



3275 Martin Rd Suite 125
Commerce, MI 48390

Phone: 248-668-9805
Fax: 248-669-9809
E-mail:
office@AmericanAllstarsKids.com

www.AmericanAllstarsKids.com

Happy New Year!

Fitness Challenge

Welcome to 2010! We here at American Allstars want to help our gymnasts and tumblers to stay active and healthy in the New Year. We are asking you to help in this quest. From January 4th - January 16th students are asked to complete all the exercises on the fitness challenge paper the coaches will be handing out at the end of class.

Good exercise habits are learned at a young age and we want

to bring some of the exercises your child does in class to your home. Please read over the sheet with your child and discuss if they want to take part in the fitness challenge.

If they decide they would like to try, then have them complete the exercises in the chart. The exercises are a combination of cardio, strength training and flexibility. When they finish each day you can initial the appropriate box. Once they get all

the boxes initialed they can turn in their sheet to the front desk. All students who complete the Fitness Challenge will receive a special certificate in the mail for their wonderful achievement.

Please return no later than January 23rd.

Parents, there is a special EDGE Fitness Center challenge for you to participate in as well. Get fit with your kids this new year!!

Clinics & Open Gym

*Back walkover clinic	11:15-12:15	Jan 16	\$19
*Back handspring clinic	11:15-12:15	Jan 23	\$19
Open Gym	1:15-2:15	Jan 23	\$15
Open Gym Day Camp	9:00-12:00 or 1:00-4:00	Jan 15 & Jan 18	\$25
	9:00-4:00		\$50

Check out the Website!
AmericanAllstarsKids.com

Progress Sheets

Coaches continuously keep track of each athlete's progress in their coaches notebooks. We pass out progress reports twice a season. First at the end of January and then at the end of June. We will be filling out individual progress sheets and handing them out the last week in January.

It is very important to us that all skills be done properly before a student moves up to the next class. We keep track of progress to make sure that every child is working on the appropriate skills. When a student has accomplished all the skills necessary their coach will let you know that they

are ready to move up. The majority of students stay enrolled in a class for a full season; approximately 10 months.

New students will not receive a written evaluation, but if you have any questions don't hesitate to contact your child's coach or a member of our office staff.

How to "start" & "stop" a class:

- Gymnastics & Karate can be started at anytime. If you begin in the middle of a month it will be pro-rated for you.
- To stop a class just turn in a "class stop form" during your last month of class. (If you don't want to come in March, turn in the form before March 1st.)

January



the
edge
fitness center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	Friday Night ⁸ Open Gym 7:30-10:30	9
10	11	12	13	14	15 Friday Night Open Gym 7:30-10:30	16 Back Walkover 11:15-12:15
17	18	19	20	21	22 Friday Night Open Gym 7:30-10:30	23 Back Handsprings 11:15-12:15 Open Gym 1:15-2:15
24/31	25	26	27	28	29 Friday Night Open Gym 7:30-10:30	30

Fitness Challenge

Fitness Challenge

Fitness Challenge Due

Progress sheets are handed out

*Start off the new year with a belated holiday present to yourself! Give yourself the gift of fitness! Visit the EDGE and see how much fun you can have while improving your health and fitness. Our winter fitness challenge is called the **EDGE Pentathlon!** Come to The EDGE and get the details! Schedule for adult and kids classes is on the website.*



Gymnastics Meet

At American Allstars we have a competitive gymnastics team called Prep Op. It is for gymnasts who are 10 years and older. We currently have 25 girls on the team. The competitive season begins in January and ends in May. We would love it if anyone would like to come and

support the team at a local competition.

Our first meet is at Farmington Gymnastics Center the weekend of January 29, 30, & 31. There is no word yet on when exactly we will be competing, but as soon as we know we will post it in the gym and on the website.

2009 Holiday Spectacular

Wow! Thank you to all the gymnasts who participated in the 2009 Holiday Spectacular. Every show was a huge success and the gymnasts did an amazing job! It was so much fun watching everyone perform their routines under the spot light. You made us all very proud!



Thank you to all the audience members, coaches, and athletes for participating. If you took any pictures and want to share it with us.

Farmington Gymnastics is located at 23966 Freeway Park Dr. Farmington Hills, MI 48335.

If you have any questions about the meets or prep op, please feel free to contact Coach Amy.

Thanks for your support!!