



3275 Martin Rd Suite 125
Commerce, MI 48390

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

www.AmericanAllstarsKids.com

Powerful Words One Year Anniversary!

Dear Families,

It has been one year since we launched our Character Development Program! We have had words such as confidence, appreciation, teamwork, discipline, empathy, dependability, courage, open-mindedness, citizenship, commitment, courtesy, and self-control. This has been a great program and we hope that you have found the value that this program adds to your child's class.

Anger management is contingent on our ability to recognize other people's feelings (empathy), the control we have over our own behaviors that impact those feelings (self control) and our ability to

cope with our anger in constructive ways so that we don't hurt others physically or mentally with words or fists. Anger Management is a vital part of relationship management, violence prevention, and positive problem-solving.

Anger management is a process that helps us to reduce stress and get our feelings across in a constructive, safe, and fair way. We will teach our students the 5 Powerful T Steps:

- (1) Tune in;
- (2) Take a deep breath;
- (3) Talk to yourself;
- (4) Think it through;
- (5) Tune back in.

These steps can be used as tools to gage one's feelings and come up with solutions to defuse one's anger and problem solve

simultaneously. New research tells us that, in teens, anger management can be affected negatively by one's social group. According to a study that came out this past December, young people who want to be better appreciated and respected within their group are the most likely to be violent (Psicothema; December, 2009).

The definitions for Anger Management are as follows:

Young children: I calm myself down when I feel angry!

Older children, Teens and Adults: Dealing with anger in a safe, fair and positive way.

Clinics & Open Gym

School's Out Day Camps 9:00-12:00 and/or 1:00-4:00	March 9
Open Gym 1:15-2:15 \$15	March 27

**Check us out on the web!
AmericanAllstarsKids.com &
become a FAN on Facebook**

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

- Gymnastics, Fitness & 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 May, turn in the form before May 1st.)

Congratulations Prep Op Teams

Congratulations to our Prep Op Bronze, Silver, & Gold teams who did awesome at their recent gymnastics meet held at Michigan State University. All 25 competitors did amazing and were rewarded with great scores and medals. Our Bronze team took 2nd place, Silver took 1st, and Gold took 5th.

We have 3 meets

left in this season and we know that they will continue to make us all proud and represent American Allstars in such a positive way!



March



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Gymnastics Meet at OU 8:30am
7	8 School's Out, Day Camp 9:00-12:00 and/or 1:00-4:00	9	10	11	12	13
14	15	16	17 	18	19	20
21/28	22	23	24	25	26	27 Open Gym 1:15-2:15

April Gym Closings

We will be following the Walled Lake School districts closing schedule for Spring Break in the month of April. American Allstars, Ryukyu Karate, & The Edge Fitness Center will be closed Friday, April 2nd through Thursday, April 8th.

Just a reminder that we do not give make-up classes for days that the gym is closed. We do not charge extra for months that have five practices, so we don't give make-ups for months that may have three.



Summer Camps

Our summer camp schedule is now available online and at the front desk. We have a wide range of sports camps, specialty camps, karate camps, and fitness camps. We offer camps for boys and girls and some camps start as young as 3 1/2 years of age. There is something for every child in your family. Registration being APRIL 12th! We have full day camps, half day camps, 5 day camps, 3 day camps, and pay by the day camps! Our summer flex class schedule will also be out soon. We make the summer as flexible as possible so everyone can keep up their skills, get new ones, and have lots of fun!

Summer Olympics

Any gymnast or tumbler enrolled in the month of June will be part of our summer class Olympics. During the week of June 21st -26th students can invite family and friends to view their regularly scheduled class.

Athletes will perform routines and skills for their guests. Guests will be invited into the gym so see the gymnasts and tumblers in action and all students will receive a medal and certificate for a job well

done! It is a wonderful picture taking opportunity and fun for all!

