

The Apollo



Sun Spot

...a newsletter for team families

Kehler Earns Spot on US National Junior Development Team



Apollo Boy's Headcoach, Jason Furr takes a minute to help Griffin relax at the Future Stars National Championships. Photo courtesy of USAG and Steve Lange.

With the majestic Rockies as a backdrop, The Future Stars National Championships were held November 12-14th at the US Olympic Training Center in Colorado Springs. Apollo's Griffin Kehler certainly conquered his own mountain, finishing 13th all-around and earning a position on the 10 Year Old Junior National Development Team. The top 18 ranked gymnasts in the 10 and 11 year old division were named to their respective teams. For 12 year olds, the top 14 gymnasts made the squad.

In Griffin's division it was an uphill climb for all of the competitors, all 61 of them. The boys were (Cont'd. on page 2)

Walters Makes it a Hat Trick: Apollo Has 3 Sign NLI's

Ebony Walters became the third Apollo level 10 gymnast to earn a full athletic scholarship to compete for a Division I NCAA team. After finishing up high school this year at Bethesda-Chevy Chase, Ebony will compete for Coach Brett Nelligan of the University of Maryland in the 2010-2011 competitive season. She'll wear the red and black of the fighting Terrapins, or Terps as their known locally. (Cont'd. on page 2)



THANKSGIVING TRAINING SCHEDULE:

- Wednesday, Nov. 25: Regular practices
- Thursday, Nov. 26: No practice
- Friday, Nov. 27: Boys All levels 9-1
Girls Compuls. 9-1
Girls Optionals 9-2
- Saturday, Nov. 28: Boys All levels 9-1
Girls Compuls. 9-1
Girls Optionals 9-2

Remember to notify your coach if you are unable to attend practice.

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The SunSpot is published monthly. Please send articles of interest to Debi Winstead: eurowinstead@msn.com Next deadline is 12/15/09.

Kehler from p.1

not only scored on their six usual events, but additional skill strength was judged on p-bars and still rings. Then, as if eight apparatus weren't enough, the Future Stars were also judged on trampoline skills. Griffin hit the highest scores of the day on both vault and trampoline with a stunning 9.800 and an 8.400, respectively. He also scored second on floor exercise. Griffin's outstanding performance no doubt turned the heads of the national coaches.

The Future Stars program was created by USA Gymnastics to identify rising talent throughout the country. The program is intended as a long range feeder to sustain the Senior and Junior US Men's National teams. Congratulations Griffin!

Hat Trick from p.1

Maryland is a member of the East Atlantic Gymnastics League and competes against: Pitt, Carolina, West Virginia, GW, NC State, Rutgers and the University of New Hampshire.

"We are extremely excited to have her on board for the 2010-2011 season," Nelligan said in an interview about his four recruits. "Ebony is another top notch all-arounder with explosive power on all four events."



Ebony, Paige and Megan sign their national letters of intent, cementing their college scholarships.

Ebony, Megan McDonald, and Paige Krall then joined each other on Monday, November 14th to sign their National Letters of Intent (NLIs) at the gym. With all of the boys and girls optional gymnasts on hand, the three inked their signatures and cemented their scholarships.

Good luck to all of our girls in their NCAA careers!! *By the way, the editor has heard a strong rumor that the University of Kentucky Wildcats with Paige will visit the Comcast Center at College Park in the 2010-11 season to compete against Ebony and the rest of the Terrapins squad...*

Coaches' Corner

The competitive season is now underway and here are a few reminders:

Coaches: A meet or awards ceremony is *not* the time to talk about your gymnast's performance, skills or scores. If you want to discuss anything with a coach regarding your athlete, please schedule an appointment at a later date. Jason and Ken are both available via e-mail or you can leave a note at the front desk. Meetings can be easily arranged and once away from the competition venue, your concerns can be effectively addressed.

Scores: Please let the judges do their job. If you have questions about scoring, make an appointment to see your athlete's coach at a later date or go to the USAG website and review the scoring, deductions, and requirements.

USAG Rules: Remember that parents are not allowed to enter the competition area during a USAG sanctioned meet and similarly, gymnasts are not allowed to leave the competition area. Parents should not enter the area *for any reason*, including injury. In the case of an emergency or injury, the coaches and athletic trainers or emergency responders will take care of your child. (Remember, meets are required to have medical professionals on hand and all USAG coaches are first-aid and safety certified. Not to mention, our own Coach Nancy is an EMT!)

Injuries: When your gymnast is injured, please supply a physician's note to your coach. The note is kept in a file not only for reference purposes, but more importantly for any unforeseen liability issues which may arise.

Awards Ceremonies: Again, by USAG rules, gymnasts are required to wear their warm-up and/or leos through the opening ceremony, awards and closing ceremony. It is expected that your gymnast stay with the team and remain through the entire awards ceremony.

