

Prep Op Team

November 2009



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## *It is time for Routines!*

### **Holiday Spectacular**

Some of you have expressed confusion over the Holiday Spectacular in December, so I would like to clear it up for you.

We put on 5 different shows the weekend of December 19th and 20th. Our recreational gymnasts sign up for the day and time that corresponds with the class that they are in. During the 2 shows on Saturday and the first 2 shows on Sunday we need team girls to sign up (the sign up sheet is at the front

desk ) to come to the shows and perform a group tumbling demonstration. We received an overwhelming number of compliments last year for our team performance. Many parents said that it was motivating to see actual gymnasts from American Allstars performing such high level skills.

The last show is on Sunday, December 20th from 4:00-6:00pm. Prep Op kids are encouraged to sign up for this show so they can individually perform

all of their routines. This is a great opportunity to prepare for meet season. Team members will perform routines on all four events. The cost for **this** show is \$35 per gymnast and \$4 per guest ticket. If you are part of the team demonstration at an earlier show you will receive up to 6 free tickets for the last show. Gymnasts will also receive a medal and certificate for participating.

Hope that clears it up a little for you! Feel free to ask if you have any more questions.

### **Routines, Routines, and More Routines**

It is time to dive into routines on bars, beam, and floor. Everyone has their floor music and routine now, so we will be practicing during our floor rotation.

Routines will be extremely important from now until the end of meet season, which is late April. Gymnasts will be scored at meets based on the quality of the routines they perform. Some of the main

things judges will be looking for are creativity, fluidity, form, execution, and overall performance. Quality is revered over quantity. It is way better to do simple skills well, than to throw harder skills at a mediocre level. We will be emphasizing all of this during practice.

Gymnasts are highly encouraged to review and practice their routines in their head and

in the mirror at home. We will work on the tumbling skills in the gym, but they should go over arm placement, head placement, and the dance moves that are included in their beam and floor routines.

Gymnasts will still be able to work on new skills, but our main focus will be on perfecting the skills they will be competing.

#### **Practice Times**

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

**Friendly Reminder: Please notify us ahead of time if you will be absent.**

#### **Athletic Tape**

Athletic tape is a common item that gymnasts use. We go through lots of tape, so we will give 1st year team gymnasts 1 roll of tape to keep in their gym bag for practices and meets. After that they will need to bring their own or purchase a roll for \$3.00 at the front desk.

the  
**edge**  
fitness center

If you haven't already, please take the time to check out the fitness center!

New cardio equipment just arrived, there are weight machines, adult fitness classes, and monitors to view your child in the gym while you work out.

Your first class is **FREE!!**

# November



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Holiday Festival Tickets On Sale	3 School's Out Day Camp	4 Practice 6:00-8:30	5	6 Practice 5:00-7:30	7	
8	9	10	11 Practice 6:00-8:30	12	13 Practice 5:00-7:30 Team T- Shirt \$20	14	
15	16	17	18 Practice 6:00-8:30	19	20 Practice 5:00-7:30	21 Open Gym	
22	23	24	25	26 <b>Thanksgiving</b>	27	28	
29	30	<b>Gym Closed</b>					

## December Events

- Team Sleepover starts Friday, Dec. 4th @ 7:30pm . Pick Up is Saturday, December 5th by 8:45am
- Prep Op Holiday Spectacular group performance Dec. 19th & 20th
- Prep Op Holiday Spectacular individual performance— Sunday, Dec. 20th from 4:00-6:00pm
- Gym officially closed Dec. 22nd — Jan. 3rd
- Optional Practices  
  - Tuesday, Dec 22 - 10:00am—12:30pm
  - Tuesday, Dec 29 10:00am—12:30pm

## Team Sleepover

The girls have been asking since the season started and it is finally happening....a team sleepover at the gym! The sleepover will start at 7:30pm on Friday, December 4th and will last until 8:45am on Saturday morning. The cost is **\$10\*** per gymnast. (\*Was \$15)

We will choreograph the team tumbling demonstration for the Holiday Festival.

The girls are encouraged to bring snacks to share and to bring their own sleeping gear.

If this one is anything like past sleepovers, they will have a blast!

## Updated 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>Michigan State (Red Cedar)</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. \*