



## Important Dates:

**Pre Team Fun Meet:** Saturday, June 5th, gymnast arrive at 4pm, show begins at 4:30pm

**Last Day of regular practice schedule:**

Level 1: Friday, June 25th

Level 2: Tuesday, June 29th

Level 3: Saturday, June 26th

**1st Day of summer training:**

Tuesday, July 6th (no practice June 30th through July 5th).

## Pre Team Pictures

Please take note of dates for pre team pictures. Picture forms will be in your child's folder next week (folders are now on the window sill at the end of the hallway just after the vending machines). Group pictures for each level will be taken at the fun meet. Individual pictures (which are optional) will take place at the end of your child's practice or shortly after, (dates listed below). Parents do not need to be present, as pictures will be taken inside the gym.

If you wish to have individual shots and/or order a group shot fill out the picture form and bring it to your child's particular picture day. Picture processing will take 4-6 weeks.

Level 1 Individual Picture day: Wednesday, June 16th

Level 2 Individual Picture day: Thursday, June 17th

Level 3 Individual Picture day: Wednesday, June 16th

## Pre Team Fun Meet: Saturday, June 5, 2010

### Pre Team Fun Meet

Saturday, June 5th  
4:00-6:00 pm

**\*Gymnasts must arrive at 4pm for warm up, the show will begin at approximately 4:30pm.**

Registration Fee: \$25

Spectator Tickets: \$3

Ticket went on sale May 1st, there are very few tickets left!

### Pre Team Fun Meet Format

The pre team fun meet will be organized similar to an actual gymnast competition. Gymnasts will rotate to each event where they will first warm up on the event, then "compete." Gymnasts will receive a score from and an achievement ribbon on each event. Upper level competitive gymnasts will be "judging" routines and flashing a score for each routine. The gymnasts get very excited about their

scores, it is very fun! In addition, gymnasts will receive individual recognition during the award ceremony where each child will receive a trophy.

### Attire for the Fun Meet

Gymnasts must wear their pre team uniform with their hair pulled back securely in a bun with the matching navy blue scrunchie.

### Directions for the Bun

1. Begin with a pony tail (centered between the hairline at the forehead and the hairline at the neck). If the pony tail is too low, it will get in the way of skills, if it is too high it just looks silly. All Bangs MUST be pulled back, also make sure there are not any bumps, and pin back (with barrettes), hairspray or gel any fly-aways. .

2. Either braid the pony tail in one or two very tight braids depending on thickness of the hair, or simply twist the hair very tightly (then hairspray and/or gel the twist).

3. Once hair is braided or twisted, wrap the braid or twisted pony tail around the base of the pony tail into a rounded, tight shape. The bun should be flat, not cone shaped and extremely tight. Place several bobby pins around the entire bun (several meaning at least 8-10 pins).

4. Hairspray and or gel all around the bun for a slick, clean look. Everything must be tight to avoid hair distractions.

5. Finally, place the matching scrunchie around the bun.

## Welcome Coach Didi (to the competitive gymnastics program)

Didi has been an employee at Stars & Stripes since 2005 where she coached recreational gymnastics, tumbling and cheerleading. In August of 2006 she transferred to Michigan State (from Oakland University) to pursue not only her teaching degree, but to become a BIG TEN cheerleader, which limited her time at Stars & Stripes to summers only over the last few years. She was a Michigan State Cheerleader throughout the rest of her college career.

She graduated from Michigan State University in 2009 with a Bachelor of Arts degree in Elementary Education with a double minor in Mathematics and English. She just recently completed her teaching certification with a full-year teaching

internship in April 2010.

Didi has a great passion for gymnastics and cheerleading, both of which she was involved with since grade school. Didi has a great understanding of the sport of gymnastics as well as what it takes to be a competitive athlete through her time as a collegiate cheerleader. Her great attention to detail is extraordinary, and is exactly what is needed at both the pre competitive and competitive levels. Additionally, she has a great demeanor with the children where she can challenge them to perform their best, while having fun at the same time. Her education and experience also give her a great advantage with understanding children, finding what makes them tick and helping them reach their best.

We are so fortunate to have Didi join our pre competitive and competitive gymnastics staff where she will be assisting with pre team levels 2 and 3 along with competitive level 4. She has already begun training with the level 2 and level 4 teams and you will see her even more this summer. Welcome to the competitive program coach Didi!