

Happy Holidays From Minnesota Aerials!



Compulsory State Meet!

Aerials gymnastics is proud to be sending 8 gymnasts to the 2009 Compulsory State Gymnastics Championships Dec. 12-13 at Hamline University. The following gymnasts will be representing our club this weekend!

Level 5:

Kelsie Buck and Katie Hartneck

Level 6:

Taylor Guckeen, Maddie Moe, Sydnee Rensch, Amanda Rundell, Hannah Sandin and Alyssa Walton

Good luck Aerials!

"If you aren't going all the way, then why go at all?"

-Joe Namath

Team Pictures

We have heard that there are a few outstanding issues with Instant Replay Sports in regards to poor photo quality or missing items. The gym has left multiple messages regarding the situation and hasn't heard back to date. They initially told us that they would be replacing all photos, but to our knowledge that hasn't been completed yet. If you have issues with your photos, please contact them directly at: 763-262-2221. You should ask for Steve or Nina.

Secret Santas

The girls will be picking Secret Santa's on Friday, December 11th. We will start them Monday, December 14th and they will end Wednesday, Dec. 23rd. The girls would like to do three gifts under \$5 and then one bigger gift under \$15. Each gymnast will have a stocking hung in the gym. Please spread out the delivery of the gifts throughout the ten days. Gifts may be left in the office and our staff will help to stuff them!

Parent Guidelines!

Here are a few reminders for all team parents!

*Please email the gym if your child will be gone. Ahead of time helps us plan better!

*Please have your daughter to meets on time! Nothing throws a kid off more than walking into an arena and seeing all your teammates already warming up!

*Please leave the coaching to us! There is always a natural tendency to "coach", give hand signals and gestures while viewing. This is distracting for the athletes AND disrespectful to the coaching staff!

*Never enter the training area. Personal conversations with coaches can happen before or after training, BUT NOT during! For safety reasons parents should not enter out on to the gym floor!

*Be positive! The buzz in the peanut gallery has a tendency to gravitate toward the sensational or negative. The old saying goes...If you don't have something nice to say...don't say it at all! Concerns can certainly be addressed with the coaching staff but definitely NOT in the lobby.

*Please focus on the progress and improvement YOUR daughter is making. There are no two gymnasts in the world that are alike in thought, development, skill ability or motivation. Hugs and positive compliments go a long way! The kids

Optional Update:

Mock Meet:

Please remember that we are evaluating where your daughter is right now. Gymnastics is all about timing. We know exactly what your daughter will need to be successful in March. This is really when things become important to our gym. March is when the girls compete at state and attempt to qualify for Regionals and Westerns. All of the meets scheduled prior are merely stepping stones to our ultimate goal. They are nothing more than opportunities to expose the girls to a variety of different meets and competition settings. Any good scores, medals, ribbons or high placements are "icing on the cake". We are training your daughters to peak when it counts and as a parent you might think it is important to win every meet. We are telling you that nothing matters until March.

Please do not grill your daughter about her performance, skill choices or progressions. Please trust that we have HER best interest in mind and that we will not put in elements that will take more deductions than they are worth, have poor technique or cause unnecessary risk at this level.

If you have questions about the mock meet please shoot us an email and we would be happy to answer any questions.



Gift Ideas...

Here are some excellent gift ideas for your favorite gymnast.....

*A subscription to a gymnastics magazine.

International Gymnast: www.intlgyrnast.com

Inside Gymnastics: www.insidegymnastics.com

*2nd pair of grips, new wristbands, grip brush (www.ten-o.com)

*Gift certificate for private lessons (see office for details)

*Copy of Shawn Johnson's book, *Stories Behind the Smile* (contact office)

*Floor bars or low beams (Jake is still taking holiday orders)

December Calendar

December 9, 2009

Mock Meet, Level 7-9 6pm-8pm (\$20)

December 12-13, 2009

Level 5 and 6 State Meet

December 18-20

Spirit Invite @ Hamline University
Level 7-9

December 24, 25, 12/31, 1/1

Gym Closed. No practice for any team

Please remember to have cards or small homemade gifts for you team buddies to the gym by the Friday night prior to their meets!

Injury Prevention

*ICE, ICE, ICE. If something hurts, grab a bag of ice or use an ice bucket for 10-12 minutes for a week!

Icing does not show weakness or injury. It just means you are taking preventative measures! As a collegiate gymnast we spent a half hour icing DAILY regardless of if anything hurt or not!

*Use an anti-inflammatory (with your parents permission) if you have swelling or pain.

*Stretch on your days off!

*Enlist someone at home to give you a massage on nights that you are particularly sore!

*Look at your body and decide where you are weakest. Talk to the staff about exercises to do at home to develop strength or flexibility!