



October 2011

TEACHERS CONVENTION DAY CAMP!

Spend an ACTION-FILLED DAY at Altius!

Gymnastics, Trampoline, Scavenger Hunt, Crafts, Bucket Rides, Foam Castle Building, & More!

Friday, October 28th - 9:30am - 2:00pm

Ages 4 - 12, pizza included, non-members welcome
\$30 per child / \$27 per sibling, register in advance

HALLOWEEN PNO!

Calling all gym-ghosts & ghouls - Altius is holding a special Halloween PNO on Saturday, October 15, from 6 - 10 pm.

Show off your tricks for some treats!

Ages 5 - 12, pizza included
\$23 per child / \$17 siblings, non-members welcome.

Register for Special Events ONLINE by clicking on "Upcoming Events Calendar"

Customer Portal AutoCharge Setting

Our software has been updated to allow you to set your AutoCharge and Statement Delivery preferences through the customer portal - prior to the update, only Altius staff could change the setting. Please visit the customer portal if you haven't done so already to double check your information and account settings.

Girl's Level 3 - 6 Competition Season Underway

55 Altius gymnasts from Levels 3 - 6 are in the middle of their competition season. These gymnasts practice year-round between 4 and 12 hours per week! Watch for results posted on the bulletin board near the bathrooms. We salute our Team families for their hard work and dedication.

20th Altius Harvest Classic - November 12 & 13

We will be hosting our 20th Harvest Classic for girls in Levels 3 - 6 on November 12 & 13. **There are NO CLASSES on Saturday, November 12.** Your tuition for November has been pro-rated. Check out some great gymnastics with teams from all over Wisconsin instead!

Billing Cycles and Attendance Dates

Day	October				November			
Monday	*	10	17	24	10/31	7	14	21
Tuesday	4	11	18	25	1	8	15	22
Wednesday	5	12	19	26	2	9	16	*
Thursday	6	13	20	27	3	10	17	*
Saturday	8	15	22	29	5	*	19	*
Mondays in October are pro-rated. No Class Nov. 12 - Harvest Classic								

Gymnastics Classes; Defining "Challenge"

Parents occasionally approach our coaches and staff with concerns about if their child is being challenged in class. This is certainly a valid issue that we are happy to address.

It's important to remember that gymnastics is a sport of perfection at every level, not just the Olympics. To progress and learn harder skills, basic fundamentals need to be mastered with perfect form. Athletes who fail to master the basics struggle when it comes time to learn more complex skills.

A child who can do a cartwheel with bent knees and in a crooked line may feel like they can "do" a cartwheel and are ready for the next step. From a coaches' perspective, that child still needs work on keeping their legs straight and landing on the line - the challenge for the child lies in perfecting the skill - sometimes a difficult concept for young gymnasts (and adults with no gymnastics background) to grasp. We encourage parents to compliment their children on their pointed toes and straight legs - not just on learning the "next big skill."

HARVEST CLASSIC

*Food Drive!
November 1 - 12
Please drop off your non-perishable items in the lobby bins.*

FRIENDS of Altius Gymnastics

Contact Jane at 414-421-1200 to become a Friend!

- ★ Permanent listing in the monthly newsletter - reach over 550 families per month.
- ★ A listing and link to your business on the friends page of the Altius web site.
- ★ Sign on the "Friends" bulletin board.
- ★ Optional banner over the front desk area.

Absolutely Ador-a-bow

Custom Hairbows
Christine Pacocha
262 - 349 - 3598
absolutelyadorabow@wi.rr.com

Alliant Physical Therapy Group

Kristin Konicek, P.T., D.P.T.
5301 S. 108th St., Hales Corners, WI 53130
414 - 367 - 5077
www.AlliantPT.com

Amy's Academy

Of Early Childhood Development
Amy Sidello - Administrator
9758 Airways Court, Franklin
414 - 423 - 1100
4161 S. 76th Street, Greenfield
414 - 321-1100

Bronson Insurance Services

Auto - Home - Life - Business - Health
www.bronsoninsurance.com
Rusty@BronsonInsurance.com 414 - 332 - 3822

CarStar

Quality Collision Service
www.carstar.com Greg@carstar-wi.com
5525 W. Rawson & 5975 S. Packard
414 - 421 - 5200 414 - 769 - 6767

Dr. Charles C. Anderson, DDS.

7218 S. 76th Street, Franklin
414 - 425 - 2900

South Shore Orthopedic

855 - 94 - ORTHO
www.SS-ORTHO.com

GYMNASTICS 101 - BY COACH JILL

What happened to the "Perfect 10?"

If you catch gymnastics on TV, you will notice athletes getting scores like 14.65 & 12.7 - what happened to the "Perfect 10?" You can find a long explanation at the USA-Gymnastics web site, but here's the short story:

1. The total score is the sum of two parts: a difficulty score and an execution score.
2. Difficulty score is calculated by **adding the difficulty value** (set by international rules) of the ten most difficult skills in the routine.
3. Execution score is calculated by **subtracting points for errors** such as bent knees, steps on landings, and falls. Judges start from a 10.0 and subtract for each error.
4. In theory, the new system rewards gymnasts for both risky skills and perfection. However, many critics say it puts too much emphasis on risky skills and doesn't reward beautiful gymnastics.
5. Only Olympic-level athletes use the new system; collegiate & Junior Olympics use the 10.0 system. Hope that helps de-mystify the scoring system!

Kindertime Open Gym

Let your little ones explore the gym & show off their skills learned in class!

Tuesdays, Noon - 1:15, Ages walking to 6 years
Adult supervision required at all times.

Refer-A-Friend

Referral coupons are available at the front desk or online on the "forms" page of altiusgymnastics.com. You receive a \$20 gift certificate for each new family you refer. They receive \$10 off their fee. Form must be filled out at the time of registration; no retroactive referrals please.

t h a n k s

FOR TAKING TIME TO READ THE NEWSLETTER!

SIGN UP ONLINE FOR TEACHERS' CONVENTION
DAY CAMP BEFORE 10/20/11 FOR

\$3 OFF EACH CHILD'S CAMP FEE

CODE: ONL3C

EXPIRES 10/20/11, NOT VALID WITH OTHER OFFERS