

# Junior Olympic Team Newsletter

October 2011



## Dream ~ Believe ~ Achieve

### Practice, Practice, Practice

The girls have been working extremely hard at practice lately. We are spending a lot of time working on form and 'going back to the basics' on their skills. As this might not be as much fun as learning new tricks, it is very important for them to have great form when performing their skills. When competing, the judges are looking for technique such as straight legs and pointed toes just as much as the ability to perform the skill! We also believe if they improve their technique when performing their current skills, they will have an easier time learning 'the big tricks'. If you ever have any concerns or questions, please talk to your daughter's coach. We are always willing to listen and explain what we are working on and why.

Remember the old saying...Practice makes perfect!

### Fundraising Opportunities

Do you want help with gymnastic expenses? **We are buying new leotards this year!** The boosters are selling candles and Puffin Pastries. Packets will be available this week with order forms. Extra packets will be in a bag by the coach's cabinet. Make checks payable to Junior Olympics Parents. Sales go from October 6 through October 20. Candles are \$10 and Puffins are \$13. The money raised from each girl's sales will go directly towards her expenses. After the sale you will receive information about the amount your daughter raised and you can email the treasurer when you want to apply it to her account. The girls will make \$5 per candle sold and \$4 per Puffin sold minus any expenses, if any. The candles and Puffins will be delivered approximately two weeks after the sale ends.

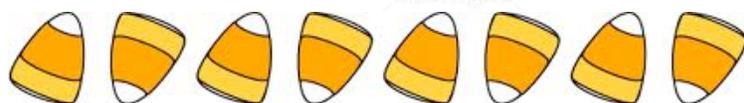
For November, the boosters are looking into a possible casino night fundraiser for Friday, Nov. 4th. Would you be interested? We will try to set it up for a Saturday night and arrange a Kids Night Out at the gym. The bus will leave from the gym and go to Black Hawk or Central City. The girls will sell tickets or 'bus passes' for the trip which will come with a coupon book and dinner coupons. If we fill the bus, it is free to us so the total value of the tickets sold by each girl will go into her account. More details to come.

### Gym Maintenance Rescheduled

We would like to move some equipment and fix a few things, but we really need some muscle to do it. We didn't have enough volunteers on the previously scheduled gym maintenance day, so we are going to reschedule. If you are willing to help us with this task, can you please contact us directly and we will find a date that works! Thank you in advance!

### Gym Closure - October 31st

The gym will be closed on Halloween this year, so that the girls can enjoy their day celebrating the holiday. If you are going trick or treating, please remember to be careful! We will be working extra hard the rest of the week to work off all the candy they eat on Monday.



### Festival of Lights

The Festival of Lights in Brighton is December 10th. In previous years, the team gymnast performed before the parade behind City Hall. We are still trying to decide if we will do the performance or possibly walk in the parade this year. We will let you know as soon as we decide.

### Important Dates:

- October 14th** - Open Gym from 6:30 - 8:00 pm
- October 21st** - Open Gym from 6:30 - 8:00 pm
- October 28th** - 'Bring a Friend' Open Gym from 6:30 - 8:00 pm
- October 31st** - Gym Closed for Halloween
- October 31st** - November Tuition Due
- November 4th** - Parent's Night Out (possible Casino Night)