

Important Dates, Practice Changes & Info:

Team Camp (all levels)

July 26th-July 30th

Level 4, 9am-noon (Mon-Fri)
Level 5 & 6, 1:30-5:30pm (Mon-Thurs), 9am-noon (Fri)
Level 7, 8 & 9, 8:30am-1:30pm (Mon-Thurs), 9am-noon (Fri)

TOPs Test

Saturday, July 31st

Stars & Stripes Annual

Open House: Sunday, August 8th, noon-4pm

Team Camp

(Level 4, 5 & 6 only)

August 9th-August 12th
(Monday-Thursday)

Level 4, 5 & 6, 9am-1pm
****PEC will still take place that week on Thursday, August 12th 1:30-3:30pm**

NO PRACTICE for LEVEL 7, 8 & 9 Friday, August 13th

Next PEC Test:

Thursday, August 26th 1:30-3:30pm

Changes in Practice for Level 7, 8 & 9:

Thurs. August 26th, 1:30-8pm
Friday, August 27th, 9am-noon
Mon. August 30th, 4-9pm
Tues. August 31st, 4-9pm
Wed. September 1st, 4-9pm
Thurs. September 2nd, 4-9pm
***Regular fall schedule will not begin for levels 7/8/9 until Tues. Sept. 2nd.**

Last day of summer practice for

Level 4, 5 & 6: is Tuesday, August 31st, Fall schedule begins Wednesday, September 1st.

*****No practice for all levels**

Friday, September 3rd through Monday, September 6th.

Attention!!!

Important Info for Camp:

During the first team camp (week of July 26th), on the last day of camp (Friday, July 30th) ALL levels practice 9am-noon. Gymnasts must wear socks, tennis shoes, cotton shorts and tank top. We will be participating in outdoor activities that day.

Coach Nathan: Michigan's Male Compulsory Coach of the Year

At the end of every competitive season the Michigan Gymnastics State Administrative Committee holds elections to recognize the efforts of Michigan gymnastics coaches. Categories include male and female compulsory coach, along with male and female optional coach.

Coaches are nominated by their peers (other coaches and judges within the state of Michigan) based on the success of the gymnasts they instruct,

their conduct at competitions and sportsmanship. We are very proud to announce that our very own Coach Nathan was elected as the 2010 Male Compulsory Coach of the Year.

This is an incredible honor since he was nominated and elected by other coaches and judges around the state; which shows that not only do we at Stars & Stripes recognize and appreciate Coach Nathan's dedicated efforts, but also our competitors (other gym clubs)

and meet officials (judges) in the state of Michigan also view Coach Nathan as an outstanding gymnastics instructor. Additionally, Michigan has many strong competitive gymnastics programs, therefore all nominees were excellent, respectable coaches, which makes this honor even more prestigious. Coach Nathan was honored at the Michigan Gymnastics Champions Banquet on June 5th, but was unable to attend due to the annual Pre Team Fun Meet at Stars & Stripes. Congratulations on your great achievement Coach Nathan!

Competitive Gymnastics Team School Year Schedule

The school year schedule will begin Wednesday, September 1st (the summer schedule will continue through Tuesday, August 31st, except Level 7/8/9 they have a modified schedule the week of August 30th, see side bar). **No practice September 3rd through September 6th (Labor Day weekend).** Although final level mobility will not be decided until later in August this will help provide an idea of what your schedule may look like. Please feel free to contact your child's coach if you would like a more accurate estimate of your child's level for the upcoming season.

Also listed are the Championship meets for each level (State Meet, Regional Meet and National Championships) along with state qualifiers for Level 5 & Level 6. Level 5 athletes must attend both state qualifiers to attend the state meet. **This is not our final meet schedule and does not include invitations and travel meets.** The final meet schedule will be prepared in mid to late September.

School Year Practice Schedule: Championship Meets and State Qualifiers:

Level 4

Tuesday 4:30-7:30pm
Thursday 4:30-7:30pm
Saturday 12:30-3:30pm

Level 5

Monday 5:15-8:45pm
Tuesday 5:30-9:00pm
Thursday 5:30-9:00pm
Friday 4:30-8:00pm

Level 6

Tuesday 5:30-9:00pm
Wednesday 5:00-9:00pm
Thursday 5:30-9:00pm
Saturday 9am-1:00pm

Level 7/8/9

Monday 4:00-8:00pm
Tuesday 3:45-7:45pm
Thursday 3:45-7:45pm
Friday 4:00-8:00pm
Saturday 9am-1pm (PEC 1:30-3:30pm)
***Occasional Wednesday conditioning practices for Level 9**

PEC

Saturday 1:30-3:30pm

Level 4 State Meet

April 30th-May 1st

Location: Traverse City, MI

Level 5 State Qualifiers

March 12th & 13th

Location: Hartland

April 9th & 10th

Location: Olympia (Shelby Twp)

Level 5 State Meet

May 7th & 8th

Location: Freeland, MI

Level 6 State Meet

April 30th-May 1st

Location: Traverse City, MI

Level 7 State Meet

May 14th & 15th

Kalamazoo, MI

Level 8/9/10 State Meet

March 26th & 27th

Holland, MI

Level 8 Regional Meet

April 29th-May 1st

Location: TBD

Level 9 Regional Meet

April 15th-17th

Location: TBD

Level 9 Nationals

May 5th-8th

Location: Worcester, Mass.