

Nassau Nastics News

The Official Newsletter of Nassau Nastics

Proud Member of the Gymnastics Federation of the Bahamas

Month of September

Welcome back !

The summer has gone by so fast and it is now time to look ahead to the upcoming school year. So much has happened in such a short time that we need to recognize the impact everything will have on the Club. Nassau Nastics invites all parents, old and new, to get excited and become involved in all of the activities and events geared to bringing progress and growth to our gym and our gymnasts, and the over all sport of gymnastics in The Bahamas. We would like to welcome all of our parents back, and look forward to another fun-filled, and productive semester.

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.

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 it's 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.

Nassau Nastics Mailing list

In an effort to encourage better communication, Nassau Nastics will now be sending notices to our valued parents via e-mail. If you haven't received e-mail from us please inform Ms. Pratt or Coach Tina so that your address can be added to our mailing list. Check e-mails regularly to keep informed, especially if you are one of those parents who do not frequent the gym regularly.

Gymnastic Clinic in September

On the weekend of September 19-20 the Gymnastics Federation of The Bahamas will be hosting gymnastics clinics with Coach Valdi and Ann Kolasa of New York. Please pay attention to exact times and sessions so that you are able to participate in these clinics.

Friday 4-7pm Recreation gymnasts and coaches at the Oakesfield gym.

Saturday 9-11am Recreation gymnasts and coaches at the Seagrapes gym

Saturday 12-4pm Team, Preteam and competition gymnasts at the Oakesfield gym.

The general public is invited to participate at Friday and Saturday morning's session.

The cost per session is \$25

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 them. 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 Recital

Nassau Nastics Halloween Recital will be held on Thursday October 30th at the OF Gym. More information on this event will be forthcoming. Please enquire at the front desk. Parents are asked to assist with donations of decorations, drinks and snacks.

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 September 20th 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.

Please pick up on time

Beginning September, any child that isn't picked up 20 minutes after their class ends will be left at the fast food establishment next to the gym. Nassau Nastics does not offer babysitting services, and will not be lenient to parents who are not courteous enough to call if they are having trouble collecting their child.

Tid bits

If you have any information you would like included in the October Newsletter please get it to us at least one week in advance. Thank you for your input.

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