

Prep Op Team

December 2009



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Meet Season is Around the Corner

Team Competition Hair Style

It is very important that our team looks professional at each meet. Every time a gymnast touches their hair during competition they will get a deduction from their event score. It is very important that their hair is securely out of their face. Please follow the pony tail directions below and feel free to ask if you need further assistance or suggestions.

*Begin pulling hair together to form a pony tail at the top of the head (centered between the hairline at the forehead and the hairline at the neck). If the pony tail is too low, it will get in the way of skills, if it is too high it just looks silly. **All Bangs should be pulled back**, also make sure there are not any bumps, and pin back, hairspray or gel any fly-aways. Using two rubber bands may help

secure thicker hair.

*Once the pony tail is secured in the proper spot, hairspray and/or gel any fly-aways and/or bumps. It is important that all hair is pulled back to avoid distraction. Place team scrunchie around the pony tail.

*Next the pony tail may either be wrapped into a bun or the pony tail may be curled. You should choose the way that best keeps the hair out of your daughter's face.

The pony tail can be curled in a number of ways:

Curling iron: This way may be the least secure, however it can be done the day of the meet. Take a small section and curl them for about 15 seconds each (curling iron on high heat). Hair spray each section directly after curling.

Hot Rollers: This method is more secure and can also be done the day of the meet. After the pony tail is in, take small sections of hair and wrap around hot rollers. Have the rollers stay in for about 30-45 minutes. Hairspray each section when removing.

Sponge Rollers: This may be the most secure method (especially for stubborn hair). Sponge rollers can be found at any drug store. This method must be done the night before the meet, then will require maintenance the day of the meet. After the pony tail is set, take small sections of hair to wrap in the sponge rollers. Sleep in the sponge rollers over night. The next morning gently remove each roller slowly (to avoid frizzing). Spray each section with hair spray as you remove the rollers.

Holiday Spectacular Demonstration

We still need team members to sign up to participate in the Holiday Spectacular Tumbling Demonstration. It is free of cost, so please sign up for the day and time that work best for you.

Holiday Gym Closing
Dec 22-Jan 3

Gym Bag Items

- Copy of Floor Music CD
- Athletic Tape
- Water Bottle
- Deodorant
- Chap Stick
- Grips

Deodorant

Gymnasts who have made it to this level in gymnastics have done so with hard work and dedication. This hard work produces a lot of muscles, but also a lot of sweat!

We have had this discussion with all of the girls previously, but just a reminder that everyone needs to wear deodorant to each and every practice.

It will make for a better and nicer smelling gym!

First Team Sleepover of the Season

The team sleepover is quickly approaching and we know that the girls can hardly wait! Please sign up no later than Thursday the 3rd so we know exactly who is attending. When we took a tally in the gym of who was coming it pretty much looked like everyone; so this should be a lot of fun!

The sleepover is

\$10 and will start at 7:30pm on Friday, December 4th and last until 8:45am on Saturday morning. Please make sure that you are punctual with pick up and do not arrive after 8:45am.

We will provide pizza and drinks, but the girls are encouraged to bring snacks to share. They should bring their

own sleeping gear including, sleeping bags, blankets, pillows, pajamas, tooth brushes, etc. We played a game last year that everyone enjoyed, so if you have old/play make-up laying around they can bring that too.

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

December



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

Optional Practices

The gym is technically closed from Tuesday, December 22nd—Sunday, January 3rd. However, we are quickly approaching our first meet and want to make sure that the girls have every opportunity to practice their skills. We have optional practices on Tuesday, December 22nd and 29th from 10:00am—12:30pm for any team gymnast who is in town and wants to work out!

AAGA Apparel

Check out all the new American Allstars Gymnastics Academy apparel in our updated pro shop! We have embroidered shorts, zip ups, hoodies, hats, and t-shirts,

Gymnasts and tumblers will love the shorts that say "Gymnast," "Got Chalk," or "Tumbler." These come in a variety of colors and sizes.

As always, we have a large selection of gymnast leotards and American Girl Doll Leotards. If you don't see the size you need, please feel free to ask. We may be able to get you what you are looking for.

All of these items would make great holiday gifts, so stock up now! Don't wait until the last minute or the size and color that you want may be gone!

Parents, don't forget to get something for yourself. You will want to support your gymnast and their gym at all the meets, so find something you like today!

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. *