



September Newsletter

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

Dear Athletes & Parents,

Welcome to the Fall Quarter at Aerial's! We are excited to see so many new faces and also all of the veterans! At any time if you have questions, feel free to speak with your instructor, a customer service representative in the office or myself. You can access each of our emails by typing the staff person first name followed by aerialsathletics.com (for example: angie@aerialsathletics.com). Many of us check our email late at night when we wouldn't be able to call you so sometimes this is the fastest way to get questions answered. Technology illiterate... don't worry, this quarter we plan to have a representative in the office Monday-Thursday from 4-9 PM and also Saturday mornings. Also, be sure to read your monthly newsletters (which can also be accessed off our website) to keep up on closings and current events.

Many of you have become accustomed to enjoying snacks at the gym. I recently added more variety. As you know, what we put into our bodies often reflects in our performance on the mat. At Aerial's, we try to teach athletes overall wellness and that includes choosing healthy snacks when possible. I recently noticed that a pack of Kellogg's Fruit Snacks (which advertise 0g fat and 100% vitamin C – which is nice) also has 42.5 g of sugar per pack!!!! An average 5 year old should only consume 32g in an entire day. My 5 year old loves these things and often wants a pack when he comes to the gym; however it is hard for him to understand that if he eats a pack plus a Popsicle at home, plus a bowl of cereal in the morning...etc that he is on the path to sugar overload. So, once the fruit snacks that I currently have are gone, then we will no longer be selling this unhealthy snack. Instead, encourage your child to choose one of the new snacks – many are low calories, low fat, low in sugar yet high in fiber and other “good-for-you” components! Thank you for understanding!

Have a wonderful quarter and once again thanks for choosing Aerial's!

God Bless,

September Birthdays – Happy Birthday Athletes! Don't forget to ask a staff member for your birthday sucker ☺

2 Sarah Free	12 Danielle Riley, Brynnley Bryant
5 Keeley Allen	13 Corrick DeBoard
6 Paige Bryant	16 Kelsie Carnevale & Joshlin Lawson
7 Calvin Walls	24 Lexus Reiley
8 Cheyenne Clift	30 Auna Allen, Lydia Kessler, Regan McCall, Margot Meredith, Samantha Pierson
11 Mary Steele	

Promotions

Although sticker charts are only completed at the last class of the quarter, athletes are evaluated at the end of each month. If you are promoted, please see an office staff member to check on class availability. Congratulations Athletes for an outstanding month! Promotions this month include:

Isabelle Coomer promoted to the **Fireflies Class**
Avery Cranmer promoted to the **Intermediate Class**
Courtney Fisher promoted to the **Intermediate Class**
Tyler Greathouse promoted to the **Advanced Class**
Alyssa Hickey promoted to the **Intermediate Class**
Brittany Howard promoted to the **Advanced Class**
Alexis Lamb promoted to the **Elite I Class**
Abby Mason promoted to the **Intermediate Class**
Elizabeth Mason promoted to the **Beginner Class**
Ida Monroe promoted to the **Advanced Class**
Meg O'Connor promoted to the **Advanced Class**
Mary Steele promoted to the **Intermediate Class**
Katy Stephens promoted to the **Elite I Class**
Megan Stewart promoted to the **Intermediate Class**
Gabby Woods promoted to the **Advanced Class**

Felicity Wright Fund - As many of you may have heard, Felicity Wright (a 2 year old in our Leesburg & Wilmington preschool classes) was injured in a fatal car accident on Wednesday, August 13. Although Felicity came out with only minor injuries, her mother Beth Wright (23 year old from Hillsboro) was killed. Our hearts and prayers go out to Felicity. To help the family with Felicity's expenses, we have set up a fund for Felicity titled the Felicity Wright Fund. Donations can be made at any National Bank & Trust Location.

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. 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!

Aerial's Recital Wrap-Up 2008:

- Check out the Aerial's Website www.aerialsathletics.com to see wonderful 2008 Recital Pictures!
- A few DVD's still for sale.... \$15 each.
- A few Recital T-shirts left.... \$5 each.
- Still missing recital pictures, please call Amber Pulse at Impulse Photography 840-9430.

Make Plans NOW to attend the 2009 Recital to be held Saturday, May 30, 2009 at Hermann Court on the campus of Wilmington College. We have already started working hard to make for an even better show in 2009 which most likely will include two separate shows (therefore less people at each one, more room to park and smaller lines!!!!!!) All classes and teams will participate, so mark the date on your calendar now ☺

BIRTHDAY PARTIES!

The birthday parties have been a huge success! Thank you to all of you who have chosen to have your birthday party at Aerial's. Although some dates are booked, many dates are still available for the fall quarter. The 4000 sq. ft. Wilmington gym is a great place for athletes and his/her friends to have a FUN, FUN, FUN and unforgettable birthday party. If you are interested see Denise, and book your FABULOUS PARTY TODAY!!!!

Aerial's Acro Gymnastics Team Update!

