

Prep Op Team

September 2009



3275 Martin Rd Suite 125
Commerce, MI 48390

Phone: 248-668-9805

Fax: 248-669-9809

E-mail:

amy@AmericanAllstarsKids.com

missy@AmericanAllstarsKids.com

Welcome to the 2009-2010 Season

POWERFUL WORD = COURAGE

This month we will focus on the character concept, "courage." Our power-chat discussions and worksheet will aim to help children understand what it means to face challenges with determination as well as to help them explore individual fears and how to overcome them. We want our students to learn when to power through their fears and take healthy risks in order to what's right and what's necessary.

While many children might believe so, courage doesn't mean "not being scared." In fact, as parents and

mentors, it's important that we let children know that everyone gets scared sometimes. Even heroes get scared! It's how we cope with those fears in the face of challenges that dictates our level of courage.

Obviously there are reasons why we get scared. Some of those reasons are protective. We're scared because fear can keep us safe. Other times fears emerge from our imagination. We worry about what might happen-- even if it's unlikely. These are the times that courage lends a hand.

We need courage

to try new things and meet new people. We need courage to stand up for our values and what we believe is right. We also need courage to move forward towards realizing our goals. All we need to do is calm ourselves down so we can make good choices!

As always, one of the best ways to reinforce POWERful Words is by modeling strength of character ourselves. Share with your children all the ways you show courage each day and show them what a bravery looks like!

-Dr. Robyn Silverman

What to expect in September

We had a great summer and would like to welcome all the returning members back and all the new members to the team! Coach Missy and I are very pleased with the progress of everyone. This season is going to be great and we are so excited that it has begun.

In the month of September we will continue to work on new skills and improve existing ones. We will also keep

focusing on conditioning, endurance, and strength training. The progress made over the summer and in September will help us make the best decision possible about which team (bronze, silver, or gold) each gymnast will be placed on. Team level placement will be announced at the end of the month & will be whatever team we think each gymnast will be most successful and challenged at.

Since this is the 3rd year of the prep op team we will be getting new leos and warm-ups. We will also be getting new team t-shirts for the girls.

There will also be a sign up sheet for those who don't have a floor routine. Team members that were new last year will keep the same music, although we might alter their routines to add their new skills. Floor routines are kept for 2 seasons.

Practice Times

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

We're on FACEBOOK
Become a FAN!

Staying Organized

Gymnastics is important, but school comes first! We want and expect everyone on team to do well in school. Please keep yourself organized and prepared so that you can be successful in both!

Am I Prepared for Practice?

- Leotard
- Hair pulled back
- Water bottle (Water, Gatorade, Propel, etc...no pop)
- Grips & Tape
- Well nourished (Protein & Carbohydrates that can be used by your body as fuel)
- Focused and in a productive mind-set

September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 First Day of Fall Classes	2 Team Practice 6:00-8:30	3	4 Team Practice 5:00-7:30	5 Gym Closed
6 Gym Closed	7 Gym Closed Labor Day	8	9 Team Practice 6:00-8:30	10	11 Team Practice 5:00-7:30	12
13	14	15	16 Team Practice 6:00-8:30	17	18 Team Practice 5:00-7:30	19
20	21	22	23 Team Practice 6:00-8:30	24	25 Team Practice 5:00-7:30	26
27	28 Day Camp	29	30 Team Practice 6:00-8:30			

Payment List

Sept 1st Tuition \$220
 Sept 25th Warm-Up \$120*
 Sept 25th USAG \$20
 (Please turn in form)
 Oct 1st Tuition \$220
 Oct 25th Bag \$40
 Oct 25th Leo \$90*

*Prices are approximate & exact amounts will be announced soon.

October



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

Attendance at Practices

It is very important that we have all the gymnasts attending every practice. We know that there will be occasions where a school or family function might cause an absence and as long as we are notified ahead of time that absence can be excused. Excessive absences are not beneficial for the gymnast or the team and may result in your gymnast being ineligible for certain skills, events, and can affect team level placement.

Friday Night Open Gym 7:30-10:30 for \$15

Open to any student 5 yrs & above with a signed waiver on file. Limited to the first 75 kids. Sign up in advance to reserve your spot. Offered almost all Fridays that the gym is open.