

Prep Op Team

October 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

It's time to get ready for meet season!

Team Placement

Coach Missy & I had all the girls who attended practice on Friday, September 25th fill out a self-evaluation form to tell us which team they thought they should be placed on.

We were impressed with how much thought they put into their decision and enjoyed reading their reasoning. Quite a few girls struggled with their decision and realized that they were ready to do a higher

level on some events, but not on others. It is very important to us that each gymnast is prepared to compete every event successfully.

We will be re-evaluating everyone in November and if a change in the team they have been placed on is needed we will let you know.

If you have any questions please feel free to e-mail or call.

Also, *everyone* MUST have a copy of their floor routine music CD (once you receive your routine) that you bring to every practice and every meet.

For any team member who needs a copy of their music to keep in their gym bag bring in a blank CD with \$5 we will burn an extra copy for you.



Practice Times

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

Friendly Reminder: Team Tuition is \$220 per month and is due on or before the 1st.

Leotards at Practice

Please make sure that every gymnast is wearing a leotard to practice. Wearing the proper attire makes it easier for coaches to correct form and body position, It also makes it easier to spot.

Ordering Team Leos & Warm-Ups

All of the girls have been sized for their new warm-up jacket, pants, and leotard. We know that parents want to make these items last the entire 2 years, but we had to order the same size pants and jacket for each girl.

Since it is unacceptable for the girls to look sloppy at a meet we chose the size that looked the best on them. In general the pants seemed

to be long on most of them, so they might have to either roll the top of the pants down or have them hemmed.

When it comes to the leotard we want it to be very form fitting. Competitive leotards should not be baggy. We have used the GK - Elite measuring charts to pick the best leotards for each of the girls.

The leotards are

being custom made from GK's catalog and will look very similar to the leotard pictured below.



Holiday Show

We will be having our Holiday Shows the weekend of December 19th -20th. We would like our team girls to do a tumbling performance for the younger kids during the shows and then the team kids will have their own show that they can sign up for. We highly recommend everyone take part in the festivities. It is a lot of fun. More information will come as we get closer!

October



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

October Events

- You can wear your gymnastics friendly Halloween costume to class Oct 30th. Wear your leo underneath so you can take the costume off.
- Friday Night Open Gym has been a big hit, so feel free to join in for only \$15, 7:30-10:30pm.

Payment List

Oct 1st	Tuition	\$220
Oct 25th	Team Bag	\$40*
Oct 25th	New Leo	\$94**
Nov 1st	Tuition	\$220
Nov 13th	T-Shirt	\$20

*We will be using the same team bags as last year, so only new members need to purchase one. Every gymnast must have their own individual bag.

** We will have jewels added to our team leo so the total cost is \$94

2009-2010 Meet Schedule

This schedule is tentative and could change

<u>Location</u>	<u>Possible Meet Dates</u>
<i>Farmington Gymnastics</i>	<i>January 29, 30, or 31</i>
<i>Wolverine Classic (Ann Arbor)</i>	<i>February 26, 27, or 28</i>
<i>Oakland University (GTC)</i>	<i>March 5, 6, or 7</i>
<i>Hartland Gymnastics</i>	<i>March 26, 27, or 28</i>
<i>State Meet in Mid Michigan</i>	<i>April 23, 24, or 25</i>

* Please remember that we don't find out which day and time we compete on until about 10 days prior to the meet. It is not acceptable for you to personally call the gym hosting the meet to find out the meet schedule before it has been posted. When they post it we will be sure to get it to you. Sometimes they put it on their gym website so you can see it yourself that way. *