Grips: Be sure to have *at least one extra pair* of broken-in grips *with you* when you travel to meets. In other words, always have two pairs of grips broken in and ready to go.

Girls' Music: Be sure to have at least 3 copies of your floor music. (*Editor's note: We keep one in the gym bag and two in the car.*)



WANTED!

AGPA needs Rubbermaid or Sterlite containers w/ lids to store meet decorations. Have extras? Questions?

Contact Robyn Henry:

robynjdhenry@yahoo.com

AGPA News

Assessments: Statements for the second installment of the annual assessment were emailed on November 14th. Additionally, copies of those statements were placed in team folders on November 16th. **Payment is due on November 30th**. Payments should be placed in the AGPA lockbox above the folders. **If payment is not received by November 30th a late charge of \$50 will be assessed and registration for your gymnast to compete in upcoming meets could be delayed or withheld.**

Credits to accounts have been applied from the following fundraisers: Virginia Lottery, White House Ornaments, Yankee Candle, SCRIP (Sept & Oct), Market Day (Sept & Oct), Used Leo Sales (Sept & Oct), Verizon (Sept 27 & Oct 3) and Nissan (Depeche Mode, Nickelback, Dave Matthews, CrueFest, Kenny Chesney, Buffet 1 & 2, and End of Season Bonus). Please refer to the "Members Only" section of the AGPA website to review the fundraising totals and the flex plan distributions. You will need your user ID and password to access this portion of the site. If you do not have this please contact our secretary, Sharon Mullen at agpasec@aol.com. When referring to the flex plan worksheets you will also need to know your gymnast's account number. This number can be found on your statement.

If you have any questions regarding your statement or the flex plan please contact our treasurer, Kim Schumpp at agpatreasurer@apollogymnasticspa.org.

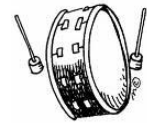
Board Meetings: Regular AGPA board meetings will now be held on the second Thursday of each month at 7:00 pm. The next one is scheduled for December 10th.

FUNd Raising

Upcoming fundraisers include the "World's Finest Chocolate Bars" and another Joe Corbi's

Pizza round early in 2010. However, for now, you can make the holidays a breeze by giving Scrip gift cards. AGPA members are selling Scrip cards in the evenings at the gym, so skip the malls and make gift-giving easy and satisfying by buying Scrip instead! Scrip orders will be placed on November 30th and then again around December 5th and December 10th so you can stuff those stockings full of Scrips for your good little boy or girl! For any questions, please contact Johnene Dana at JDana10@comcast.net or 703-590-5006.

The Southern Living fundraiser will come to a close on November 25th. Please submit your order no later than this date. Flyers are in team folders.



MEET BEAT

2009 Men's Survivor Invitational November 22nd

Levels 4-10 at Apollo

Rotations are posted on the bulletin board up in the viewing area at the gym.

Greater NY Invitational

Girls Levels 7-10

Rockland Community College
Suffern, NY

Saturday, December 5th:

- Session 1 - Level 8 - Session 2 - Level 8
- Session 3 - Level 9 - Session 4 - Level 10

Sunday, December 6th:

- Session 5 - Level 4 & Level 5
- Session 6 - Level 4 & Level 7
- Session 7 - Level 6 & Level 7 & JOGA

Exact times have not been posted as of 11/20/09. However directions and a campus map are here:

<http://www.sunyrockland.edu/about/campus-guide/directions>

<http://www.sunyrockland.edu/about/campus-guide/map>

Girls' Level 4/5 Sectional

December 13th & 14th

Hurricane Gymnastics
409 Network Station
Chesapeake, VA 23320

<http://www.hurricanegymnastics.com/directions.html>



Nov/Dec 2009 Gym Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Survivor Boys 4-10	23	24	25 Southern Living Orders Due	26  Thanksgiving Gym Closed	27 Boys 9-1 Girls Comp: 9-1 Girls Opt: 9-2	28 Boys 9-1 Girls Comp: 9-1 Girls Opt: 9-2
29	30 <u>Assessments Due</u> Scrip Orders Due	1 <u>Assessments LATE! 50\$ fee</u> Tuition Due	2	3	4	5 Greater NY Girls 7-10 Scrip Orders Due
6 Greater NY Girls 7-10	7	8	9	10 Scrip Orders Due AGPA Mtg. 7:00	11 Hanukkah begins 	12 Dave Brown Boys 4-10 Sectional @ Hurricanes Girls 4-5
13 Dave Brown Boys 4-10 Sectional @ Hurricanes Girls 4-5	14 Sun Spot submission deadline	15	16	17	18	19 World Class Invite Girls 6-10
20 World Class Invite Girls 6-10	21	22	23	24	25 Christmas 	26
27	28	29	30	31	1	2