



Acro Gymnastics, Cheerleading, Gymnastics, Tumbling
937-383-5700
www.aerialsathletics.com

February 2010 Newsletter

Priority Registration for Spring Quarter - February 1-20

Dear Athletes & Parents,

Wow! What a rough couple of weeks. Not only did the inclement weather force us to close, but illness and injuries have also been a deterrent. I want to thank everyone who took time to pray for Cali while she was at Children's. She is home and doing much better now.

Although I've worked with young athletes for years, I'm certainly no trained medical professional. I take my profession and training very seriously. I have become alarmed at the number of injuries that have occurred recently at our gym and at gyms across the country. From what I have observed and researched on the topic, I have concluded the following:

1. **A well balanced diet** - The majority of our athletes are not eating a well balanced diet. Most are eating high carbs and too much sugar. Be sure your athlete is getting enough calcium, fruits & vegetables and protein to help prevent injury. Also, it is important for parents to realize that the labels on foods/drinks are for an adult diet. Children's allowances for sugar, etc are much lower than an adult.
2. **Proper hydration** - Although it is not as much of a problem now as in the summer, many athletes complain of headaches while tumbling due to early signs of dehydration. Athletes should be drinking plenty of water and limit high sugar beverages.
3. **Proper flexibility** - In recent months, we have noticed many athletes "cheating" on the stretching. There are two reasons that we stretch as part of the instructional process. One is to PREVENT injury and the second is the INCREASE flexibility. Many of our athletes are lacking in flexibility and thus need to stretch properly and often to prevent injury. For example, a back handspring requires adequate shoulder flexibility to allow the athlete to execute the proper handstand position. If the shoulders are not aligned properly then wrist or other injuries can occur.
4. **Proper strength and conditioning** - Many of our athletes only attend class for one hour a week. This is not enough time to condition the athlete's body to the extent needed to execute many high level skills. It is important that athletes are doing their part to exercise (both cardio and strength training) aside from their time at Aerial's. If their body is "in shape" then it is safer to work on a back handspring or other difficult skill.
5. **Proper medical care** - Last, if the athlete does sustain an injury or prolonged ache or pain, please see a physician and if possible a specialist that understands pediatric athletics. Be sure the medical professional understands the type of activity and releases him/her at a time that is appropriate and with or without restrictions that are safe.

If at any time you have questions about your child's progress or what he/she can do at home to better prepare for gymnastics, then feel free to email me at aerialsathletics@yahoo.com or call the gym at 383-5700.

Have a great month – God Bless!

Happy Birthday!!! - Don't forget to stop by the office to pick up your birthday sucker!

- | | |
|----------------------------------|-------------------------------------|
| 1 Jenna Lawson | 19 Paige Cox |
| 3 Jhaela Coleman | 22 Maura Donahue |
| 7 Autumn Palmer & Rosie Schreier | 23 Ashley Tissot & Lily Tolbert |
| 15 Marie Onusko | 24 Erik Moore |
| 17 Alyssa Pollitt | 26 Morghan Eades & Courtney Collins |
| 18 Michaela Robinson | |

Evaluations & Promotions:

Based on the positive feedback we received last quarter, this Winter Quarter we will again implement parent/instructor conference time. Evaluations will begin February 8-13 with the conferences being held February 15-20. The conference schedule is attached.

Spring Quarter Registration

Spring Quarter Registration begins February 1st. Included in the Spring Quarter Registration Packet, is an order form for recital outfits. Make plans now to register early - if you register and by for the quarter and recital outfit during priority registration (February 1-20) then you'll receive \$5 off your recital order!

Special Dates this Quarter:

- February 1-20 - Priority Registration for Spring Quarter
- February 20 – Back Handspring Clinic @ Wilmington 12-1:30 (this is the makeup clinic from Feb 6)
- February 15-20 - Winter Quarter Evaluations and Conferences
- February 28 – Aerial's Hosts Acro Meet at Countryside YMCA in Lebanon
- March 1 - First day of Spring Quarter
- May 22 - Recital at Clinton Massie HS

Closings & Inclement Weather AND Make-Up Classes!

- This time of year sometimes brings inclement weather to the area. If class/team is ever cancelled, it will be announced on Channel 5 (Cincinnati NBC). You may also visit their website at www.wlwt.com for a complete listing of closings. A decision is typically made between 12-3 PM and posted on the television and WLWT website between 2-3 PM.

- Have you missed a class for inclement weather or other reason? If so, call the office to schedule a make-up class. Make-up classes are completed at the Wilmington Gym on Saturdays from 11AM-12PM. We're also doing a special make-up class in Leesburg on Saturday, February 20 ... choose from 9-10 or 10-11.

