

Nassau Nastics News

The Official Newsletter of Nassau Nastics

Proud Member of the Gymnastics Federation of the Bahamas

Month of October

Gymnastics Clinic

We would like to thank Coaches Valdi and Ann Kolasa for the clinics that were held at the gyms on the weekend of Sept. 19-20. Thanks also go out to all gymnasts who attended and of course the coaches. The next clinic scheduled will be in January. We will be inviting an international Judge over to evaluate the routines of our competing gymnasts in order for them to be better prepared for their competition season.

Nassau Nastics' Executive Team

It is with great pleasure that Nassau Nastics would like to introduce to our members and staff our newly formed Executive team! For some time now we have been encouraging parents to come forward and join our Executive board and assist us in bettering our gymnastics experience. The newly elected members are as follows.

Vice President	Anthony Pinder
Treasurer	Barbara Thompson
Asst. Treasurer	Tameka Pratt
Secretary	Shantel Smith
Asst. Secretary	Pequita Moxey
Associate reps:	Jemma Antonio; Tina Cash; Denise Collie; Kenya Dorsett; Trevor Ramsey

Annual Registration Fee and Competition Fees

Dear Parents, ALL returning and NEW members are required to pay a \$30 registration fee in the new term which begins in September. ALL parents are also asked to fill out a new registration form for our records. This is to ensure that all information is kept up to date, addresses, phone numbers, e-mails etc.

Please lend us your full cooperation. Also all gymnasts working with Coach Ramsey and Coach Lavette and any recreation gymnasts who plan to compete in early 2009 must pay international USAG/ AAU fees. No gymnast will be allowed to participate in lessons unless these fees and all retro fees are paid. Thank you for your cooperation.

Happy Birthday

Krysten Cartwright.....	5 th
Ashley Pinder.....	8 th
Morgan Peterson.....	13 th
Anna Nottage.....	23 rd

New Students

Oakesfield Gym

Cortney Bastian, Simone Bellot, Cecily Bowe, Cedric Bowe, Clement Bowe, Savannah Brady, Caitlin Cash, Deranique Collie, Nayantra Collie, Aria Goudie, Kaylee Kanuka, Hubert Miller, Jennifer Munnings, Shannique Pyfrom, Gabriella Thompson, Madisho Wright, Mya Wright

Seagrapes Gym

Madisson Deveaux, Amina Thompson, Krysten Cartwright, Claire Malcolm, Morgan Peterson, Holly Richer, Chloe Campbell, Peyton Campbell, Jessica Russell, Ellia Bain

Welcome to the Club!

Returning Students

Alexandria Galanis, Jana Johnson, Berchadette Moss, Ashley Pinder, Amerie Ash, Anna Nottage

Welcome back guys!

Mandatory Dance fees starting in September

Nassau Nastics has expressed the necessity of our team and competition gymnasts to participate in our dance classes offered on Saturday mornings. Past experiences has taught us that dance is pertinent to higher-level gymnasts and especially competing gymnasts. Already we are seeing the benefits of dance instruction in the gymnasts that attend the Saturday morning classes but unfortunately not enough gymnasts are attending from the designated groups. Therefore Saturday mornings have been designated for dance lessons and an extra charge will be added to the monthly fees of all gymnasts working with Coach Ramsey, Coach Lavette and all gymnasts competing in 2008-2009 competition season.

Nassau Nastics First Annual Award Ceremony

The Executive team of Nassau Nastics would like to thank all the parents and gymnasts, who attended and supported the First Annual Award Ceremony at the Kendal G. L. Isaacs Gymnasium on June 28, 2008. The event, which was attended by former Min of State for Youth and Sports, Byran Woodside, and other special performers, was for the sole purpose of awarding and showing our appreciation to our gymnasts for their hard work and continued progress.

www.nassaunastics.com

In a continued effort to effectively communicate pertinent information to our parents and the community at large Nassau Nastics will be focusing its attention on using our website as our first resource for relaying information. We will be updating our site adding information on our Annual Calender, International Competition Season, Summer Camps, Special Events, and General Club information. Please use this resource to keep yourself updated on what's going on in the club.

New Coaches in the Gym

In an effort to improve our program we now have two new coaches enlisted in our program. Nassau Nastics welcomes Coach Natalia, women's Rhythmic coach. Natalia will be coaching at both the Seagrapes Gym and the Oakesfield Gym. Also Coach Sade who will be coaching at the Seagrapes gym. We are happy to have you as a part of our team!

Payment of Gym fees

It is with much regret we have noticed that there are many families that are behind on their fees. This has been an ongoing problem; therefore we must implement policies to address it. Fees are due at the beginning of the month and there is a late fee charge for all fees not paid by the 7th of the month. If fees are still not paid by the end of the month your child will be asked to sit out and the parent called to collect him or her. Nassau Nastics is a non-profit organization that almost solely depends on the payment of fees to keep our doors open. We apologize for any inconvenience this may cause and are grateful to those parents who keep their accounts up to date.

Halloween Party

Nassau Nastics Halloween Party will be held on Thursday October 30th at the OF Gym from 4-7 pm. Parents are asked to assist with donations of decorations, drinks, snacks and party bags.

NO Fast Food in the Gym

Parents, our gymnasts have now gotten in the habit of running over to Quizno's to purchase fries, and there are several parents who bring their gymnasts to the gym with fast food. This rule is not only in the interest of your child but in the overall interest of developing healthy mindsets. Please stand with me on this! No fast foods in the gym!

CPR and First Aid Certification

The next First Aid and CPR courses will be on Saturday October 18th at Doctors Hospital. The courses are held every third Saturday of the month. Parents wishing to attend should speak with Ms. Pratt or Coach Tina.

Competitive Leotard and Competition Deposit

We will be collecting a \$100 dollar deposit for competitive Leotards during the month of October. Please see Ms. Pratt so that she can take the measurements of your child for their competition leotards and warm-ups. Also all international competition fees must be paid by end of November. Please see Ms. Pratt. Parents who haven't done so already should go to www.usacompetitions.com website and <http://www.lightningcity.com/gasparilla.html> and familiarize themselves with the competitions schedule. Links to both sites are on the home page of our website, www.nassaunastics.com

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.