

## Dates to Remember

**September 2, 2009 10 year Anniversary Open House-** Don't miss the fun!! There will be hot dogs, open gym, and a team performance. 6-8:30 pm

**September 8, Fall practice Schedule Begins**

## Birthdays:

11	Faith Shope - 9
12	Kristin Vlk - 7
17	Coach Jim
17	Lauren Haines - 6
17	Emily King - 14
19	Jim and Lori's Anniversary -17 years
23	Coach Bernie
25	Mackenna Rouse - 13
29	Molly Sanford - 11

**A Few Reminders from the Booster Club!** You need to have money in your meet fund account it is that time again and we will be sending in registrations soon!! Reminder that if you do not have the money in your account your daughter will not be registered and late fees will be assessed if there is room at a later time to register her.

**NOTE from Coach Kristin:** It's That Time of Year Again! As summer comes to a close and your children head back to school, this means that our gymnastics meet season is just around the corner. All of you have received your meet schedules in your mailboxes. (If you have not – please see a MGTC staff member.) We try to do this well in advance so that you can block out these weekends & plan on your gymnast attending **ALL** competitions scheduled to get them as well prepared as possible for state, regional & national competitions. If for some reason you have a prior commitment on one of those weekends, please let your daughter's coach know ASAP as we will enter ALL gymnasts in each meet unless otherwise notified. Many of these meets will be entered in the next couple months so please notify us of any conflicts you may have. (A reminder that you must have money in your booster club accounts in order for your gymnast to be entered! Please stay current with your accounts!) Summer training has been very successful & we would like to thank you for getting your gymnast to practice as much as possible. We look forward to another exciting competition season !

Wow, we will be heading back to school, evening practices and homework. Did we have a summer?

**Just a few survival reminders:** Pack a snack for the car ride to the gym. It is so important to feed your daughter, school is hard work and nutrition is so very important. It most likely has been a long time since they have eaten anything or had something to drink so the car ride is the perfect time to do both. Don't forget to have an extra leotard in the car and some extra snacks for the days when you forget everything and are amazed that you made it out of the house at all that morning. Plan ahead for homework nights, try to stay on top of it from the beginning, it is amazing how well this works. I am still working on this, since it is 11 pm and I have just started the newsletter for tomorrow.

## TEAM CONTACT

MGTC is trying to get everyone involved with email. It is much cheaper for us to send email messages about changes in practice, updates on meet information as well as general gym information. As we strive to create email lists that will be most effective we thought that you might like the email contact of the coaches in charge of your level. We would appreciate it if you could send emails to your coaches if you will be out due to homework, illness, or other commitments. It is important to communicate and email is the best way to get things started. We will also be sending calendars and newsletters via email so make sure you send the most up-to-date email to your coach and Michelle so we can create the contact list.

### Level 7-10

Coach Jim [mgtc@sbcglobal.net](mailto:mgtc@sbcglobal.net)  
Coach Lori [comiskeyusa@hotmail.com](mailto:comiskeyusa@hotmail.com)  
Coach Bernie [bpletcher84@yahoo.com](mailto:bpletcher84@yahoo.com)

### Prep-Op

Coach Bernie [bpletcher84@yahoo.com](mailto:bpletcher84@yahoo.com)

### Level 5 & 6

Coach Kristin [kchase@speednetllc.com](mailto:kchase@speednetllc.com)  
Coach James [parentj@northwood.edu](mailto:parentj@northwood.edu)  
Coach Michelle [kocanmich@aol.com](mailto:kocanmich@aol.com)

### Level 4

Coach Michelle [kocanmich@aol.com](mailto:kocanmich@aol.com)

### Level 3

Coach Cassie [ctuckey@yahoo.com](mailto:ctuckey@yahoo.com)  
Coach Ashley [blaze1am4@gmail.com](mailto:blaze1am4@gmail.com)

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\*\*Email them to [kocanmich@aol.com](mailto:kocanmich@aol.com)  
or [michelle@tumblltrak.com](mailto:michelle@tumblltrak.com).

I look forward to hearing from you!