



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

## Spring Quarter 2011 Newsletter

*Spring Quarter Ends Monday, May 23*  
*No Classes Tuesday, May 24 - Tuesday, May 31*  
**\*\*\*\*\*SUMMER REGISTRATION BEGINS APRIL 7th\*\*\*\*\***

Dear Athletes & Parents,

Welcome to the Spring Quarter at Aerial's! We're excited to see so many new faces this quarter. Feel free to call, email, or stop a staff member if at any time you have questions.

I often find that we don't do a good enough job at educating the parents on what an athlete's progress should be so I wanted to explain in more detail in this newsletter:

Preschool Classes - Parents should expect athletes to learn a few gymnastics shapes such as tuck, pike, straddle, etc. The athlete will practice motor skills and specifically ones that pertain to learning gymnastics skills. The athlete should learn to share and take turns, will probably become stronger and more self confident. He/she should also begin to learn beginning tumbling skills such as different types of rolls. However, although we introduce cartwheels, handstands, backbends and other skills it isn't typical or expected for a preschool age child to master these skills. Preschool athletes should "move up" once they are mature enough to handle an hour long class with school age children. This may be at age 4 or 5 and rarely but sometimes at age 3.

Beginner & Intermediate Tumbling - Parents should expect athletes to learn rolls, cartwheels, handstands, and more. Depending on the natural strength, flexibility, coordination, and age of the child, athletes will master each level in typically 1-2 years. The stronger and more flexible the child typically the faster he/she will progress.

Advanced Tumbling - Parents should expect athletes to learn walkovers, front/back handsprings, a better handstand, and more. It is highly encouraged that athletes attend twice a week once they reach this level to better develop the areas of flexibility and/or strength that must be developed to master the more difficult skills. It is normal for athletes to spend a couple of years at this level while they develop the strength and flexibility needed to learn the back handspring, a powerful round off, and other skills. If the athlete only attends one class a week, progress is typically slower.

Elite (Flip N'Twist) & Power Tumbling - Most athletes that reach this level of tumbling at gymnastics gyms are those on competitive gymnastics teams competing at Levels 5 or 6 or higher - most often practicing 12-20 hours a week. Although it is possible, it is often difficult to master the skills when only in the gym 1-2 hours a week. Not only do the more difficult skills require extreme strength and flexibility, many of the skills also require an increase in vertical jump, an increase in reflexes, and often times a change in diet to get the body in the best physical condition possible. So, to get the most out of the class/level, attend 2-3 classes a week and also work on the areas of weakness at home whether it be leg strength, shoulder flexibility, or other area.

Gym 1-3 - Parents should expect athletes in each of these classes/levels to begin learning skills in the USA Gymnastics Junior Olympic training program. It is very typical for athletes to spend 1-2 years at each level. If the national average were only months per each level, we'd have all Olympians by age 8 or 9! Again, just as in other classes the more hours the child has in the gym typically the faster he/she will progress. Although by attending one class a week, the athlete can still learn skills/drills to work on at home to help with the increase in strength and flexibility needed to progress to the next level.

Cheer/Tumble 1 & 2 - Parents should expect athletes to learn cheerleading fundamentals that will help the child become a better cheerleader. Jumps, motions, stunts, tumbling, etc. is taught and introduced. How fast the child masters each skill will again depend on her age, strength, flexibility, and coordination.

Cheer/Tumble 3 - This class is geared toward a middle/high school age child wanting to learn or "clean up" cheerleading skills such as jumps, motions, and mostly tumbling. We try to structure the class to meet each individual's needs.

I hope the above explanations help you to better understand what you should expect out of your child and our program. Thanks again for choosing Aerial's!

Have a great month – God Bless!

