

Prep Op Team

April 2009



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## APPRECIATION!

This month our academy will focus on the character concept, "Appreciation." Our power-chat discussions and activities will aim to help children understand the importance of being an appreciative person as well as to help them show more appreciation to others.

Appreciation involves seeing the worth, value, quality, or significance of the people and things we have in our lives. It's a blend of thankfulness, admiration and approval that reminds us to look on the bright side of life.

People can show appreciation for many things whether it's for the people who've helped or inspired them, the places they get to visit, the games they get to play, or the freedom, love and happiness that they get to experience each day. The

important thing is that people who are appreciative are fully aware of how special, unique, or wonderful something is-- not in comparison to anything else, just based on its own intrinsic value.

People who show appreciation make sure that others know that they are not being taken for granted. They don't allow gifts, kind gestures, or a helping hand go unnoticed. They ensure that the people in their lives know that they are special for the unique gifts they bring to the relationship; whether it's a sense of humor, a giving nature, or a knack for explaining things without being condescending.

Appreciative people tend to refrain from complaining often and can typically find the silver lining even in tough situations.

Studies show that those who are more appreciative are happier and healthier. Researchers have found that even the practice of writing down gratitude-based thoughts is linked to fewer health problems, decreased depression, an improved immune system and improved grades! A few months ago, a study reiterated the power of appreciation with teens. Those who wrote letters of appreciation every two weeks tended to feel happier after each letter was written (November, 2008). This is certain to be a very Powerful Month indeed!

**Young students:** "I know how special you are and I thank you!"

**Older students, teens and adults:** Being fully aware and thankful for both the little and big things in life.

## Judging Advantage & Possible Practice Meet

We were so excited and grateful that gymnastics judge Donnlyn Trevethan was able and willing to come in during practice. Donna was recently promoted to Level 10 National judge.

She scored all the beam and floor routines and then stayed

after practice ended to judge any bar routines or vaults. She had a lot of valuable advice for not only the gymnasts, but for the coaches. We can't wait to pass all this new found knowledge on to the whole team so that everyone can benefit from it.

*Stars and Stripes Gymnastics Academy has asked if we could host a practice meet between our gyms either late April or early May. We are looking over possible dates that the gym is available and that their coaches are available. We will keep you up to date.*

### Mini Meet Check List

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

**Check the Web!**  
[AmericanAllstarsKids.com](http://AmericanAllstarsKids.com)

We are CLOSED the week of Monday, April 6th - Sunday, April 12th for Spring Break. Practices will resume the week of April 13th

While Coach Missy is gone on maternity leave Coach Jess, Coach Carey, & Coach Liz will be helping us out. We are super blessed to be able to have such a wonderful staff that is willing and able to step up and help out.

*Good luck and best wishes to Coach Missy and her husband, Steve.*

Thank you to Coach Jess, Coach Carey, & Coach Liz for their help and support!

# April



| Sun                              | Mon | Tue | Wed                         | Thu | Fri                         | Sat                                    |
|----------------------------------|-----|-----|-----------------------------|-----|-----------------------------|----------------------------------------|
|                                  |     |     | 1<br>Practice<br>6:00-8:45  | 2   | 3<br>Practice<br>5:15-7:30  | 4<br>Gymnastics<br>Meet at<br>Infinity |
| 5                                | 6   | 7   | 8                           | 9   | 10                          | 11                                     |
| <b>Spring Break - Gym Closed</b> |     |     |                             |     |                             |                                        |
| 12                               | 13  | 14  | 15<br>Practice<br>6:00-8:45 | 16  | 17<br>Practice<br>5:15-7:30 | 18                                     |
| 19                               | 20  | 21  | 22<br>Practice<br>6:00-8:45 | 23  | 24<br>Practice<br>5:15-7:30 | 25                                     |
| 26                               | 27  | 28  | 29<br>Practice<br>6:00-8:45 | 30  |                             |                                        |

## Team Summer Camps

**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.

## Summer Practice Schedule

Monday 5:00pm-7:30pm  
Wednesday 10:00am-12:30pm

## State Finals

The Prep Op State Meet is Mother's Day Weekend, May 8th - 10th. As soon as we find out when we will be competing I will let you know.

The meet site is Northwood University in the Hach Student Life Center.  
4000 Whiting Dr,  
Midland, MI 48640

## Infinity Gymnastics Meet

### Mission Impossible

Bronze & Silver

Saturday, April 4th

7:40am Check In      8:00am Timed Warm-Up

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Gold

Saturday, April 4th

12:40pm Check In      1:00pm Timed Warm-Up

**Thank You!**

**APPRECIATION**

**I am grateful**