

Tumbling Times

A I M H I G H A C A D E M Y

Aim High Gives Back

FROM THE FRONT DESK...

- There are no Providence Ballet Dance classes from December 17th - December 31st.
- There are no gymnastics classes Saturday, December 24th through Saturday December 31st.
- We want to wish all our Aim High families a healthy and joyous holiday season!!!

Thank You!!

We would like to thank all our families who contributed to our food drive. It was a huge success! We were able to donate 4 boxes full of desperately needed supplies.

Aim High Academy strives to instill the value of community service in both our staff and students, by encouraging their involvement in numerous events and initiatives held throughout the year. In the wake of a faltering economy, and a general feeling of hardship in our community, Aim High made a conscious effort in 2011 to focus on the positive impact each one of us contributes by giving just a little extra of ourselves.

In January, Aim High kicked off the new year with a **"Family Fitness Night"** aimed at raising awareness about the value of healthy habits in children and adults. This event was free to the public, and offered a variety of family friendly activities, meals, and community events to promote the importance of overall fitness

and wellness. We were excited to welcome Rudy Pauls, runner-up in "The Biggest Loser," to join us for this special evening. Rudy spoke of his long journey to fitness, including his time on



Thanksgiving Food Drive 2011

the Biggest Loser Ranch, and the tremendous impact it had on his work and family life.

Aim High has also been involved in USA Gymnastics' initiative to promote our sport, while raising funds for the **Children's Miracle Net-**

work, through our annual National Gymnastics Day. To celebrate this year, Aim High joined gymnastics programs from around the country in setting a new World Record for the most simultaneous handstands. At precisely 1 p.m. ET on September 17th, a record 20,478 participants throughout the country kicked up into a handstand, thus breaking the existing record of 2,402, set by Australian gymnasts in 2005. This incredible event contributed to the more than \$1.4 million the gymnastics community has raised for the Children's Miracle Network since 2001.

In addition to national charities and causes, Aim High strongly supports local organizations through service and sponsorship. For the I

Story continued p.2...

LOOKING THROUGH THE GLASS

Dear Parents:

I wanted to take this time to answer a common question I have heard from our families. What is my child doing in class and how does this help them learn gymnastics?

The first thing the children are learning is to have fun while staying active. Our directors have developed lesson plans that apply to the different age groups and levels of our gymnasts. They are consistently up-

dating these lesson plans to fulfill skill requirements that we hope to meet with each individual child.

You will also see during our warm-up instructors teaching gymnastics positions or
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AIM HIGH GIVES BACK

(continued from p.1...) last few years, Aim High has partnered with Familytopia, a Rhode Island organization supporting working families, to create beneficial programs for parents and their children. One such event is the annual, Lollipop-A-Palooza, an exhibition of six Rhode Island candy shops, combined with a benefit concert from the Toe Jam Puppet Band. This event benefits a different local organization each year, chosen from a pool of applicants. In 2011, all proceeds from the Lollipop-A-Palooza were donated to **Friend's Way**, southern New England's only group bereavement center for children and their families.

Aim High also supports many organizations through in-house initiatives, or events, that en-

compass all of our students, parents, and staff. We sponsor a number of blood drives for the **RI Blood Center**, and encourage our Aim High families, and the community, to contribute to the constant blood shortage in our local hospitals. With the holiday season quickly approaching, Aim High sponsors a food drive for the **RI Community Food Bank**, in an effort to help families in need during this difficult time of year. Also, on November 14th Aim High will proudly wear blue as we celebrate **World Diabetes Day**, in honor of those in our gymnastics family who courageously face the daily hardships of living with this disease. Additionally, throughout December, our parent's association for the girls' and boys' competitive teams will be running a

holiday "**Giving Tree**" drive. The aim of this program is to spread joy to underprivileged children in our community this holiday season, by providing gifts for them to open on Christmas Day. Apart from our local community events and in-house initiatives, members of our Aim High family go above and beyond to help those in need. This December one of our girls' competitive team coaches, **Caitlin Slein**, will participate in a medical mission trip to Haiti as a volunteer for **International Medical Relief**. In addition to fundraising for this phenomenal opportunity, she is also asking the Aim High family to donate medicines and supplies that will contribute to providing much needed medical care, and health education, to some of the most impoverished

areas of Haiti.

Aim High believes that our strong commitment to service and positive community involvement, will only encourage our staff, students, and families to rise to the occasion, and help others for many more years to come. By emphasizing the importance of supporting those in need, Aim High desires to promote a healthy and happy society in which our children, and their



Coach Caitlin's Mission



Aim High Academy's

Jingle Mingle Camp

All children between the ages of 3 to 5 years are invited to come celebrate the holidays with our Little Stars Gymnastics staff as we play games, work on gymnastics skills, do arts and crafts and end with a pizza party.

Friday, December 16th, 2011

10:00 am – 1:00 pm

\$25.00 per child

Register at the front desk or online before
Wednesday, December 14th, 2011.

GIRLS COMPETITIVE NEWS

All of the athletes have now had their first meet of the competitive season. We are well on our way to another successful Aim High competitive season. The optional athletes had their first competition on the Pilgrim Harvest Invitational in Worcester, Mass, the weekend of November 18th – 20th. The girls did a great job and many qualified to their state championships. The compulsory and prep girls also competed and continue to improve at their skill level. You made your coaches very proud to have the opportunity to work with you.

We would like to take the time to welcome a new coach to our Aim High team. Her name is Michelle Marino and she has been involved in RI gymnastics for many years. Michelle brings a great deal of compulsory experience with her and we are very lucky to have her. Please take the opportunity to say hi if you see her in the lobby.

