

PRESTIGE NOVEMBER 2009 NEWSLETTER

UPCOMING EVENTS

Monday December 14, 2009 Team Christmas Party at Mountville Elementary 5:00-8:00 pm

December 24, 25, 26, and 31st 2009 NO PRACTICE

January 2, 2009 Resume normal practice times

TEAM HOLIDAY PRACTICE TIMES

December 28 Level 7-10 8:00-12:00

December 28 Level 7-10 8:00-12:00, Level 6 11:00-3:00

December 29 Level 7-10 8:00-12:00, Level 4 1-5, Level 5 10:30-2:30 Level 6 11-3

December 30 Level 7-10 8:00-12:00, Level 4 1-5, Level 5 9-1, Level 6 11-3

TEAM HOLIDAY PARTY

The Prestige Team Holiday Party will be held Monday December 14th at Mountville Elementary from 5:00-8:00 pm. Each family will bring food to share. Cups, plates, napkins, and silverware will be provided. To keep it simple, please bring all food in disposable containers. Don't forget a serving spoon! If your last name starts with A-L please bring a side dish that would serve 6- people, M-P two gallons of something to drink, and Q-Z a dessert. We're looking forward to a great holiday party. Directions from the gym: Turn left out of gym parking lot and follow the road through two lights. You will wind up in the school parking lot.

CONGRATULATIONS

We have FIVE Level 9 and 10 gymnasts (Freshman, Sophomores, Juniors, or Seniors) that have achieved a 4.00 GPA or higher this marking period at school. A huge congratulations to Kelsi Eberly, Kiersten McDonald, Lyndsey Dickson, Aubree Horn, and Mackenzie Oettel. Great job girls!

COLLEGE NEWS

WOW! Another scholarship! After a visit to Southeast Missouri this past weekend, TAYLOR HUEY, a Level 10 gymnast graduating in 2011, was offered a FULL GYMNASTICS SCHOLARSHIP. Congratulations Taylor!

PLEASE CALL!

If you have any questions or concerns, please feel free to call me at anytime! My cell number is 471.0111 and I would be happy to help you any way that I can.

A HEALTHY BREAKFAST

The Elite Gymnastics journal has stated that, as we all know, breakfast is in fact quite important. Want some healthy suggestions for your gymnasts before school or early morning meets? Try these...whole grain toast with peanut butter & skim milk, English muffin topped with melted cheese & skim milk, veggie omelet, fruit smoothie with milk, fruit, yogurt, homemade snack mix with nuts & fruit, dry whole grain cereal & 100% fruit juice, high fiber cereal bar & skim milk, oatmeal with skim milk & fruit.