

Prep Op Team

September 2010



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## “Elite Stars” Class

We know that some people have asked for more opportunities to practice their skills, so we have created an Elite Stars gymnastics class. This class is taught by Coach Missy and is offered on Mondays from 6:15-8:15. This class only requires that you make a 1 month commitment, so you can stop at the end of any month. There is limited space, so please take advantage of this great practice opportunity. (normal price \$103 per month, special team rate \$93.)

## What to expect in September

We had a great summer and would like to welcome all the returning members back and all the new members to the team! Coach Missy and I are very pleased with the progress of everyone. This season is going to be great and we are so excited that it has begun.

In the month of September we will continue to work on new skills and improve existing ones. We will also keep

## Team & Pre Team Open Gym

We know that the team kids really enjoyed coming to Friday Night Open Gym during the school year. We currently are not running that program, but we will be offering Team and Pre Team Open Gym on special Fridays from 7:30-9:30pm.

This will still be run in an open gym format, but will only be for Team and Pre Team gymnasts. The cost is only \$10 per Friday and we would appreciate if you signed your gymnast up in advance. (There will be a minimum number of participants to run the open gym and a maximum number of gymnasts allowed.)

### Scheduled Team & Pre Team Friday Open Gyms

September 24th

October 8th

October 22nd

November 12th

December 3rd

(These dates are subject to change)

focusing on conditioning, endurance, and strength training. The progress made over the summer and in September will help us make the best decision possible about which team (bronze, silver, or gold) each gymnast will be placed on. Team level placement will be announced at the end of the month & will be whatever team we think each gymnast will be most successful at.

There will be a sign up sheet for those who need a floor routine choreographed. Gymnasts who got a new routine last year keep the same one, although we may make changes to their routine to update them with their new skills.

We have also handed out the USAG registration form. Please fill it out and turn it in if you haven't done so. They can not be signed up for meets without this form.

### Practice Times

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

We're on FACEBOOK  
Become a FAN!

### Leos from last year

If your leotard still fits, but the jewels are loose please bring it in ASAP so we can send it to GK to get fixed.

### Am I Prepared for Practice?

- Leotard
- Hair pulled back
- Water bottle (Water, Gatorade, Propel, etc...no pop)
- Grips & Tape
- Well nourished (Protein & Carbohydrates that can be used by your body as fuel)
- Focused and in a productive mind-set

# September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Team Practice 6:00-8:30	2	3 Team Practice 5:00-7:30	4 Gym Closed
5	6 Labor Day Gym Closed	7	8 Team Practice 6:00-8:30	9	10 Team Practice 5:00-7:30	11
12	13	14	15 Team Practice 6:00-8:30 (competitive wear fee due)	16	17 Team Practice 5:00-7:30	18
19	20	21	22 Team Practice 6:00-8:30	23	24 Team Practice 5:00-7:30  Open Gym	25
26	27	28	29 Team Practice 6:00-8:30	30		

## Payment List

Sept 1 Tuition \$225

Sept 15 Leo/Warm-Up \$204\*

Oct 1 Tuition \$225


Oct tbd Floor Routine \$100

*If we provide the music, it will cost \$10 and you will receive a copy of your music to keep in your gym bag.*

\*We are using the same leos and warm-ups as last year.

# October



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

## Attendance at Practices

It is very important that we have all the gymnasts attending every practice. We know that there will be occasions where a school or family function might cause an absence and as long as we are notified ahead of time that absence can be excused. Excessive absences are not beneficial for the gymnast or the team and may result in your gymnast being ineligible for certain skills, events, and can affect team level placement.

## Competitive Gear

Does your competitive team leotard fit? Can you keep it for another year or do you need a different size?

Do your competitive team warm-up pants and jacket still fit? Can you wear it another season or do you need a different size?