



3275 Martin Rd Suite 125
Commerce, MI 48390

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

www.AmericanAllstarsKids.com

Ask the Nutritionist

What is the most important meal of the day? We all have heard for years that breakfast is the most important meal of the day and it is the most forgotten meal. Why is breakfast the most important meal? It has been proven that our brains work better, we feel better, and we have more energy when our body is fed in the morning. Don't we want to feel great and have the energy we need to do well in school, sports and to just have a good sense of humor? These things happen when we eat breakfast.

What makes a good breakfast? Eating at least 3 things from the food pyramid groups. **Fruit group:** banana, orange, apple, etc.--Preferred that one eats the fruit instead of drinking juice, because the fiber in the fruit lasts longer in the body, not

making you so hungry. **Grain group:** something in the whole wheat grain group -- whole wheat waffles, toast, cereal, etc. Whole Wheat grains last in the body longer and provide energy for at least three hours so you don't get tired at school and your grades don't slide. **Meat group:** egg, peanut butter (found in the jar, not in snack foods), cheese, meat etc. This helps to develop muscles and tissues needed to think, do sports and be active! **Milk group:** milk for cereal, yogurt, cottage cheese, etc. -- also helps to develop muscles and tissues needed to think, do sports and be active!

Always keep breakfast foods on hand so that a cheese sandwich and apple can be eaten in the car on the way to school if running late. Also, keep these foods at eye level so the child can help out in the morning.

Parents, be a role model and eat with the children. If running late you can have a cheese sandwich and apple in the car like your child. If your child's school has a breakfast program, encourage them to participate, better than not eating. Remember that breakfast helps: children in school retain their lessons easier, have better attendance (less sick days), and have improved behavior in school. When children get hungry they stop learning, act out, and don't want to go to school.

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY! THE BEGINNING OF A NEW MONTH IS UPON US SO LET'S START IT OFF BY MAKING A NEW HABIT. YOU WILL BE GLAD YOU DID!

—Kathy Kinney
- Nutritionist

Clinics & Open Gym

*Cartwheel clinic 11:15-12:15 \$19	Feb 13th
Open Gym 1:15-2:15 \$15	Feb 27th
Open Gym Day Camp 9:00-12:00 or 1:00-4:00 \$25 9:00-4:00 \$50	Feb 15th 16th 17th 18th 19th
Back Handspring Clinic 11:15-12:15 \$19	Feb 20th
Back Walkover Clinic 11:15-12:15 \$19	Feb 27th

Check out the website!
AmericanAllstarsKids.com

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.)

Progress Sheets

Coaches continuously keep track of each athlete's progress in their coaches notebooks. We pass out progress reports twice a season. Those students who were with us at least from December to now received a written evaluation from their coach. All others can receive a written evaluation when we pass them out again the last week of June.

As always, feel free to talk to your child's coach if you have questions.

For the safety of the athlete 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 for in a class for a full season; approximately 10 months.

If you have any questions don't hesitate to contact your child's coach or a member of our office staff.

February



Q & A

Q: When do you put out your summer camp schedule?

A: Mid-February! In the next couple weeks you can find our summer camp schedule posted online and in the office. We know you like to plan ahead and we would love to be a fun addition to your summer months!

Q: When does this "session" end?

A: We don't have sessions; we allow you to sign up by the month. You may stop at the end of any month by filling out the stop class form. Our current schedule runs through the end of June. We have a summer Olympics performance for any student enrolled in June. They receive a medal, certificate, & formal evaluation on the last day.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13 Cartwheel Clinic 11:15-12:15
14 	15	16	17	18	19	20 BHS Clinic 11:15-12:15
School's Out Day Camps						
21/28	22	23	24	25	26	27 Open Gym 1:15-2:15 & BWO Clinic 11:15-12:15

Silver Team 2nd Place = 109.325.



Gold Team 2nd Place
= 107.6



Bronze Team 1st Place = 110.2



Prep Op Gymnastics Meet

Congratulations to the 25 girls on our Prep Op gymnastics team who competed in their first meet of the year. Many girls competed for the first time ever and others returned for another awesome season. All of our gymnasts did great and we are so proud of each and every one of them. They represented American Allstars in a fantastic way and demonstrated that hard work and effort do pay off. Our Bronze team took first place all-around and our Silver & Gold team took second place all-around. There were lots of memorable routines on all the apparatus and we couldn't have asked for a better start to the season.

- Coach Amy, Coach Missy & Coach Carey



Fitness Challenge

WOW! Thank you to all the students and families who participated in the Fitness Challenge. The entire staff of American Allstars is so proud and impressed by the number of students who completed the fitness task and turned in their sheets.

Parents, if your child participated and turned in their

paper they should have received a certificate in the mail signed by their coach. If they have not received this yet please speak to a member of our office staff. We want to make sure that everyone who worked hard is rewarded for their dedication to being active and staying healthy!

We were overwhelmed

and excited at the turnout and are very optimistic that 2010 is going to be an active and healthy new year.

We loved hearing that families got involved. Keep up the amazing work to a healthy and happy 2010.

