



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

November Newsletter

Dear Athletes & Parents,

Happy Holidays! I can't believe that I am saying that already. Even though Christmas is still a few weeks away, it is time now to think about those special gifts for your little ones. Many of you have asked about mats, apparael, bags and other items. So, I've put together a one stop shopping for your gymnast or cheerleader. Most items need to be ordered by the second or third week of November to ensure delivery by Christmas. A complete listing is available later in the newsletter.

Have a great month!
God Bless,

November Birthdays

HAPPY BIRTHDAY – HAVE A GREAT MONTH!

Allyna Hagen	11/1/95	Whitney Britain	11/28/96
Emily Price	11/1/03	Jaimie Howard	11/29/98
Lauren Ellis	11/4/98		
Kiera Larkins	11/11/04		
Tylar Griffith	11/11/99		
Raelynn Mason	11/12/00		
Taylor Frost	11/13/98		
Molly Byrd	11/15/00		
Ariel Hodge	11/20/03		
Lauren Davis	11/23/99		
Jessica Dunn	11/27/96		

Athletes see a staff member for your birthday sucker. Please let the office know if you were left off the list – Sorry!

Promotions –

Ally Bailey has been promoted to the **advanced class!**
Autumn Baker has been promoted to the **intermediate class!**
Stella Burgess has been promoted to the **intermediate class!**
Makenna Byers has been promoted to the **advanced class!**
Jennifer Cochran has been promoted to the **intermediate class!**
Tiana Collins has been promoted to the **advanced class!**
Elissa Grate has been promoted to the **intermediate class!**
Julia Hudnell has been promoted to the **beginner class!**
Hailey Mercer has been promoted to the **intermediate class!**
Karlee Rice has been promoted to the **intermediate class!**
Katie Strickland has been promoted to the **intermediate class!**
Rilee Storts has been promoted to the **advanced class!**

Winter Schedule & Registration

We are planning on having the Winter Schedule available November 5th. Remember, all athletes must complete a registration form to hold his/her spot in the class of choice. Please be sure to read the entire schedule including policies and procedures before turning in the registration form. Also, Let us know if you have a friend or family member that you'd like us to call and invite to Aerial's!

Closings & Inclement Weather

- A reminder that the gym will be closed on Thursday, November 22 for Thanksgiving. The athletes that attend class/team on Thursdays still receive 12 classes of instruction for the quarter, so we will not be scheduling make-up classes for Thanksgiving.
- This time of year sometimes brings inclement weather to the area. In most cases the gyms will stay open because typically by the evening roads are cleared. If classes/team is ever cancelled, it will be announced on Channel 5 (Cincinnati NBC) or Channel 4 (Columbus NBC).

Aerial's Golf Tournament: On Saturday, October 6, Aerial's hosted the 4th Annual Aerial's Golf Tournament & Cornhole Tournament at the Elks in Wilmington. As a team effort, we were able to raise over \$3200. 30% will go towards new equipment for all 3 gyms, 5% into a scholarship fund to help athletes that struggle to pay for class fees, and the remaining will be split among team members. Thank you so much to those who helped make this event a huge success!

Donated Leos A special thank you to ***Lesley Kirk of Wilmington*** who recently donated some of her gently used leotards to those who couldn't otherwise afford to buy a new one. If you need a leotard, please see Angie.

Scholarship Fund: Scholarship applications will be available on Monday, November 5th for those who would like to apply for financial assistance to help cover the cost of class/team fees. The scholarship fund was started last year to help those in need. It is completely funded through Golf Tournament Money and donations. A special thank you to the very kind person who left a donation in the tuition box – he/she didn't include a name, but you know who you are and we really appreciate your support! The amount available in the scholarship fund is \$160. All applications need to be submitted no later than, Monday, November 19th to be considered for the Winter Quarter.

