

Important Dates, Practice Changes & Info:

Fri. May 21st

Team Banquet @ Fountains in Clarkston on Maybe Rd. 6pm (no regular practice)

Sat. May 22nd

*Level 5 additional practice 9am-1pm
*Team pictures for all levels during practice, info on back page
*Team sleepover, drop off at 8pm, pick up Sunday morning at 9am (Booster club will be providing snacks and beverages)

Mon. May 24th

PEC Test 4:15-5:30pm

Fri. May 28th through Mon. May 31st (Memorial Weekend)
NO PRACTICE for all levels

Sat. June 5th Pre Team Fun Meet 4-6pm, all optional level gymnasts may stay to judge

Mon. June 7th, Extra PEC (for level 5 & 6) 4:15-5:15pm

Sun. June 13th

Departure for Woodward (meet at Stars & Stripes @ 5:45am)

Practice During the week of Woodward (for gymnasts not attending)

Mon. June 14th, 4:30-7pm
Tues. June 15th, 5:30-8pm
Thurs. June 17th, 5:30-8pm

Practice Changes the week of June 21st (due to class Olympics)

Mon. June 21st, NO PRACTICE (all levels)
Tues. June 22nd, level 5-9 9am-1:30pm, PEC 2-3:00pm
Level 4 practice regular
Wed. June 23rd, level 7-9 9am-1:30pm
Thurs. June 24th, Level 5-9 9am-1:30pm, PEC 2-3:00pm
Level 4 practice regular
Fri. June 25th, Level 5-9 9am-1:30pm, Level 4 12:30-3:30pm
Sat. June 26th NO PRACTICE

June 28th through July 5th
NO PRACTICE (all levels)

Summer Training Schedule & Camps

The only athletes that will switch training groups for summer training are level 4 gymnasts moving to level 5 (they will begin the level 5 schedule July 6th). Level mobility for gymnasts level 5 and above will not be determined until the end of the summer, therefore your child will follow the summer schedule relative to their *current* level.

When determining level mobility many factors are involved including work ethic, desire, maturity, ability to use constructive criticism, ability to push through fear, strength, flexibility, success in competition at current level, current level skills, readiness to correctly perform new set of skills and attendance. A lot of thought goes into designing a plan for each individual gymnast and putting them in a position to be successful. Gymnasts must understand that moving up is not a given, they MUST put in the effort required. Evaluations will be distributed at the end of June to provide a clear outline.

Level 4 Summer Schedule

Summer Training:

Tuesday 9am-noon
Thursday 9am-noon
Friday 9am-noon

Summer Camps:

July 26th-July 30th 9-noon, and August 9th through August 12th 9-1pm (2nd camp only Mon. through Thurs.)

Level 5 & 6 Summer Schedule

Summer Training:

Monday 3-7pm
Tuesday 4-8pm
Wednesday 3-7pm
Thursday 4-8pm

Summer Camps:

July 26th-July 30th 1:30-5:30pm, last day of camp (July 30th) 9-noon; and August 9th through August 12th 9-1pm (2nd camp only Mon. through Thurs.)

7, 8 & 9 Summer Schedule

Summer Training

Monday noon-5pm
Tuesday noon-5pm
Wednesday noon-5pm
Thursday 9am-3:30pm

Summer Camp:

July 26th-July 30th 8:30-1:30pm, last day of camp (July 30th) 9-noon

Training for team gymnasts (at their current level) will run through Friday, June 25th (please take note of changes to practice the week of June 21st).

Summer training will begin Tuesday, July 6th. If your child will begin training with a new level, it will start that week. No practice for level 4-9 Saturday, June 26th, through Monday July 5th.

Wow! Ending With a BANG!

The 2009-2010 season proved to be another great success. Throughout the season it is always exciting to see the growth of athletes; may it be a new level 4 learning the ropes of competition, or a seasoned veteran grow in confidence in her routines and improve her game each and every meet.

The competitive season truly reveals the process involved as we see gymnasts evolve from the beginning of the season to the end gaining strength both mentally and physically. Every new level and every new season reveals new obstacles and challenges for athletes which must be expected and embraced. It seems that Stars & Stripes athletes conquered challenges head on, worked out the kinks, and ended the season with a bang! Check out all the champions...

2010 State Champions

Level 4 Team State Champs!

Individual Level 4 State

Champs:

Niki Mehta; all around, floor, balance beam
Grace Kaiding; all around, vault, bars, beam, floor
Elizabeth VanHeulen; all around, vault, beam
Nicole Johnson; floor, beam
Kara Federico; floor
Alexa Halprin; vault
Samantha Blomberg; beam

Individual Level 5 State

Champs:

Ashley Yamanoha; all around, vault, bars
Karli Keilitz; beam, floor
Sydney VanBuskirk; vault
Veronica Latimer; vault

Individual Level 7 State

Champs:

Amber Autry; vault, floor

Individual Level 8 State Champs:

Emilee Incammicia; beam, floor
Mackenzie Tuohy, floor

Individual Level 9 State Champs:

Jackie Yates; beam, floor

Regional Champs

Emilee Incammica; level 8 Regional Bar Champion
Anna Martucci; level 8 Regional Floor Champion

Level 9 National Qualifier

Emma McLean

**Congratulations champions!
You have made everyone at Stars & Stripes very proud!**

Team Pictures:
Sat. May 22nd (during practice)

Team pictures are scheduled for Saturday, May 22nd during practice. Order forms will be in your gymnasts folders (now located on the window sill just down the hall from the vending machines). For level 5, 6, 7, 8 & 9 gymnasts group shots and individual shots will be taken at the end of practice. Gymnasts must wear a regular workout leotard to practice (bring long sleeve competitive leotard to change into). They must wear their meet hairdo (relative to their level) to practice. Level 4 gymnasts will have their group and individual shots taken at the beginning of practice, therefore they should wear their competitive leotard to practice and bring a workout leotard to change into.