### **Special Dates Remaining in this Quarter:**

March 27	Acro Meet at SSYMCA in Sidney, OH
April 1-24	Spring Fundraiser (turn in orders to the office no later than Sat., April 30!)
April 7	<b>FIRST DAY OF SUMMER REGISTRATION</b> (pending my baby doesn't arrive early and delay printing!)
April 9	Make Up Class 12-1
April 9	Extra Acro Practice 1-3
April 10	Acro Meet at SSYMCA in Sidney, OH
April 30	Make Up Class 12-1
April 30	BHS Clinic 1-2:30
May 14	Make Up Class 12-1
May 14	BHS Clinic 1-2:30
May 21	Acro State Meet at H2H
May 23	Last Day of Spring Quarter
May 24-31	No Classes
May 31&June 2	All Star Cheerleading Clinic/Tryouts

### **Birthdays – Happy Birthday Athletes!**

Happy Birthday to those who have birthdays this Spring Quarter! Don't forget to ask a staff member for your birthday sucker!!! Due to a recommendation by USAG for security reasons, we'll no longer publish Athlete's birthdays. However, we'd still like to recognize the athletes' on their special day so we will continue to issue birthday suckers during his/her birthday month.

### **Promotions**

Congratulations to these athletes and others who accomplished so much this Winter!

**Justin Conn was promoted to the Intermediate Class!**

**Paige Cox was promoted to the Gym 2 / Intermediate Class!**

**Taylor Dodge was promoted to the Intermediate Class!**

**Cydney Ewell was promoted to the Beginner/Gym 1 Class!**

**Skyler Faulkner was promoted to the Gym 3 Class!**

**Nayomie Ludwick was promoted to the Intermediate Class!**

**Jada May was promoted to the Beginner / Gym 1 Class!**

**Lauren Meddock was promoted to the Intermediate Class!**

**Candace Rappach was promoted to the Intermediate Class!**

**Kayleigh Siebenaller was promoted to the Beginner / Gym 1 Class!**

**Josi Stickle was promoted to the Beginner/ Gym 1 Class!**

**Micah Wall was promoted to the Beginner / Gym 1 Class!**

**Hailey Woods was promoted to the Advanced Class!**

**Jaelle Woods was promoted to the Intermediate Class!**

**Sierra Woods was promoted to the Intermediate Class!**



I'm pleased to announce that we were able to award 2 athletes this Spring Quarter with money from our scholarship fund. Any donations are welcome! Also, any family that wants **to be considered for the Summer Quarter must submit an application no later than May 1, 2011.** Applications are available in the office.

### **Aerial's Acro Gymnastics Team Update:**

On Sunday, March 13, Aerial's hosted teams from Ohio and Michigan at the first Region 5 acro meet of the season. Aerial's Acro Team Members performed well and won every division that was entered. Our team results were as follows:

Level 5 WP ages 11 and under	1st Place	Madison Enright & Elizabeth Mason
Level 6 WP ages 12-14	1st Place	Lindsay Ellen & Kendall Anderson
Level 6 WP ages 12-14	2nd Place	Emily Earley & Lydia Kessler
Level 6 WP ages 12-14	3rd Place	Jayme Maynard & Raelee Schulz
Level 6 WP ages 15-16	1st Place	Caitlynn Moore & Raelynne Mason
Level 7 WP ages 15-16	1st Place	Rosie Schreier & Kiley Allen
Level 9 WP ages 16 and under	1st Place	Ashli Maynard & Sammi Shepherd
Level 5 WG ages 12-14	1st Place	Lindsay Ellen, Raelynne Mason & Elizabeth Mason
Level 6 WG ages 12-14	1st Place	Madison Enright, Raelee Schulz & Lydia Kessler
Level 7 WG ages 12-14	1st Place	Jayme Maynard, Emily Earley & Kendall Anderson
Level 7 WG ages 15-16	1st Place	Caitlynn Moore, Rosie Schreier & Kiley Allen

The next meet of the season will be Sunday, March 27 at the Sidney-Shelby County YMCA in Sidney, OH. Good luck team!

**Aerial's All Star Cheerleading Update:**

The Aerial's All Star Competition Cheerleading Team recently wrapped up its 8th successful cheer season. In January, the team competed in one of the largest cheerleading competitions in the world at the Jamfest Super Nationals in Indianapolis. It was a two day competition with over 500 of the best teams from the US and other countries. At the end of the competition, Aerial's earned a second place finish placing only .001 behind the first place team. It was the closest finish of the competition. Although we would have loved to have been National Champions, we're still all very proud of the great routines our team performed.

On January 30th, the team earned a FIRST PLACE finish in the Ohio State University cheerleading competition! Last, the team competed March 5 at the US Spirit Arnold Nationals and placed 3rd. Thank you athletes, parents, friends and family for another wonderful season!



