance of being confident in themselves as well as to inspire them to show their confidence at home, at school, and out in the community.

Confidence is a combination of trust and assuredness. Confident people have a feeling of inner certainty that everything will work out in a positive manner and as envisioned. They believe in themselves, their abilities, and in those they

trust.

Confident people are aware of their strengths but don't feel they need to brag about them for validation. They already have that certainty inside.

Confident people can harness their passion, try new things, meet new people, and embrace their own identity even if they're different from others. They tend to have a "glass as half full" outlook and use that positivity to urge them forward when times are tough.

Because of what we do here in classes, the many studies that have linked physical activity to confidence in children are particularly interesting. For example, just a few months ago, the Journal of Sports Science and Medicine concluded that when young athletes are taught using different types of instruction they are more likely to improve their

outcomes as well as their confidence in themselves (Tzetzis et al, 2008). We're proud to subscribe to this view by offering our families both a physical and character-based curriculum.

This month the definitions of confidence are as follows:

Young students: I believe in myself! Older students: Trusting ourselves and knowing that we can do it!

As always, one of the best ways to reinforce POWERful Words is by modeling strength of character ourselves. Share with your children how confidence permeates your mind and actions everyday.

We thank you for your support. You are pivotal in helping to make our school one of the best Gymnastics, Karate, and Personal Development Centers in the world.

Project of the Month

The first week of every month we will hand out the project of the month. This project will pertain to the word of the month. This month the word is CONFIDENCE.

It is optional for kids to participate in the project, but we highly encourage it! We will keep a list each month of every student who turns in their word of the month project.

Extra project sheets can be found under the Powerful Words Character Development board located by the front desk.

Hopefully you will be able to go over the project of the month with your child and discuss it with them. We know that this would greatly enforce the meaning of the word and how it applies to their lives.

In the upcoming months we will learn about the meaning of the following words: **April: Appreciation; May: Teamwork; June: Courtesy**

The first 10 parents who can tell us the number of times the word of the month appears in the lobby and viewing areas receives a free water bottle! Start counting!!!

Mini Meet Check List

Team Leo & Scrunchie
Team Warm-Up
Team Bag
Copy of Floor Music
Grips & Tape

Check the Web!
AmericanAllstarsKids.com


Beside our team gymnastics camps, we run a variety of camps over the summer that the girls may love to be a part of. We are bringing in Girls Empowered, we have an amazing jump rope camp, there is a fun cosmetology camp, and many many more! Please check online or at the front desk for more info.

Congratulations Coach Missy!

By now I think everyone knows that Coach Missy and her husband are expecting their second baby boy. She is due at the end of April, so she will be continuing with us through March and will then be going on maternity leave. She plans on coming back in the summer. We wish her well and expect to be seeing the new bundle of joy soon!

March



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Practice 6:00-8:45	5	6 Practice 5:15-7:30	7 Gymnastics Meet at OU 8:30am
8	9	10	11 Practice 6:00-8:45	12	13 Practice 5:15-7:30	14 Gymnastics Meet Ann Arbor 6:30pm
15 Gymnastics Meet Ann Arbor 8:30am	16	17 	18 Practice 6:00-8:45	19 Women's Safety Seminar 7:30pm	20 Practice 5:15-7:30	21 Child Safety Seminar 10:00am
22	23	24	25 Practice 6:00-8:45	26	27 Practice 5:15-7:30	28

Team Summer Camps

We have our own team camps during the summer. We will not have regular practice the weeks of camp. Camps are the following weeks:

July 20th – 24th
9:00am – 12:00pm

August 10th -14th
1:00pm – 4:00pm

We also offer a variety of camps during the summer that gymnasts, siblings, or friends may be a part of.

April Gym Closings

We will be following the Walled Lake School districts closing schedule for Spring Break in the month of April. American Allstars and Ryukyu Karate will be closed Monday, April 6th through Saturday, April 11th.

Upcoming Meets:

March Madness hosted by GTC @ Oakland University

Saturday, March 7

7:30am Check In 8:45am Competition Begins

Wolverine Classic hosted by Gym America in Ann Arbor

Saturday, March 14 (Gold Team Members)

6:30pm Check In 7:15pm Competition Begins

Sunday, March 15 (Bronze & Silver Team Members)

8:00am Check In 8:45am Competition Begins

I can do it!

CONFIDENCE

I believe in me!