Please keep an eye open for our "Giving Tree" this year and help the Aim High family give to families who have had difficulties in this tough economy.

Keep your eyes on the team boards for practice updates as we are getting into the competitive season and some practice days will be modified.

Happy Holidays to all the families, take the time to enjoy your family and friends.

This is what is most important.



Aim High Classic Gymnasts

LOOKING THROUGH THE GLASS

(continued from p.1)

correcting their flexibility to improve while at the event stations. We do this to have the best efficiencies while our gymnasts are training.

As you watch your child at their events; you will see them at some stations with an instructor trying to learn a specific new skill or perfect an old skill. The other stations or obstacle course is

for the development of skills through numbers. Gymnastics is a sport that develops a skill by attempting that skill over and over; the more numbers of a specific skill the faster the improvement. We also use stations to improve the gymnasts overall body shaping, conditioning, flexibility, and positions.

We try our best to end with some FUN finish but only if time permits. There are those days where we are on

the right track for a certain skill so we put our focus and more time into that skill or event.

If you have any questions; please ask your instructor or contact the director of your program.

Thanks for allowing us into your child's precious life!!

Cheers,

Miss Amy

"Repetition is the key to learning in gymnastics. It is a slow progressing sport that takes time."

BOYS COMPETITIVE NEWS

November 6th:

Aim high would like to congratulate Carter Andrews, Collin McSparren, Aidan Cuy and Dylan McSparren on their accomplishment at the Future Stars Regional Evaluation.

We also would like to announce that Carter Andrews, is part of the New England Future Stars Regional Developmental Team and will appear in the USA Gymnastics magazine with

his picture. Also Aidan Cuy and Dylan Mcsparren both have qualified for National Championships in Colorado Springs. Good luck to both of you!

November 19th:

With only one more month of training left until our first competition will take place, it was time for the compulsory boys (level 4-6) to show their readiness. All boys who will be competing this season attended our in house Mock Meet.

We were pleased to have a guest team; Millers Gymnastics, participating in our Mock Meet as well. It was a great experience for our boys to show off their skills in competition uniform. All boys were evaluated by Tristan Heuvelman, head coach of Aim High and Tom Miller, owner of Millers Gymnastics. We hope that all the boys received some valuable feedback and we are looking forward to an exciting competition season. GO AIM HIGH.



Preschool Tattler

Aim High Early Learning Center



Stargazers

What a fabulous Fall we have had with our adorable 2 year olds. Susan and I continue to be amazed with how well they have settled in. We are starting to work with them at recognizing their names, colors and shapes. Now that the colder weather is here the schedule will be as follows: Wednesdays we will have our gymnastics class in the gym and on Fridays we will go outside (weather permitting of course) or in the dance room for some gross motor fun. Have a wonderful Holiday Season with your beautiful children and thank you for sharing them with us.

Preschool & Pre-Kindergarten News

Happy December. Things will be getting a little chilly in the room as we explore ice. Where does ice come from? How does it form? Why does ice melt? Are all snowflakes the same? That is just the tip of the iceberg. In the month of December the Pre-K will work on the letters Q & I and the number 4. The Preschool will be working on the letters G, K & O.

The month will also include getting ready for our winter hibernation. What is hibernation? What animals slumber? It will be a short but exciting month of learning.

Have a Happy & Healthy Winter Hibernation



REMINDER: The cold weather is definitely settling in for the season. We want to remind parents that we do go outside as long as the temperature is 32 degrees or above and it is not raining. Please make sure your child has the appropriate clothing; coats, hats, & gloves. Happy Winter!

Kindergarten Enrichment

The kindergartners are having a fabulous Fall. Mondays gymnastics is always a bouncing good time. Tuesdays and Wednesdays will be based around our theme of ice. How does it freeze? How can we make it melt? Painting with colored ice cubes. These are just a few chilly fun ideas. Thursdays will be full of fitness fun, games that work our cardiovascular systems. Lastly, Friday's music/drama we will be keeping the beat to some wonderful wintery songs.

Happy Holidays!!

Family Night

Friday, December 9th

Come join in the wintery fun here at the ELC.

From 6:30 to 8:00

we will have a craft, a snack and most of all
FUN, FUN, FUN!!

The cost is \$10 per child and siblings are \$5.

Mom & Dad are free.

Don't forget to sign up at the front desk!

DATES TO REMEMBER:

Dec. 9th- Family Night- Sign up at the front desk by Wed. Dec. 7th.

Dec. 23rd- ELC Winter Hibernation begins.

School resumes January 3rd, 2012!

December 2011

Sun Mon Tue Wed Thu Fri Sat

				1	2 <i>Handstand Clinic & Home school Open Gym</i>	3
4	5	6	7	8	9 Pull Over Clinic & Open Gym LSG—9:30-11:30 RS— 6:30-8:30	10 Men's Open Workout 10:30-12:30
11	12	13 <i>Home school Open Gym 12:30-2:30pm</i>	14	15	16 Cartwheel Clinic Specialty Camp Friday Kids Night	17 No Dance Classes
18	19	No Dance Classes			23 Open Gym LSG—9:30-11:30 RS— 6:30-8:30	24 Aim High Closed
25	26	Schools Out Vacation Camps			30	31
<p style="text-align: center;">← No Gymnastics, Early Learning Center or Dance Classes →</p>						



School's Out Vacation Camp

December 26th— 30th, 2011



*Gymnastics *Games *Arts & Crafts *Outside time *Obstacle Courses & *more!

We have lots of options for any time that you need!

Ages 3 – 12 : ½ day morning (9am-12pm); ½ day afternoon (12pm-3pm)

Full day (9am-3pm)

Register online or at
the Front Desk Today!

New Extended Day Option 7:30am-5:30pm