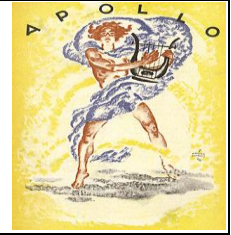


The Apollo

# Sun Spot ... Everything Apollo!!



Apollo Management and the AGPA would like to welcome everyone back for the 2011-12 Season. This season is shaping up to be one of Apollo's best! We have many seasoned gymnasts returning to show the region we have what it takes to succeed.

We also need to take a moment to welcome all of our new families to Apollo, so please take a moment to say hello to a new face in the crowd.

We hope everyone is well rested and ready to shed the summer barbecue pounds and get back to work. We will have some sore gymnasts for the next few weeks while they get used to the level of training all the Coach's expect. Yes, it is back to school! Gymnastics 400 baby!!! So slap on those grips, chalk up and get ready to show everyone what Apollo is made of.

We have one of the best coaching staffs in the region. They are ready, willing and committed to ensuring every one of our young athletes are prepared, in shape and able to compete at the highest level possible. Please take a moment to reflect on the fact the Coaches know what they are doing, and will do what they can to ensure every athlete is performing to the best of his or her ability.



Byron - Age 2.5yrs...

**Here is to a GREAT 2011-12 Season!!**

Friends and families of Apollo - As we start the New Year, please, please be respectful of all of our Apollo family members.

Just as a new Kindergarten Teacher expects little Bobby and Suzie to behave appropriately, the Management of Apollo expects parents to play by the same rules.

We all need to remember while each of the little minds and bodies out there are working hard to, well, sometimes just roll over, we in the peanut gallery need to remember the days of the screaming parent during "the" Little league game, or "the" Soccer game, or...The point is, little Suzie will survive and little Bobby will possibly decide to go back to Ballet. In the end, all will be well and everyone will laugh about it when we are 110. As Bruce Springsteen wrote "Someday we will look back on this and it will all be funny!"

Consider it a very highly paid babysitter and go get a decaf! Leave the Coaching to the professionals and allow the magic to happen. If your child is still trying to rollover after a couple of months, think cooking school. He/she just might become the next Bobby Flay or Barefoot Contessa, who knows.

We do not want to be one of those Gyms people whisper about, we want to be the gym people want to bring their children to. We want to set the standard and become the envy of all those who hear our name. Now that is something worth working towards.

**GO APOLLO!!!**

## GIRL'S COACH'S CORNER



The Head Coach's job is to make sure every child has some sort of sprain, or.....

Just kidding! Here at Apollo this dubious honor resides with Ken! He is the man who makes the gym great...he works hard to ensure every single little person who comes through the hallowed doors of Apollo is treated fairly, honestly, with compassion, and respect.

He will demand that your child work hard; he will ensure your child performs at her peak. It is his job to extract every bit of what your children have to offer and then ask for more. He will make sure they know their limitations, weaknesses and strengths; and he will teach them to overcome and exploit each.

In essence, his job is to define Apollo, to dictate the path the gym may or may not take. He is the person who will decide schedules and levels.

In 2010, Ken and his team managed to blow the National average of seniors making it to University on Scholarship, walk on, or invitation out of the water! National average is in the realm of 30% of all seniors. Ken and his crew managed close to 100%!!!

***Trust His Abilities!***

## MANAGEMENT CORNER

Ms. Valerie Teets runs our beloved gym, and she does so with everyone's best interest at heart. At the same time, she has to herd many cats and ensure EVERYONE is happy - rough task! Picture yourself the Mother of 100, each wants a different meal for lunch and each has something to say about how you must cook it...Not to mention each child is perfect and never makes any mistakes!

Welcome to the world of Valerie. She works very hard to ensure everyone has a great Gym to compete in. All Val, her Coaches and her team request is: Be respectful, understanding and patient. A gym is as hard to run as it is to succeed as a gymnast...it takes hard work, dedication and perseverance.

If you have an issue please do not hesitate to contact Valerie, she will take care of you and ensure your needs are fulfilled. Val and her staff will take the time to make sure each of your concerns are addressed and resolved.

