

December News

Dear Athletes & Parents,

Merry Christmas! As the year comes to an end, I reflect back on the outstanding year at Aerial's. This year has been a time of many promotions, many new skills learned and many gold medals. Thank you for your support of the athletes (your own children and others) and to the gym. It takes a community to raise a child and to support an endeavor like Aerial's. I pray each day for the Lord's guidance in our gym and the lives of these young people. I thank you for the opportunity to work with such a talented and special group of young people. May your family have a wonderful Christmas holiday.

Have a great month!
God Bless,

PS.... If you haven't done so already, check us out on the web (we've added a few new features since last month)
www.aerialsathletics.com

December Birthdays:

Please see an Aerial's Staff Member to get your birthday sucker!

If your birthday is in December, but not listed above please let Angie know – sorry!

Sydney Wright	December 1	Intermediate & Pee Wee Cheer
Megan Louallen	December 5	Advanced & Varsity Cheer
Anna France	December 6	Cheer/Tumble
Katie Mowery	December 7	Advanced
Amber DeBoard	December 14	Beginner
Hanna Fosbrink	December 15	Cheer/Tumble
Brandy Burgess	December 17	Elite
Alaynee Bailey	December 18	Intermediate
Amber Fackusseh	December 18	Elite & Varsity Cheer
Jessica Gilliam	December 19	Elite & Varsity Cheer
Emma Johnson	December 21	Elite & Acro Team
Rachel Schuler	December 26	Intermediate & Pee Wee Cheer
Marc Blankenship	December 29	Boys
Brittany Harris	December 29	Intermediate
Kiley Allen	December 30	Beginner
Amanda Higginbotham	December 30	Advanced & Varsity Cheer
Shelby Williams	December 30	Intermediate

Calendar of Events:

December 1 – 7 Quarter & Monthly Fees Due

December 16 – Jamfest Winter Jam Cheerleading Competition at Dayton Convention Center

December 18 – Cheerleading Teams Christmas Party (During Regular Practice Time)

December 21 – Acro Team Christmas Party (During Regular Practice Time)

December 24,25,26 & 27 Gym Closed for Christmas Break (exception – Wed., Dec. 27 cheer teams will practice)

January 6 & 7 – Acro Clinic at Hand 2 Hand for Acro Team

January 20 & 21 – Jamfest Super Nationals in Indianapolis (JV Cheer Team only)

January 27 – UCA Buckeye Classic Cheerleading Competition (Varsity & Pee Wee Teams only)

February 18 – SSYMCA Acro Meet

February 24 – Aerial's 3rd Cheerleading Invitational to be held at East Clinton HS

May 26 - RECITAL

Promotions!!!

This was another big month for promotions. Great job Athletes!!!! Many others are very close... so don't worry athletes if you didn't move up in November, your time is coming soon ☺

Congratulations to the following athletes for being promoted this month ☺

Kiley Allen (New Vienna) promoted to the **intermediate** class!

Morgan Baker (Leesburg) promoted to the **beginner** class!

Sarah Free (Leesburg) promoted to the **beginner** class!

Maddy Hodgson (Leesburg) promoted to the **beginner** class!

Joshlin Lawson (Leesburg) promoted to the **intermediate** class!

Ida Monroe (Leesburg) promoted to the **beginner** class!

Meg O'Connor (Leesburg) promoted to the **beginner** class!

Courtney Smart (Clarksville) promoted to the **intermediate** class!

Faith Spriggs (Leesburg) promoted to the **intermediate** class!

Megan Stotts (Clarksville) promoted to the **intermediate** class!

Emily Tissandier (Clarksville) promoted to the **intermediate** class!

** **Hailey Appleman & Rachel Schuler** were both promoted to the **intermediate** class last month, but were left off – sorry girls! Great job, keep up the hard work ☺

Schedule Changes:

All gyms will be closed on Monday, December 25; Tuesday, December 26; & Wednesday, December 27 in observance of Christmas – no classes or team practice w/ the exception of cheerleading practice on Wednesday. Also, if you attend class on Monday you will be 1 class short this quarter. You may schedule a make-up class. All make up classes must be completed by the end of the winter quarter.

Pro Shop SALE ☺

For those who purchased bags, long sleeve t-shirts or hoodies – the items will be available for pick up on or after Monday, December 11. The following items are still available for purchase:

- * CLEARANCE Purple Cheer Sweatshirts - \$15 (originally priced \$25)
(sizes limited)
- * CLEARANCE Aerial's Baseball T's - \$12 (originally priced \$15)
(sizes limited)
- * NEW Aerial's Duffle Bag - \$48 (bags will be available 12/11)
(purple 21"X10"X9" w/ Aerial's embroidered)
- * NEW Aerial's Long Sleeve T's - \$28 (shirts will be available 12/11)
(purple tie dye w/Aerial's logo)
- *NEW Aerial's Purple Hoodie Sweatshirt - \$28 (hoodies will be available 12/11)
(Aerial's logo on front)

New Vienna United Methodist Church – Upcoming Events:

On Saturday, December 9th, the NVUMC will host Breakfast with Santa. This FREE event will start at 9 AM at the church. Also, a special Christmas Eve service will be held, Sunday, December 24th at 11 PM.

JV Cheerleaders Take the GOLD!

