



Dates To Remember:

Please take note of the following dates

Team Camp

Mon. Aug 2nd– Thurs. Aug 5th
8:30-11:30 a.m.

Gym Open House

Sun. Aug. 8th
12:00-4:00 p.m.

Fall Schedule

Starts Wed. September 1st
Wednesday-6:30-9
Friday-Silver & Gold: 4:30-7
Bronze-6:30-8:30

No Practice

Friday September 3rd

State Meet

Friday May 13th-Sunday
May 15th
Western Michigan University

Team Evaluations and Level Mobility

In the past, end-of-season evaluations have been handed out in May after the state meet. However, this year we will be handing them out in late August. This will allow us to include all the new skills that the athletes have learned on the evaluations, as well as inform the athletes what level they will be in the fall.

The only athletes who will receive evaluations in August are those who were on the team this past season. New prep-opt team members will receive evaluations starting in January or February with our mid-season evaluation; however new members

will also be informed of their competitive level at this time.

As a reminder, level mobility does not take place until the end of the summer. The summer is a very important time for skill development and waiting until August allows us to place the athletes at the most accurate level for the next season.

Throughout the summer the athletes will be in a variety of different training groups based on the plans for the day and the needs of the gymnasts. Please do not try to determine your child's level by who she is practicing with this summer.

Also, please remember that spending more than one year at a certain level in prep-opt is not uncommon. The change in expectations and requirements from one level to the next is quite large and many athletes need more than one year to fully prepare themselves for the next level. The decision of which competitive level to place each gymnast at is always based on where they will find success, but be challenged at the same time.

Team Uniforms

Every two years the prep-opt team gets new uniforms for competition. This summer we will be ordering uniforms for the next two years. If you are a new prep-opt team member, your

account will be charged \$285 on August 1st. This pays for a long sleeve leotard for competition, a sleeveless warm-up leotard (which can be worn at practice), a warm-up suit, and a bag.

If you are a returning team member you will be charged \$255. This includes all the pieces except the gym bag. You are not required to buy a new bag; however, if you would like

a new one, please notify Coach Katherine by July 28th and you will be charged \$285 on August 1st. Please note, the bag is the same as the current bag.

Floor Routines

It's time to start thinking about next year's competitive season! Although competition doesn't start until January, floor routine choreography will begin at the end of this summer or early in the fall. Once a gymnast has a

routine she is able to keep it for two years, and any adjustments that need to be made will be done in practice.

The cost of a floor routine is \$125, which is due at the time of the floor routine

choreography, floor music, and the private lesson. There was a misprint in the Team Handbook regarding cost. However, the correct price was included in all emails sent. Coach Katherine will be

contacting each gymnast who needs a routine to set up a time for the private lesson.