Aerial's EXTREME Cheerleading Teams:

Great Job Seniors! During the month of October, only the Senior Team competed. On Saturday, October 20th they competed at the JamFest Spirit Jam held in Columbus. The Senior Team performed a much stronger and cleaner routine than the first competition and earned a 6th place finish. We are very proud of their performance. The next competition will be Sunday, November 4th at Centerville HS. All 4 teams will be competing in the Miami Valley Regional.

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 Melissa if you have questions or are unsure as to when your fee is due. ***Due in November are the following + any other new student who wasn't enrolled at the time of print. Many of you may have already paid, if so THANK YOU:***

Samantha Actermann	Alayne Bailey	Ashley Chaney	Taylor Chaney
Marisa Faulkner	Kelsey Ferguson	Taylor Gasaway	Shelby Habe
Reese Lutton	Will Lutton	Kerigan Pollard	Kendall Pollard
Cadence Saunders	Morgan Sellman	Kayle Shrader	Hannah Leforge

Class Fees:

There has been some confusion lately as to the payment policy. 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. The information listed below is included in the registration packet under the policies and procedures heading. It is also on our website under the same heading. No special circumstance will be made for those parents who chose 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.*** No class spots will be held without monthly/quarterly tuition. Under no circumstance will Aerial's accept a postdated check. If class/team fees are more than 90 days past due, the account may go to a credit reporting collection agency. Uniforms, shoes, etc. will not be distributed until accounts are paid in full.
- By enrolling in the fall 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.

All class and team fees are due by the 7th of the month. If the fees are paid late, there will be a \$5 per week late fee applied.
Nov. 1-7 No Late Fee * Nov. 8-14 \$5 late * Nov. 15-21 \$10 late * Nov. 22-28 \$15 late * Nov. 29 - \$20 late

Louis M. Profeta MD FACEP (Dpt. Emergency Medicine St. Vincent Hospital and Health Services)

Lately there has been a lot of coverage in the news and other media outlets about a new bacteria that seems to be invading our school, gyms, hospitals and other health care facilities. In actuality, none of this is new. As health care providers we have been battling MRSA for years and have been well aware of its infectivity. The truth is we are partly to blame for its existence. MRSA is a highly drug-resistant strain of Staphylococcus bacteria that causes a variety of skin lesions from boils and pustules, to wound infections, blood poisoning and even death. It is a product of drug resistance through the over use of antibiotics for viral infections and is now one of the major reasons why doctors are much less likely to write prescriptions for simple sore throats, bronchitis and other classic viral illnesses.

It is typically a consequence of poor hygiene, but its presence throughout the community, finds that is now nearly everywhere. It often takes root in small scratches, wounds, abrasions or cracks in the skin so small they may not even be noticed. But once in the bacteria takes hold it causes a variety of skin infections that often require surgical drainage in the ER. In addition, because the organism is resistant to most classic antibiotics it is very hard to eradicate and in many instances a person must receive multiple doses of intravenous antibiotics to fight the infection. It may sound absolutely horrible, but there is some good news.

Most cases of MRSA can be prevented by a combination of good hygiene, and attention to the behaviors that permit the spread of this organism. The Center for Disease Control (CDC) has a comprehensive guide for the prevention of transmission of MRSA in your school or gym. You can review these at cdc.gov. There is also a link provided so you may obtain information from the Environmental Protection Agency (EPA) on what cleaners may be used on your equipment to cut down on the spread of this bacteria. But for the time being, a few simple precautions will help prevent the spread of this disease in your gym or school. (Adopted from the CDC guidelines at cdc.gov)

You can protect yourself by:

1. Practicing good hygiene (e.g., keeping your hands clean by washing with soap and water or using an alcohol-based hand sanitizer and showering immediately after participating in exercise)
2. Covering skin trauma such as abrasions or cuts with a clean dry bandage until healed.
3. Avoiding sharing personal items (e.g., towels, razors) that come into contact with your bare skin; and using a barrier (e.g., clothing or a towel) between your skin and shared equipment such as weight-training benches.
4. Maintaining a clean environment by establishing cleaning procedures for frequently touched surfaces and surfaces that come into direct contact with people's skin.