Thank you to all who participated in the acro clinic last month. The members of the 2008-2009 team are:

Kiley Allen	Ashli Maynard
Kendall Anderson	Jayne Maynard
Rachel Avery	Brooke Rose
Courtney Collins	Rosie Schreiber
Emily Earley	Sammi Shepherd
Lindsay Ellen	Rilee Storts
Madison Enright	Taylor Wilkin
Holly Hilliard	Alisha Wissel
Emma Johnson	

Aerial's EXTREME Cheerleading Teams:

The Aerial's EXTREME Cheerleading Teams are off to a GREAT start! On August 30, both teams competed at the NCA Kings Island Competition. Both teams performed well with the Mini team taking 1st place in their division and the youth team 3rd. The teams also performed at the Highland County Fair on September 6. The next competition will be the Midwest Cheer Expo on Sunday, October 12th in Fairfield.

Aerial's Annual Golf & Cornhole Tournament – Saturday, October 4:

Make plans now to attend the Aerial's Annual Golf & Cornhole Tournament to be held Saturday, October 4 at the Elk's Golf Club in Wilmington. Registration forms are available in the office. If you are a gymnastics, acro or cheerleading team member then you must do the following to receive part of the proceeds: 1. contact 5 sponsors – get letter first from office; 2. work one shift on the day of the tournament; 3. find one golfer or one cornhole team. All money will be split as follows: 70% to team members; 20% to new equipment to benefit all athletes; 10% to scholarship fund to help cover costs of those who can not afford to pay for gymnastics/cheer expenses.

National Gymnastics Day & Cartwheel-A-Thon – Saturday, September 13:

All athletes (recreational or team) are encouraged to participate in the Cartwheel-A-Thon to be held on National Gymnastics Day Saturday, September 13, 2008 from 1:30-3:30. Money earned from the fundraiser will be distributed as follows: 50% to athlete to use for class fees, competitions fees, etc; 25% to St. Jude Children's Research Hospital; 25% to Aerial's scholarship fund. Pick up a pledge sheet from the office!

Back Handspring Clinics

This fall, we have added 3 back handspring clinics to the schedule. This is a program that was very successful in the past. We are pleased to be able to offer the program again. To attend the back handspring clinic(s), athletes must be able to perform a good round off and also a good handstand (should be able to support own body weight in a handstand position for a minimum of 30 seconds). The cost is \$18 and must be paid in advance. Athletes also must have a release form on file.

Fall Back Handspring Clinics are: September 20 October 18 November 15

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 summer 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.

Sept 1st –7th No Late Fee * Sept 8th –14th \$5 late * Sept 15th –21st \$10 late * Sept 22nd –29th \$15 late * Sept 30th – later \$20 late

I am very sorry to have to announce a new policy that will affect many athletes: (due to the increase number of delinquent accounts) Effective the Winter Quarter 2008-2009 athletes will no longer have the option to pay for the quarter in 3 monthly installments. Families will be asked to pay for the entire quarter at the time of registration. No registration will be processed until full payment is received and the registration form and release form are completed. Winter registration will begin the first week of November. Please prepare now for this new policy. THANKS!

Anniversary Month - 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 Denise if you have questions, or are unsure as to when your fee is due.

The list of SEPTEMBER Anniversaries/registrations are posted at the 3 gyms. Thank you to those who already paid!

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 September; please know that I try to get names & spellings correct @***

Felicity Wright & family	Samantha Achtermann – grandpa	Madi Crowe - cousin in Iraq	Pets
Calvin Walls – grandma	Zach Blankenships grandmother	Mary – Camryn in army	
Kiley Allen – Aunt	Raelynn Mason – grandparents	Mary Steele – grandpa	Raelee Schulz – Mandy
Darcie Zeckser – grandpa	Joshlin & Jenna Lawson – grandma & family friend		Rachel Schuler
Rachel Avery – friend's grandma	Kirstin Lombardo – cousin in army	Makenzie Fentress – cousin Riley & Great grandpa	
Tyler Griffith – aunt having baby	Brittany Gregory – cousin broke leg	Gabby Woods – brother hit with golf ball	
Karlee Rice – friend broke arm	Shelby – cousin broke arm	Madison Hodge – Dad surgery	
Brook & Whitney Britain – great grandma	Alyssa Hickey – uncle had heart attack	Chuck-E-Cheese	
Kayla – Grandma broke ankle	Mackenzie Adams – great grandpa	Tiana Collins – great grandma	
Nursing Homes	Katie Ames – family friend	Meg O'Connor – brother's friend grandpa	

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

***Don't miss the 2008 Tour of Gymnastics Superstars
Featuring Olympic Gold Medalists – Shawn Johnson & Nastia Liukin***

**Saturday, November 1 – 5 PM
Columbus' Value City Arena**

ORDERS MUST BE TURNED IN NO LATER THAN MONDAY, SEPTEMBER 29

If you want to sit with the Aerial's group, then return this form with cash or a check payable to Aerial's Athletics, LLC no later than Monday, September 29. You can also order tickets on your own at

www.gymnasticssuperstars.com

Athlete Name: _____

Phone Number: _____

No. of Tickets: _____ **X \$27.50 each =** _____