Level 4-6 Hairdo for Pictures:

Bun with navy blue scrunchie, barrettes must match hair color.

Level 7-9 Hairdo for Pictures:

Pony tail with navy ribbon, barrettes must match hair color.

*Gymnasts may wear their hair in any style for their individual shots.

Camp Woodward: Transportation & Important Information

We have reserved a charter bus to chauffeur us to Woodward this year, which should be a great convenience. We will be meeting at Stars & Stripes on Sunday, June 13th at 5:45am. The cost for transportation will be \$165 per gymnast, and will be deducted from your account on June 1st. The cost includes food stops both ways. We ask that gymnasts bring only one carry-on bag (including their snacks and activities for the drive, along with forms for registration and money to use while at camp), along with a pillow and/or blanket for napping. Additional items to bring (in suitcase or large duffel bag) are listed to the right.

Not listed, but EXTREMELY important, gymnasts must bring all forms (were mailed to your home after you registered) including medical forms, insurance forms and their physical form. **THEY CANNOT EVEN BE EVALUATED WITHOUT THESE FORMS.** Please put them in your child's carry-on bag to make the registration process easier, or give them directly to Cassie on departure day. Additionally please put your child's money (to be used at camp) in your child's carry-on or give directly to Cassie on departure day.

Detailed information for gymnasts including skills to show at evaluation, skills to work while at camp, an itinerary and tips to make the trip the most productive will be distributed to gymnasts before departure. Gymnasts are required to attend a specific amount of open gym time during the week as well as attend mandatory team practices.

Suggested Supplies for Woodward:
EVERYTHING LABELED!!

- ___ GRIPS, wrist bands/ Wrist guards, tape, etc.
 - ___ Purell hand gel
 - ___ 3 towels, 2 for shower, one for pool
 - ___ toothpaste, toothbrush
 - ___ shampoo/conditioner
 - ___ hair spray/gel
 - ___ hairbrush
 - ___ Barrettes (lots)
 - ___ Rubber bands/hair ties/headbands (lots) **these items will disappear!**
 - ___ sheet
 - ___ sleeping bag
 - ___ pillow
 - ___ sleeping "buddy" i.e. stuffed animal(s)
 - ___ PJ's
 - ___ robe or wrap for after shower
 - ___ underwear
 - ___ 5-7 leos (or more, they live in their leotard)
 - ___ Shorts for over Leos (bring a few)
 - ___ 2-3 t-shirts
 - ___ 2-3 tank tops
 - ___ 1 regular outfit (optional)
 - ___ long jeans/warm-up pants
 - ___ Rain Poncho
 - ___ jacket
 - ___ 3-5 pair of socks
 - ___ 2 bathing suits
 - ___ 2 Flip flops (one pair to use as slippers and to shower in, other for running around in)
 - ___ 1 pair of tennis shoes (horseback riding/rope course)
 - ___ flashlight*
 - ___ picture from home*
 - ___ mosquito spray
 - ___ Sun block
 - ___ snacks/Water bottles (snacks that can close up or zip lock baggies to put them in are a must. No open foods of any kind are allowed in cabins since it will attract ants and other critters. Their cabin will lose inspection points if open food and/or drinks are found). Water bottles are a must! Gymnasts can bring a water bottle that can be refilled in the fountains.
 - ___ Camera
 - ___ Laundry bag (pillow case works well)
 - ___ \$75-100 for the week in their account for souvenirs and other stuff from the store.
- Tips: Put toiletries in a travel bag to help keep things organized.**

Performance Enhancing Conditioning (Next Test--Monday, May 24th & TOPs Regional Testing

Due to the chaos of the last few months of the competition season with championship meets almost every weekend we decided to put PEC testing on hold until everything came to a close.

Now that we are finished, we will be holding a PEC test Monday, May 24th 4:15-5:30pm; level 7 and above gymnasts are already in practice, therefore they will test during practice. This test will determine athlete's eligibility to participate in PEC throughout the summer (June, July and August). Level 4 gymnasts moving to level 5 may participate in this test.

Please take note of the additions/changes to PEC for May (if your child already participates) on the front page of this newsletter, as well as changes/additions for the month of June. Regular PEC will take place on Thursdays 1:30-3:30pm throughout July and August.

Regional TOPs testing will take place throughout this summer. Gymnasts are eligible to participate in regional testing if they fit the age requirements of 7-11 before December 31, 2010. If a gymnast turns 12 before December 31, 2010 they may NOT Participate in testing. Additionally gymnasts must be able to complete 90% of the

TOPs conditioning tests including the 12 foot rope climb, sprint, cast handstands, press handstands, handstand hold, L-hang leg lifts, adequate splits and shoulder flexibility. Testing dates (subject to change) are listed below, more tests may be added. Details of how regional testing works will be outlined closer to actual testing dates.

Sunday, June 27th, 8:30am @ Olympia in Shelby Twp.

Friday, July 23rd, 2pm @ Olympic Dreams in Youngstown, Ohio (transportation will be provided)