While the presence of a case of MRSA may spark concern, rest assured most cases are readily treatable and the spread to others can be prevented without closure of the facility. MRSA is here to stay. But with the proper hygiene, maintaining a clean workout environment, and the promotion of safe hand washing practices most cases can be prevented and make for a more enjoyable school and gym experience for everyone. Once again for more information on MRSA and how to prevent it spread, visit the Center for Disease Control at www.cdc.gov.

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 November; please know that I try to get names & spellings correct ☺

Lucy & Eric	Katie's brother & father	Katie's teacher & baby	Mackenzie's grandma, cousins
Pets	Anna's church & brother	Makayla Ernst-Harper's dad	Tylar's baby cousin Kaiden
Zach's friend dad	Marc's teacher's back	Angie's baby	Grace Shafer – sister's ankle
Sam Gaddis – cousin surgery		Celeste – brother	Kendyl – Uncle died
Cheyenne Clift – eye	Kelly Hardin	Hailey Clayborn	Mikhayla's friend – Caitlyn
Cory Tolle's mother	Lyla McAllister – ill	Sam Actermann – bother ill	Autumn Rooks – ill
Kelsey Allen's grandma	Nikki Smith – baby	Jenna Lawson – grandma	Shannon Eades – friend Kelsey
Madison Enright- friend got bit		Ally Bailey – grandma	Mrs. Johnas
Amber	Ashlynn's friend	Patti Butler	Shane Hayslip
Courtney Cook	Lauren's family	Jen's family	Leah jammed her finger
Kathryn Hardin's arm	Ilea Bradley's Aunt Tiffany – MRSA	Mikhayla Carter B-day	Lindsay's Dog Sophie
Whitney Britain's Grandma	Rachel Avery's father knee surgery	Jordan Bills nephew has MRSA & Great Aunt died	
Chris Shepherd			

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

2007 Christmas Shopping

Athlete's Name: _____ Parent's Name: _____

Phone Number: _____ Is this a surprise? Yes or No

Item	Details	Size	Quantity	Cost	Total	Date*
Purple Duffle w/ embroidered Aerial's logo	no name	N/A		\$37		12/1/07
Purple Duffle w/ embroidered Aerial's logo	Athlete's Name embroidered	N/A		\$42		12/1/07
Blue Mat	4' X 8' x 1 3/8"	N/A		\$155.15		11/26/07
Red Mat	4' X 8' x 1 3/8"	N/A		\$155.15		11/26/07
Purple Mat (only 4 available)	4' X 8' x 1 3/8"	N/A		\$155.15		11/26/07
Blue Mat	4' X 12' X 1 3/8"	N/A		\$223.63		11/26/07
Red Mat	4' X 12' X 1 3/8"	N/A		\$223.63		11/26/07
Blue Carpeted Mats (discounted rates)	dcathletics.com	N/A				????
9' Folding Practice Balance Beam	2" high X 4" wide (6"bottom)	N/A		\$105.93		11/26/07
Folding Incline Mat (a.k.a. wedge/cheese)	30"wideX72"longX12"high	N/A		\$187.25		11/26/07
Purple, silver & white Nylon Warm-up	Aerial's logo embroidered on left chest			\$60.00		11/19/07
Aerial's Purple Short Sleeve Polo	Aerial's logo embroidered on left chest			\$29*		In Stock
Aerial's Gray Sleeveless Polo	Aerial's logo embroidered on left chest			\$25*		In Stock
Aerial's Purple Logo Shorts				\$12		In Stock
"Aerial" the Gymnast Doll (only 2 remaining)				\$10		In Stock
GK Leotards & Street Apparel	refer to catalog (limited items in stock)	COMPLETE ORDER FORM				11/15/07
Alpha Factor Leotards & Jewelry	refer to catalog (no items in stock)	ORDER ONLINE				????

Please turn in ASAP to insure delivery by Christmas!