

# November Newsletter

Holiday Closures: Stars Gymnastics will be closed November 22-26. Classes will resume as normal on Monday November 27th. Those enrolled in Wednesday and Thursday classes will still receive their guaranteed 4 classes. There will be no make up for those days. Gymnasts enrolled in Saturday classes will need to register for November 19th's make up class. We will not allow walk ins for make ups.

## Black Friday Drop 'n Shop

Who's ready to go holiday shopping!? Drop your kiddo off at Stars Gymnastics for a morning of fun and play while you get all your holiday shopping done. Your kiddo will be playing games, making crafts, getting lots of exercise in the gym, and, of course, having a blast all morning long! You get all your shopping done and your kiddo gets a fun-filled morning!

**Spots are limited, sign up today!**

**Ages: 2-12 (must be potty trained)**

**Half Day: 7:30-10:30am**

**Full Day: 7:30am-1:30pm**

Member Half Day:	Non-Member Half Day:
\$15	\$20
Member Full Day:	Non Member Full Day:
\$30	\$35

Pizza will be served for lunch at 11:30.

## Giving Back

With the holidays coming up, we are asking our Stars Gymnastics family to help give back! Beginning the month of November we will be accepting:

- Nonperishable Food Goods
- Blankets
- Clothing (all sizes)
- Personal Hygiene Products (Travel Sizes)
- Unused Toys
- Books



We will be donating these items to House of Ruth, Pacific Lifeline, Pomona Homeless Outreach, and Volunteers of America.

Any unused toys and books will be donated on December 16th to Serenity Care Home. Giving these children a chance to receive gifts for Christmas.

**We thank you in advance for your donations!**





November 18th

Pull Over 2:45-3:45	Jr. Gym and Up.
Back and Front Walkovers 2:45-3:45	Levels 2 and up; Tumbling 2 and up
Front Flips 12:30-1:30	Level 3 and up; Tumbling Level 3 and up.

## MY SKIL CHART

Stay up to date with your child's progress!

You can now see what your child need or has accomplished from the comfort of your home.

Coaches will be updating gymnasts skill on MY SKILL CHART; an online program that allows parents/ children to see their progress.

Grab a flyer in the lobby for sign in directions!

**myskillchart.com**  
*Where technology meets progress.*



## How to Practice w/ your child

By David Benzel

Many children have fond memories of spending time with a parent practicing their sport, while other children's memories are more like nightmares because those sessions ended with tears and feelings of inadequacy. This message is for those of you whose child is in a sport where sharing the activity is both possible and likely.

There are two ways to practice a sport with your child, and both approaches can end in disaster if the purpose is unclear. On the other hand, with an agreed-upon purpose, either approach can lead to satisfying experiences your child will talk about for years to come. Here are the two options and how to execute for maximum positive impact.

**Approach #1: Shallow Practice.** Purpose = Make it so enjoyable that you'll be asked to do it again. Shallow Practice is designed to give you play time with your child, first and foremost. It is not necessarily for the purpose of huge leaps in skill development. This kind of practice requires an attitude of total acceptance no matter how well or how poorly skills are performed. You invest this kind of effort because you and your child need time together that leaves both of you appreciating each other. This means you will not criticize, analyze, or correct. However you will smile, joke, and laugh -- especially at yourself. It's light and fun, like a game of catch, shooting some hoops, kicking around the soccer ball, a game of tennis, skating, skiing, or going for a run together...if you're up for it!

**Approach #2: Deep Practice.** Purpose = Make the repetitious rehearsal of a skill so meaningful and productive that you'll be asked to do it again. Deep Practice is designed to give your child's physiology (muscles and neurological connections) the kind of experience in which learning takes place naturally -- not by lecture or coercive brow beating. Three steps are involved for your young athlete, while you serve as the facilitator. 1) Break a skill down into bite size elements and practice the parts, even slowing them down if possible. 2) Repeat the parts and eventually the entire skill over and over. Repetition is essential, but your job is also to keep it fun. Turn the repetition into a fun game if possible. 3) Allow your child to acquire a feeling for the new skill. According to Daniel Coyle in his book **The Talent Code**, this involves "straining towards a target and falling just short" and then repeat, even if you have to go back to step #1. Coyle calls it "divine dissatisfaction" until the skill is learned.

Whichever approach seems most appropriate for your practice time together, take note of the common denominator in each kind of practice: **"...that you'll be asked to do it again"**. The best way to insure this is to allow the natural struggle of learning without criticizing, complaining, or nagging your child. The ultimate criterion for your success is receiving a future invitation to practice with your child. "Hey Dad, got time to hit a few?"



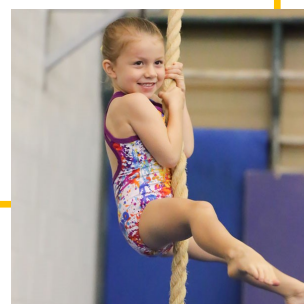
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