Scholarships:

Spring Application Deadline Extended: Any family that would like to be considered for the Spring Quarter must submit an application no later than February 20, 2010. Applications are available in the office. Once submitted, the information is distributed to the committee of 4 staff members. Your information is confidential and not released to other families at the gym.

Aerial's EXTREME Cheer Update:

The team will travel to Gatlinburg on February 27 to compete in the UCA Spring Spectacular. In preparation for the national competition, the team will host a pep rally on Monday, February 22 at 7:30 PM at the Wilmington Gym. Come out and support the team!

Tryout/Clinic for the 2010-2011 season will be April 23 & 30 from 6:30-8:30 PM. More Info Coming SOON!

Aerial's Acro Team

The Aerial's Acro Team has been working hard to prepare for their first meet of the season. Aerial's will host the Aerial's Acro Spectacular on Sunday, February 28 at 1:30 PM at the Countryside YMCA. Are you interested in learning more about acro? Then this is a great opportunity to see a local meet. Come out and support the team!

Aerial's Gym Space:

I am very sorry, but due to liability reasons, our insurance does not allow spectators to enter into the gym space. Spectators must remain in the lobby at all times. The only exception is the parent/child preschool classes – if a parent is going to help with the class then he/she must sign a release prior to being in the gym space. Also, any parent helping is asked to stay off of the beam, bars, vault & trampoline. **If you are not helping your preschooler and have not signed a release form for yourself, then you must wait in the lobby.** Thank you for your understanding. If at any time, you have questions about what your child should be working on, please see his/her instructor before or after class. Thank you!

Winter Quarter Camps & Clinics:

Back Handspring Clinics - \$18 per clinic

Wilmington: Saturday, February 20 12:00-1:30

BIRTHDAY PARTIES!

It is beginning to look a lot like Winter – what will you do for your child's winter birthday???? Past birthday parties at Aerial's have been so much FUN! If you've not yet booked your child's birthday party for this year, due so now to ensure your spot. Parties at Aerial's are unforgettable and EVERY child goes home with a gift! If you are interested in booking your party at our 4,000 sq ft gym then please see a staff member, and book your FABULOUS PARTY TODAY!!!!

Class Fees: All parents are required to sign a registration form at the start of each quarter that states that he/she has read the policies and procedures. No exceptions will be made for those parents who choose not to read the policies and procedures.

- **Tuition payments are due on or before the first practice of every month or quarter. A \$5 per week late fee will be applied after the 7th of each month.**
- By enrolling in the quarter, **athletes are committing to the 12-week session.** Although athletes have the option of paying in three monthly installments, **one is still required to pay for the entire quarter.** If an athlete decides to stop coming to class in the middle of the quarter or after one month, he/she will be billed for the remainder of the quarter.
- If paying in three monthly payments: the first payment is due at the time of registration, the 2nd payment on or before December 7th and the 3rd payment on or before January 7th. A \$5 per week late fee will be applied to those payments made after the 7th of each month.

Monthly Prayer Requests / Devotion:

The last class of the month will include the following: a short devotion, a time for athletes to share prayer requests (to be included in the next month's newsletter), and a short prayer. We highly encourage all athletes to participate. If you do not want your child to participate, then please let a staff member know. **Prayer Requests for this month - please know that I try to get names & spellings correct**

Felicity's Mommy	Animals	Caroline's Grandfather died
Stephanie-Dad in college	Sydney J - sister's ACL	Richard Davenport-brain tumor (Courtney Collins & family)
Haiti victims	Victoria S - Grandma	Lydia - Mrs. Armstrong
Courtney's friend heart attack	Mary Steele-uncle in NC	Darcie Zeckser - Grandma
Gabriela G. - Aunt's Grandma	Ali Nedved - Rachel's Grandma	Rachel Schular's shoulder
Kendall Anderson's wrist	Emalee - Aunt Amy in car accident	Lani - Aunt Jenny having baby
Joshlin's Aunt has cancer	Gabby & Taylor - Great Grandma	Aerial's Cheer Squad
Christian Rice pneumonia	Maura-Mommy	Avery-Papa Rex
Maddie-Mommy	Addison - Aunt Jody & Mommy	Alyce-Dad & Grandpa
Morgan S. - Great Grandma Penwell	Angie's wrist	Emma's mouth surgery

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

Happy Anniversary to the following Athletes:

(This is NOT a past due notice, but just a reminder to those whose anniversary month is February:

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. This is not a past due notice. Please see a staff member if you have questions, or are unsure as to when your fee is due. **THANK YOU TO MANY OF YOU WHO HAVE ALREADY PAID ☺**

