



937-383-5700

Acro Gymnastics Team

I can do all things through Christ who strengthens me. Philippians 4:13

Goal of 2009-2010 Aerial's Acrobatic Gymnastics Program:

This fall will begin the 15th season for the competitive acrobatic gymnastics team at Aerial's. Each year, our program gets stronger – this year we expect no different. In July 2008, Kiley Allen, Rosie Schreier and Celeste Trambie won the National Championships in Level 5 Women's trio. In 2009, our pairs/trios won almost every division that they entered and two pairs were national-runner's up at the 2009 USAG Junior Olympic National Championships in St. Paul, MN (Level 5 – Kendall Anderson & Lindsay Ellen; Level 8 – Emily Earley & Ashli Maynard). Although the competitive acrobatic program at Aerial's is time consuming and demanding, it is also very rewarding and a lot of FUN, FUN, FUN!

What makes Aerial's unique:

Aerial's is a Christian based organization that believes in building people through teamwork. The acrobatic team is coached by two former national champions – Angie Layne & Tina Maynard have over 50 years combined experience in acro, tumbling and cheerleading. No other coaches in Ohio have more experience than Angie & Tina.

Mandatory Clinic/Tryout:

When: Tuesday, August 4 2-5:30 Thursday, August 6 5-7:45
Tuesday, August 11 2-5:30 Thursday, August 13 5-7:45

Where: The mandatory tryout will be held at the Wilmington Gym at 795 Davids Drive in Wilmington, OH.

Cost: \$80 for new athletes (covers the 4 day camp/clinic/tryout) - \$40 for Aerial's athletes already paid for tumbling for August. (Previous team members owe nothing if they paid for acro for the entire summer quarter. If they only paid for tumbling in August, then they owe the \$40 difference).

Details: The clinic will structured like a normal acro practice. We will work on dance, individual elements & tumbling, partner skills & tricks, flexibility and strength training. At the end of the clinic, athletes will be expected to decide if they are committing to the acro team (keep in mind partners will not be decided nor will levels be determined until all team members have committed and returned their paperwork). Also, if an athlete is not ready or coaches feel that acro is not a good fit for your child, then parents will be notified.

Attire: Female athletes should wear a leotard with hair neatly pulled back out of her face.

Other: All athletes must have a completed release form prior to the start of the clinic. The release form can be downloaded from our website at www.aerialsathletics.com.

Requirements of the team:

Great Attitude!
Great Work Ethic!
Willingness to Learn!
Willingness to Commit!
Back pike roll
Handstand roll
Front Limber
Back walkover
Round off jump 180 cartwheel
Headstand hold 5"
Chasse split leap and 360 turn
Tuck, pike & straddle supports
Back handspring and round off back handspring (preferred, but not required)

Uniform Fittings – Thursday, September 17th:

We will be using the same competition leotard & warm-up from last season. I want everyone to bring their leotards & warm-ups to this practice to help to size new athletes. If you have to buy new, the cost is: Leotard - \$170; Jacket - \$125; Pants \$40; Spankies/briefs (recommended, but not required) \$12. **The money is due on or before Thursday, September 17th. Also, we will order a team shirt this year - \$15-\$20... more details to come.**

Practice Schedule (subject to change depending on needs of the team):

Tuesdays 5:15-7:45 & Thursdays 5:15-7:45 Plus tumbling class of choice.

**** New**** (Highly recommended) Wednesdays 6:30-7:30 – Dance for Gymnasts/Acrobat

More practice times will be added as needed.

Tentative Competition/Event Schedule:

The schedule won't be finalized until after the annual fall meeting. Teams should expect to compete at 5 or 6 meets plus Nationals and also perform and at 5-10 events throughout the year. The tentative schedule is as follows:

Saturday, September 12	Highland County Fair Competition	Hillsboro, OH	\$10 per athlete???
September 18-20	Region 5 Congress – I may ask for some volunteers to go to Chicago to help me present		
Saturday, November 28	Holidazzle Parade & Performance	Wilmington, OH	No charge
December	Perform at Murphy Christmas Show	Wilmington, OH	No charge
December/January	Annual Region 5 Acro Clinic	Location TBA	\$40-\$75
February	Aerial's Acro Meet	Location TBA	\$35-\$50
March	Local Meet	Location TBA	\$35-\$50
March 27	Perform at One Voice	Wilmington College	Paid to perform?
April	Local Meet	Location TBA	\$35-\$50
May	Ohio State Championships	Location TBA	\$45-\$60
June	Region 5 Championships	Location TBA	\$55-\$70
July 22-29, 2010	USAG JO National Championships	Orlando, FL	\$250-\$400 plus travel&food

*** Possible Local Meet in Another Region (most likely St. Louis area)

Cost:

\$89/\$250 a quarter includes the following:

1 tumbling class per week with low ratios, 2 acro practices per week with 2-4 highly experienced and insured coaches, rent, utilities, use of mats and safety equipment, all training and certifications for coaches, competition expenses/wages and travel for coaches (with the exception of any overnight competition in which the coaches hotel room and travel would be divided among team members). This does not include uniform, competition registration fees or annual registration fee. Divided over time, it is \$2.00-\$3.00 per hour for professional services.

\$109/\$300 a quarter to add the dance class

Breakdown for the season:

Uniform	\$0-\$350
USAG Fees	\$65
Annual Registration Fee (liability)	\$25
Professional Instruction (including tumbling)	\$928-\$1000
Music & Choreography	\$50-\$100 (\$50 per person per routine)
Competition Registration Fees	\$200-\$300
Recital Leotard	\$40-\$50
Annual Clinic	\$40-\$75
Nationals	\$250-\$400 plus travel & food

TOTAL \$1598-\$2365 plus travel & food

Fundraising Schedule:

Fundraisers are optional; however everyone is encouraged to participate. All fundraiser money is held until the end of the season. It can be used only after all other fees are paid. If an athlete is unable to continue regardless of reason, then his/her fundraiser money is forfeited.

August – Corporate sponsors for Golf/Cornhole Tournament

September 12 – National Gymnastics Day Cartwheel-A-Thon

October 3, 2009 – 6th Annual Golf & Cornhole Tournament at Elks in Wilmington

November – Candle Sales

February – Aerial's Acro Meet

May - Recital

Others?

Commitment Agreement & Security Deposit:

We take the commitment to the team very seriously. Each athlete and parent will be asked to sign a commitment agreement. The packets will be distributed during the clinic and must be turned in on or before Tuesday, September 1st. Also, a \$100 security deposit will be due Tuesday, September 1st. The deposit along with the contract is your agreement to fulfill the commitment to the team from September 1 through the end of the season July 31, 2010. If you are unable to finish the commitment then the \$100 deposit is nonrefundable. If you fulfill your commitment then the \$100 will be refunded to you at the end of the season once all other fees are paid.