**Cheer Tryouts for the 2011-2012 Season**  
**May 31 & June 2 from 5-6:30 at the Wilmington Gym**

**Please complete the attached form to receive a packet of information!**

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**Spring Back Handspring Clinics & Make-Up Classes**

**Make-Up Classes**                      **Mar 5 & 19, Apr 9 & 30, May 14 Wilmington: Saturdays 12-1**  
Make-Up Classes - up to 2 FREE per quarter

Athletes are allowed to make-up up to two missed classes during a quarter. Spring make-up classes will be held in Wilmington on Sat. from 12-1.

**Back Handspring Clinics**                      **Mar 19, April 30, May 14 Wilmington: Saturdays 1-2:30**  
\$18 per BHS Clinic; \$45 if prepay for all 3 clinics

BHS Clinics are non-refundable. If prepay and miss a clinic, you may attend a make-up class in the place of the clinic.

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**BIRTHDAY PARTIES**



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!!!!

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**EXTRA TUMBLING CLASSES - PAY AS YOU GO ONLY \$8 PER CLASS!!**



**GREAT** for those looking for extra practice or those without time to enroll in a regular class. Also, a great class for those working skills for cheer tryouts in the spring!

Any athlete ages 10 and up looking for extra time to work on tumbling, may attend the Pay-As-You-Go class held on:

**Leesburg                                      Wednesdays                                      7:45-8:45**

The \$25 annual registration fee must be paid for the year if not already paid.  
We also need a signed Spring Quarter registration/release form to attend.

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**Inclement Weather**



**Tune to Channel 5 Television or their website [www.wlwt.com](http://www.wlwt.com) for closings!**

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**Local Job Posting:**

Modern Woodman of America is now hiring a couple of Full-time positions for Sales Representatives (w/ full benefits). If you're interested in a career in financial planning and like the idea of possibly making \$70K or more in the first year, then you can check out the career website at [www.mwacareers.org](http://www.mwacareers.org) or contact Matt Moore at 383-3400 for more information.

Aerial's is now hiring professional, responsible, trustworthy, dependable, and caring adults for instructor & customer service positions. The part-time positions would require some training in the Summer Quarter and then begin teaching on own in the Fall Quarter. Candidate may be required to go through back ground checks as well as complete a Safety/Risk Management Course. Positions available for the Wilmington, Leesburg, and/or possible new Waynesville location. If interested, please **email a resume to [aerialsathletics@yahoo.com](mailto:aerialsathletics@yahoo.com) with 3 references by April 1, 2011**. Please indicate in your cover letter which gym(s) you'd be willing to work. Resumes will be reviewed and interviews scheduled early April-early June (depending on how soon I have my baby!) No phone calls please.

We plan to hire 1-4 individuals in the following categories. If you are interested in or meet more than one category, indicate that in the cover letter/resume.

Aerial's Instructor (Preschool - lower levels) -

A dependable adult needed to teach preschool and beginner level gymnastics classes. Candidate should be exceptional with young children. A great position for education majors, stay at home moms, etc. Gymnastics experience a plus but not required. Willing to train the right candidate. Must be able to lift 40 lbs. Ideally, looking for someone available to teach a few daytime classes, evenings, and/or Saturday mornings. Candidate should be comfortable in teaching a monthly Christian devotion to children. Also, willing to travel to other gyms a plus.

Aerial's Instructor (Cheer / Tumbling) -

A high energy and dependable adult needed to teach cheer/tumbling classes. Candidate should be exceptional with preteens & teens and have cheerleading experience. Gymnastics experience a plus but not required. Willing to train the right candidate. Must be able to lift 50 lbs. and spot up to 150 lbs. Looking for someone available to teach evenings and/or Saturday mornings. Candidate should be comfortable in teaching a monthly Christian devotion to children. Also, willing to travel to other gyms a plus.

Aerial's Instructor (Advanced/Elite Tumbling) -

A high energy and dependable adult needed to teach higher level tumbling classes. Candidate should be exceptional with children & teens and be able/willing to write lesson plans to maximize class time. Gymnastics experience a plus but not required. Willing to train the right candidate. Must be able to lift 50 lbs. and spot up to 150 lbs. Looking for someone available to teach evenings and/or Saturday mornings. Candidate should be comfortable in teaching a monthly Christian devotion to children. Also, willing to travel to other gyms a plus.