It also does not hurt to be hard of hearing, have a chronic golf habit, and like large machinery...but that is Val's husband - Glenn and we will leave that for another Edition!



**Apollo Gymnastics  
Parent  
Association**



**AGPA**

**New President: Mr. Sam Faz**



**WANTED...**

Say hello to Sam Faz, your newly elected AGPA President. He is committed to ensuring the AGPA continues to run smoothly and with all of your interests at heart. He has been with Apollo for a little over a year now and loves the gym. If you see him around say hello and thank him for stepping up to be the President.

**Vice President:** Ms. Johnene Dana

**Secretary:** Ms. Cheri Delaney

**Treasurer:** Ms. Dawn Harvey

**Fundraising Coordinator:** Ms. Margaret Gaskins

**Meet Coordinator:** Ms. Valerie Clark

**Level 3/4 Representative:** Ms. Susan McKenzie

**Level 5/6 Representative:** Ms. Andrea Bush

**Level 7/8 Representative:** Ms. Robyn Henry

**Level 9/10 Representative:** Ms. Lucy Nee

**Boys Senior Representative:** Ms. Janette DelCid

**Boys Junior Representative:** Ms. Brenda Guthrie

**Committee Signup:** Most have already signed up, for those who have not, please complete by the deadline.

**Next Board Meeting:** the next Board meeting will be the 12<sup>th</sup> of September.

**Spirit Wear:** Orders are due Thursday the 15<sup>th</sup> of September.

## FUNDRAISING

**Braxx Spirit Cups:** Order forms are in your mailbox, all orders are due by September 21<sup>st</sup>.

**Yankee Candle:** Order forms will be distributed on September 28<sup>th</sup>; sales will run until October 13<sup>th</sup>.

**Market day:** Please use account #24453 or Rosa Parks PTA.

Online: Credit card or Debit card

At Sale: cash/check

You must be able to pick up at Rosa parks Elementary between 7-8pm...

Dates for pickup:  
September 16 and  
22<sup>nd</sup>, October 14<sup>th</sup>  
and 20<sup>th</sup>.



**Location:** Rosa Parks Elementary:  
13446 Princedale, Woodbridge, Va. POC:  
Ms Johnene Dana:  
JDANA10@Comcast.net

**SCRIP Cards:** SCRIP orders are due by the 15<sup>th</sup> of every month with delivery expected the following week. Extra orders are anticipated throughout the holiday period. You can find order forms on the AGPA website, or jot down your order and drop it, along with payment in the AGPA lock box located upstairs at the gym. You can also place orders in Christopher Dana's team folder.

## Boys Coaches Corner



***First, please welcome our new Team Members:***

### ***Jr. Boys Team***

Dylan Broney  
Joshua Davis  
Nathan Davis  
Henry Freeman,  
Andrew Jenkins  
Bryce Ross

### ***Sr. Boys Team***

Corey Day

### ***Boy's Team Captains for the 2011/2012 Season***

Bryce Sampson - SR Team Captain  
Bradford Rupert - SR Team Co-Captain  
Laszlo Kurucz - Jr Team Captain  
Tyler Guthrie - JR Team Co-Captain

As you can see from the Super Secret photos mailed to us from a competing gym; Jason, the head coach – uses a tried and true method for choosing his Captains. Not unlike Hockey, Kick-Ball, or Lawn Darts – the Captain is very important; one might say an integral part of the “system”...Rumor has it Bill Belichick (of New England Patriots Fame) passed this method along to Jason early in 2009...Although we cannot confirm this, I think it is obvious from the photos, Bill and Jason are on the same page.....



*“Some say it is cruel”*

*The boys in the picture are: (left to right) Tyler Mullen, Griffin Kehler, (Aqua Man), Juan Palma, and Coach BJ (SuperMan)...*

***But – NOT THE WINNERS!!!!!!***



BJ asked for a re-count...It was declined for obvious reasons!!!!!!!!!!