On Sunday, November 5th Aerial's Cheerleading Teams competed at the UCA Miami Valley Regional in Centerville. The Aerial's Varsity Team (Small Senior Division – Level 2) placed 2nd; the JV Team (Youth – Level 1) placed 1st earning a bid to the UCA All Star Nationals at Walt Disney World; and the Pee Wee Team (Mini – Level1) placed 5th. Congratulations girls & good luck at your next competition Saturday, December 16th at the Dayton Convention Center.

Cheerleaders Practice Schedule:

Monday, December 18 – Christmas Party during regular practice time, bring a \$5 gift to exchange

Monday, December 25 – No Practice

Wednesday, December 27 –	Pee Wee Practice	10:00-11:00
	JV Practice	11:00-12:30
	Varsity Practice	12:30-2:00

New Trainer & New Policy

Some of you have had the opportunity to meet Kari Terrell – a trainer based out of Highland District Hospital. Kari has been assigned to serve the athletes at our gym. If you have an injury or suspected injury that you would like her to examine, schedule a visit through Angie or Erin. Kari is available to see athletes at the

Leesburg or New Vienna gyms. However, she is not permitted to see an athlete, after he/she is under a physician's care.

Effective immediately, any athlete who visits a physician in regard to an injury must submit a Doctor's Release prior to participating in class/team practice. For example, an athlete sprains her wrist at basketball and is told by a physician to stay off of it for 2 weeks. That athlete would not be allowed to participate at Aerial's until he/she brings a Doctor's Release. If an athlete is released with restrictions (for example, allowed to practice but only certain skills), it needs to be indicated on the doctor's release.

Healthy Eating – Eat More Vegetables ☺

You must have been living under a rock if you've never heard this one – Eat More Vegetables! It certainly isn't a new concept, but one that I think we need to be reminded of periodically. AND despite what McDonald's may say, french fries do not count as a vegetable. So, why is it so important for an active teen or young athlete to eat the recommended 13 servings (6 ½ cups) of fruits and vegetables each day?

- Broccoli – helps fight anemia; prevents cancer; helps lower the risk of stroke & heart disease and may reduce cataracts
- Carrots – high in beta-carotene; helps guard against food poisoning
- Celery – good source of potassium; can help control blood pressure; had anti-inflammatory effects
- Red Pepper – excellent source of vitamin C; high antioxidant levels; can reduce heart disease
- Potatoes – high in antioxidants; good source of vitamins B & C, potassium & iron
- Sweet Potatoes – rich in vitamin E; important source of vitamins A, C and B6, iron, potassium & many more great qualities
- Zucchini – good source of vitamin A

Now many of you may be saying, my kid won't eat vegetables. When I was a child, I didn't think that I liked vegetables either, but as an adult I realize that I do, it was just I didn't like the way that my Mom prepared vegetables. Try and try again. Add great dips, or make a veggie pizza or add cheese on top. With young children, rent or buy a "Veggie Tale" movie and then fix the vegetables that were in the movie ☺ If you teach your child at a young age to eat healthy, the habit will continue a lifetime. (When using canned vegetables, look for the "no salt added" varieties. Source: "Veggie Tales" American Cheerleader Magazine)

Class Fees:

As stated in the registration packet, all class and team fees are due by the first class of the month. If the fees are paid late, there will be a \$5 per week late fee applied. (Accounts that are more than 90 days past due may go to a collections agency) You may mail your class fees to PO Box 78, New Vienna, OH 45159. If you pay by the quarter, the winter quarter fees on or before December 7th.

Dec. 1 – 7 = No late fee! * Dec. 8 – 14 = \$5 late fee * Dec. 15 – 21 = \$10 late fee * Dec. 22 - 28 = \$15 late fee * Dec. 29 or later = \$20

Registration Fees:

All athletes are required to pay a \$25 annual registration fee. The annual registration fee is due the first month enrolled and then annually thereafter. Athletes will receive a t-shirt once the registration fee is paid, not before. I would rather not post the past due. Please see Angie if you have questions or are unsure as to when your fee is due. ***Due in December are the following + any other new student who wasn't enrolled at the time of print:***

Shannon Eades	Morghan Eades	Kennedy Eades	Abby Cranmer	StefaniRae Brewer
Emma Bailey	Arissa Bailey	Alexis Vonderstrasse	Chelsea Rauh	Amber Fackusseh
Lindsay Ellen	Brooke Rose	Rosie Schreier	Shawna Conger	India Guisleman
Jaelyn Pitzer	Destany Redmand	Brooke Dretter	Lindsay Jones	Alex Tissandier

Monthly Prayer Requests:

The 2nd to last class of each month will include a short devotion and a time for prayer requests. I recommend that each child participates, but it is not required. I try my best to get spellings correct ☺ The prayer requests for December are:

Jim Harris – Emileigh Harris' father (Leesburg) – heart attack at age 36

Buddy Harmon – Abby Harmon's Uncle (Leesburg) – bad car accident, but is doing better

Pets Samantha Achtermann's Grandpa & baby Brother Abby Blankenship's bump on head

Mandi Jones & Mindy Hamilton (Madison Snyder's Aunts) – both pregnant Erin Clark's Grandmother Sandy

Marissa Faulkner – Deloris Madi Crowe's Grandmother & Aunt Tylar Griffith's brother

Ali Powers – Uncle diagnosed with cancer Brook Britian's Grandmother – alzheimers

Chelsi Ertel's Grandmother Premature Babies Former Michigan football coach that passed away

Coaches David Earley's Friend Injuries Tabby Vance & family

Harry Leeper – diagnosed with cancer (Holly Hilliard's Grandfather)

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