

Aerial's Athletics, LLC
Tumbling, Cheerleading, Acro Gymnastics
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September News

Dear Athletes & Parents,

Welcome to AERIAL'S! For many of you, this is your first quarter at Aerial's. We are pleased to be able to offer you quality gymnastics and cheer instruction. I've included a list of what to expect at Aerial's and also a list of what we expect from you to get the most out of your class.

What to expect from AERIALS:

1. Instructors that are on time and prepared for class.
2. Knowledgeable staff that know how to cater the class to your individual child's needs.
3. Staff that will communicate with you to let you know what your child can do to improve.
4. Skills taught in proper progressions designed for your child to "move-up."
5. FUN, FUN, FUN!

What we expect from YOU:

1. To attend each class and to be on time.
2. To let us know if you have a specific need or request.
3. To keep lines of communication open so that we can better serve you.
4. To follow safety rules and Aerial's policies & procedures.
5. Come prepared to have FUN, FUN, FUN!

Have a great month!
God Bless,

September Birthdays:

Lauren Arnold	September 10	Beginner
Caitlin Campbell	September 4	Preschool
Cheyenne Clift	September 8	Advanced
Kaylynne Cox	September 30	Beginner
Nathan Dean	September 7	Boys
Taylor Dingey	September 29	Varsity Cheer & Elite
Amber Estep	September 18	Cheer/Tumble
Alanta George	September 18	JV Cheer & Advanced
Lauren Greene	September 28	Beginner
India Guisleman	September 12	Preschool
Emilee Hess	September 17	Beginner & Youth Cheer
Hannah Howell	September 8	Beginner
Christian Jent	September 6	JV Cheer & Advanced
Shana Lewis	September 22	Cheer/Tumble
Regan McCall	September 30	Intermediate
Ashley Noll	September 24	Cheer/Tumble
Samantha Pierson	September 30	Advanced
Rylee Richardson	September 26	Preschool
Kaylee Rider	September 27	Intermediate

Please see an Aerial's Staff Member to get your birthday sucker!
If your birthday is in September, but not listed above please let Angie know – sorry!

Promotions!!!

Congratulations to the following athletes for being promoted this month ☺

Emma Bailey (Clarksville) promoted to the advanced class!

Regan McCall (Clarksville) promoted to the advanced class!

Shannon Eades (Clarksville) promoted to the advanced class!

Makayla Hockett (Clarksville) promoted to the intermediate class!

Schedule Changes:

The Sligo (Clarksville/Wilmington) gym will be closed on Wednesday, September 20th – no classes that night. There will still be 12 classes in the quarter since November has 5 Wednesdays, but if you would like to schedule a make up class for missing Wednesday, September 20th, you may do so. Make-ups must be scheduled in advance and completed before the end of the fall quarter. This will not count as your one make-up class per quarter.

The New Vienna gym will be closed on Monday, October 30th and Tuesday, October 31st – no classes or team practice. The church will be having a fall revival. You are all invited to attend the revival. Athletes who attend classes on Mondays or Tuesdays may choose a make-up class. Make-ups must be scheduled in advance and completed before the end of the fall quarter.

Acro Gymnastics Team Tryouts:

Congratulations to the following athletes for making the 2006-2007 Acro Gymnastics Team. These athletes will represent Aerial's at local, state, regional and national competitions. We are looking forward to a great season!

Lydia Dance	Jessica Dunn	Emily Earley	Lindsay Ellen	Lindsay Ellis
Allyna Hagen	Ashley Hagen	Holly Hilliard	Jaimie Howard	Tori Huber
Emma Johnson	Ashi Maynard	Jayne Maynard	Brooke Rose	Taylor Wilkin
Alisha Wissel				

Fall Fun Fest:

On Sunday, September 24, the New Vienna United Methodist Church will be hosting Fall Fun Fest from 4-7 PM. It will be a great day for the kids – there will be clowns, hayrides, ice cream, corn hole and much more.

Don't miss this FREE event!