***BEST of Luck Boys!***

***Here is to a GREAT 2011-2012 Season!***

## Sun Spot Spotlight

### *Proper Nutrition Critical to the Health of Young Gymnasts*

New York-April 1, 2010

“The ideal body type is not always the healthiest body type”, says Sotria Tsakas, registered dietician and staff nutritionist at the Woman’s Sports Medicine Center at Hospital for Special Surgery. ‘As both a growing child and athlete, young gymnasts have elevated nutritional needs that must be met despite constraining schedules and the pressure to stay lean.’ Tsakas’ recently presented on proper nutrition for the young gymnast at the Special Surgery’s 12<sup>th</sup> Annual Sports Medicine for the Young Athlete Symposium in New York.

Studies show that the average Body Mass Index (BMI), body fat percentage and daily energy intake of gymnasts are lower than those of non-gymnasts. Unfortunately, this behavior can lead to severe physical and psychological complications. Tsakas warns that gymnasts might develop unhealthy body images and experience lethargy, poor performance, frequent stress fractures and disorders such as amenorrhea. Characterized by missed menstrual cycles, amenorrhea may be the symptom of hormonal imbalance due to elevated stress levels, excessive weight loss and over exercising.

With more than 4 million gymnasts under the age of 18 in the United States, Tsakas emphasizes the role that coaches, trainers and parents can play in ensuring that young gymnasts receive the proper amount of nutrition. She recommends the following steps:

- Be sure the gymnasts understand the importance and role carbohydrates, protein, calcium and other nutrients. Education is critical.
- Calorie intake varies with a gymnast’s skill level, weight and age. Be cognizant of how a gymnast’s calorie needs will evolve overtime.
- Be on the lookout for dips in energy levels, weight changes, altered moods and stress fractures. These are all symptoms of undernourishment.
- Flag gymnasts with suspicious eating behaviors for nutritional and medical evaluations.
- Minimize focus on weight and body types. Instead, find a positive way to address proper nutrition by positioning food as a source of fuel and energy.
- Conduct nutritional assessments and based on findings, recommend easy ways to add calories such as a glass of chocolate milk, or eating an energy bar.
- Talk to your athletes, they are your greatest resource and can tell you what foods work best for them prior to, during, and after practice and competition.
- Make time for nutrition. Take regular snack breaks and encourage healthy eating habits.

It is important to recognize a problem prior to it becoming an integral part of a gymnasts’ lifestyle. “Although gymnastics is an individual sport, these athletes train together,” says Lisa Callahan, M.D. Medical Director of the Woman’s Sports Medicine Program, at Hospital for Special Surgery. “The eating habit of one gymnast might influence the rest of the group”. Fortunately, with proper education, communication and care from coaches, trainers and parents. Young gymnasts are most likely to have it all-healthy bodies, healthy images and stellar performance. For more information about nutrition for athletes, visit [www.hss.edu](http://www.hss.edu).

### *September Calendar of Events*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> <i>Committee sign-up Deadline</i>	<b>10</b>
<b>11</b>	<b>12</b> <i>AGPA Board MTG 7:00pm</i>	<b>13</b>	<b>14</b>	<b>15</b> <i>Spirit Wear Orders Due  Scrip Orders Due  Apollo release Forms Due</i>	<b>16</b> <i>Market Day Pick-up @ Rosa Parks Elementary School</i>	<b>17</b> <i>National Gymnastics Day!  World record Handstand Attempt!!!</i>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <i>Brax Spirit Cup Orders Due</i>	<b>22</b> <i>Scrip cards distributed</i>	<b>23</b>	<b>24</b>
	<b>26</b>	<b>27</b>	<b>28</b> <i>Yankee Candle Fundraiser Begins</i>	<b>29</b>	<b>30</b> <i>Assessments Due</i>	<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>

### **IMPORTANT, SAVE THE DATE**

- *The Best, the One and ONLY "SURVIVOR" Men's Home Meet, November 20th*
- *The Largest and ONLY "Rock n Roll" Women's Home Meet, February 24-26, 2012*