

Prep Op Team

May 2009



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State Meet Information

Mini Meet Check List

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

Check the Web!
AmericanAllstarsKids.com

Memorial Day Parade

We will be participating in the Walled Lake Memorial Day parade on the morning of May 25th. We would love for everyone to join us! Mark it on your calendars!

Congratulations to Coach Missy & her husband Steve who welcomed their second baby boy into the world on Sunday, April 19th. His name is Trevor Michael and he weighed 6lbs 13oz. Trevor and Coach Missy now share the same birthday!

Congratulations!

<u>Gold Team</u>		<u>Bronze Team*</u>	
<u>Session 5</u>		(11 & 14-17 year olds)	
<u>Saturday, May 9, 2009</u>		<u>Session 7</u>	
<u>Sunday, May 10, 2009</u>		<u>Sunday, May 10, 2009</u>	
Check In & Stretch	4:30pm	Check In & Stretch	12:00pm
First Event Warm-Up	5:05pm	First Event Warm-Up	12:35pm
Competition Starts	5:20pm	Competition Starts	12:55pm
Awards Ceremony	8:30pm	Awards Ceremony	4:15pm
<i>Taylor S. & Taylor H.</i>		<i>*Marie, Kaitlyn, Chelsey, Abby, Kelsey, Alyse</i>	
<u>Silver Team</u>		<u>Bronze Team*</u>	
<u>Session 6</u>		(10, 12, 13 year olds)	
<u>Sunday, May 10, 2009</u>		<u>Session 8</u>	
<u>Sunday, May 10, 2009</u>		<u>Sunday, May 10, 2009</u>	
Check In & Stretch	8:00am	Check In & Stretch	4:30pm
First Event Warm-Up	8:35am	First Event Warm-Up	5:05pm
Competition Starts	8:50am	Competition Starts	6:00pm
Awards Ceremony	12:15pm	Awards Ceremony	8:30pm
<i>*Jacqueline, Emily K., Rachael, Erin, Paige, Julia, Hailey</i>		<i>*Angela, Sydney, Sharon, Mackenzie, Madeline, Emily B., Madison</i>	

State Meet Location

Northwood University in the [Hach Student Life Center](#).
4000 Whiting Dr, Midland, MI 48640-6634

Admissions: \$10 Adults, \$7 Juniors and Seniors, Gymnasts Free with USAG card.

May



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

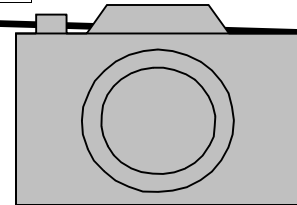
Wednesday 10:00am-12:30pm

I thought everyone did a great job at the practice meet with Stars & Stripes. It was nice having a judge here and the girls performed wonderfully!

Parents, thank you for your support as always! An extra big thanks goes out to Rachael's parents and Sharon & Hailey's dads who stayed and helped us put the gym back together!

TEAM PICTURES

Friday, May 8th, 2009



We have already set up for TSS Photography in White Lake to come to the gym and take individual, team, and group photos for ALL Prep Opt team members. Since this is the last practice before the State Meet all gymnasts will be in attendance so no one will be left out. Gymnasts should bring their competitive leotard, warm-up outfit, and have their hair PULLED BACK nicely; just as they would for a meet. They should have a practice leotard with them as well because we will be going through all of their routines. We will have order forms at the front desk for anyone who is interested in ordering pictures.

If you have any questions please feel free to ask me!

Thanks! Amy :)

There is no I in TEAM

TEAMWORK

We Can Do It