QUIDAM by Cirque Du Soleil:

You may have seen the commercials advertising a show called QUIDAM. It is showing this month on The Banks in Cincinnati (between Great American Ball Park & Paul Brown Stadium). Cirque Du Soleil shows are unlike any other. It is a type of circus that combines acrobatics with theatrical costumes and live music. I have had the opportunity to see three of their shows in the past and they are fantastic. Rick Swartz, a former teammate of Robin, Tina & I is in the KA show in Las Vegas and most of the Cirque cast members are former gymnasts or acrobats. If you have a chance to go see QUIDAM, you won't be disappointed! For ticket information, visit cirquedusoleil.com.

Healthy Eating: Part IV

For those of you who are new to Aerial's, I want to let you know that I will not ever tell a child to "go on a diet." However, most of us can choose better eating habits that will also result in better performance in the classroom and in athletics. I do not have a degree in nutrition or dietetics, but as part of my Masters Degree, I was required to complete a number of wellness courses. If any parent is a Dietitian and would like to contribute to this article each month, please let me know.

To date, I have written about high sodium foods, high sugar drinks and the limited selection of healthy foods at some discount grocery stores. The tip for this month is **Eat At Home As Much As Possible!** In 1978, just 18 percent of the calories that Americans consumed were eaten away from home. By 2003, that was up to half. The problem of eating out is that we have less control of portion sizes and the extra oils, fats, sugars and salt used to prepare the meal.

Restaurants use more of these substances to make the food taste better and thus get your business again. Not to mention the larger portion sizes. Many restaurant meals are actually 2 or 3 or 4 servings rather than 1. I know when my husband and I were first married, we ate out a lot. We would each get our own meal and often an appetizer and sometimes desert. Since I was taught to "clean up my plate" I would often sit and eat and eat until I eventually had to unbutton my pants ☺ Not only was I consuming too many calories, but often calories loaded with extra fats, oils, etc. Now, we have learned that he and I can share a meal and not only save money, but feel like moving afterwards!

Given the demands of today's busy lifestyles, dining out is a timesaving tool for many. We just need to think about what we're up against when someone else is cooking. Have a great month!

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. If you pay by the quarter, fall fees (Sept., Oct. & Nov.) are also due at this time. (Accounts that are more than 90 days past due may go to a collections agency)

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

Due to the fact that I have had a record number of returned checks lately (over \$500 worth just in the past week), I am forced to implement a new policy. Effective September 1st, after a family has given me 2 bad checks your account will become cash only. Also, remember that the return check fee is \$25 per check. Please do your part to pay your fees on time. If there is a special circumstance that should be considered, I would prefer that you talk with me in advance rather than write bad checks. Thank you for your understanding.

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 September are the following + any other new student who wasn't enrolled at the time of print:***

Morgan Baker	Avary Beatty	Zach Blankenship	Marc Blankenship
Taylor Boeckmann	Madison Bronner	Haley Brown	Rylee Callahan
Sydney Callahan	Erin Clark	Amber DeBoard	Taylor Dingey
Brittany Donaldson	Lacie Evans	Holly Hilliard	Jaimie Howard
Christian Jent	Emma Johnson	Alli Jones	Natalie Lay
Blair Maynard	Olivia Minney	Katie Mowery	Katie Persson
Brooke Shelton	Morgan Shepherd	Andrea Slocum	Taylor Stanforth
Teigan Thackston	Hannah Willey	Sydney Wright	Mackenzie Adams
Madison Foltz	Anna Ehlers	Jadelyn Bentley	Lexi Robinett
Samantha Taylor	Hannah Howell	Faith Spriggs	Breanna Taylor
Ally Bailey	Hanna Fosbrink	Annaylse Warner	Hannah Stern
Tabitha Vance	Courtney Fisher	Emily Tissandier	Abby Rhinehart
Megan Stotts			

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. The prayer requests for September are:

Amy Crowe – surgery	Amy Blankenship – healing of leg	Grandparents who've passed away
Pets	Rachel Schuler – papaw heart attack	David White – throat cancer
Ally Maynard – lupus	Mary Ann Carson & new baby boy	New Leesburg Gym
Shannon Vanscoy	Safe Highland County Fair	

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