**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 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:**

- |  |  |                                   |                              |
|--|--|-----------------------------------|------------------------------|
| Elle - broke arm                             | Grandparents to get saved                | Athletes stay healthy             | Friends w/ appendix surgery  |
| Victoria's grandma fell and hit her head     |  | Alyssa's grandmother died         |                              |
| Abigail's knee                               | Lauren Meddock's grandfather             | Samantha's grandfather has cancer |                              |
| Tia's grandmother is sick                    | Cadence & Cydney's mother in Afghanistan | Shelby's art teacher broke leg    |                              |
| Shelby's father's friend had heart attack    | Grandparents                             | Pets                              | Gabriela Garlo's father      |
| Erica Preston's sister ill                   | Brynnley Bryant's grandpa                | Paige Cox's papaw                 | Aubrey Powell's grandmother  |
| Jillian Layne - Baby brother & Grandma Layne |  |                                   | Jenna Stanley's grandparents |

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

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## Policies & Procedures:

**Proper Attire-** Athletes, please make sure that you are dressed appropriately for your class. All female athletes should wear a leotard (shorts are optional). Male athletes may wear a t-shirt (the tighter the shirt the better) and shorts. It is difficult and at times unsafe to spot an athlete wearing a baggy t-shirt. If you are unable to afford a leotard, please see a staff member. Many families have donated gently used leotards. We have many FREE ones to pick from.

### 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!

### Gym Interruptions -

Parents, siblings and other spectators, please do not open the gym doors while a class is in session. To maximize learning, we ask that you leave discipline and instruction to the staff. Opening the door during class time can be disruptive to the entire class. Children are asked to bring a water bottle into the gym or will be dismissed once or twice an hour for a water break. If a child is being disruptive and the staff is unsuccessful in disciplining the child or regaining his/her focus then the child will be sent to the lobby to the parent/chaperone.

**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 7<sup>th</sup> of each month.***
- ***\*\*\*\*\*ATTENTION THOSE PAYING IN 3 MONTHLY PAYMENTS \*\*\*\*\*If paying in three monthly payments, you must always pay one month in advance. For example, the first payment is due at the time of registration, the 2<sup>nd</sup> payment on or before March 7<sup>th</sup> and the 3<sup>rd</sup> payment on or before April 7<sup>th</sup>. A \$5 per week late fee will be applied to those payments made after the 7<sup>th</sup> 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.

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## Anniversary Months & Annual Registration Fees

***\*\*\* NEW this SPRING QUARTER - we will no longer list anniversary months in the newsletter. Instead, we'll continue to verify the anniversary month at the time of registration. If the annual registration fee is not paid at the time of registration, we'll bill the athlete/parent as a reminder.\*\*\****

*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. The annual registration fee must be paid by the end of the anniversary month or a \$5 per week late fee will be applied. Please see a staff member if you have questions, or are unsure as to when your fee is due.*

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Please complete this form to receive a packet of information about our competitive cheer program for ages 4-18! This form doesn't commit you to anything except finding out more about the program!

Name: \_\_\_\_\_ Age as of 8/31/11: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone No: \_\_\_\_\_

**Turn this form into the office by April 15th! Thank you!**



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Thank You for supporting Aerial's Athletics!

This fundraiser will benefit all athletes..... PLUS everyone who helps with the fundraiser gets a **PRIZE!!!!!!**

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Goal is to raise \$15,000 and proceeds would be distributed as follows:

80% - New Equipment

(specifically toward the cost of a spring floor which will be around 10K)

10% to the Scholarship Fund

(We've helped 12 families this year and want to raise more to help in 2011-2012 !!!)

10% to the Acro Team

(For the team's trip to San Jose, CA in July to compete in the USA Gymnastics Junior Olympic National Championships!)

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**A reminder all completed order forms & money must be turned into the Wilmington office no later than**

**Saturday, April 30th**

(athletes can also turn forms/money into the Leesburg gym until April 27th)

**Orders will be filled and ready to distribute by mid-May**

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**GYM GOAL is for 100% Participation**

**If every athlete sells 12-15 items we'll reach our goal of \$15,000!!!!!!**

( Every item sold helps though, so even if you think you can sell only a couple of items, please participate.  
Every child that sells just 1 item gets a prize!!!!!!)