

July 2022

# *Stars & Stripes*

## PRE TEAM NEWSLETTER

N E W S L E T T E R

### COACH CONTACT INFORMATION

Although your child may work with a combination of coaches, each level has a point of contact coach. If your child will be missing practice, please email your point of contact coach.

Also, any questions regarding your child's training, schedule or any other matter, please contact your point of contact coach. We are always here to help!

Hot Shots - Coach Cortney  
cortney@starsandstripeskids.com

Hot Shots I - Coach Isabella  
isabellac@starsandstripeskids.com

Hot Shots II - Coach Isabella  
isabellac@starsandstripeskids.com

Level 3 - Coach Isabella  
isabellac@starsandstripeskids.com

General team & uniform inquiries - Coach Isabella  
isabellac@starsandstripeskids.com

Billing- Coach Cassie  
cassie@starsandstripeskids.com

### PRE TEAM CAMP JULY 18-21

Pre team camp includes all pre team levels; Hot Shots, Hot Shots 1, Hot Shot 2 and level 3. Camp is from 1:15-4:15pm.

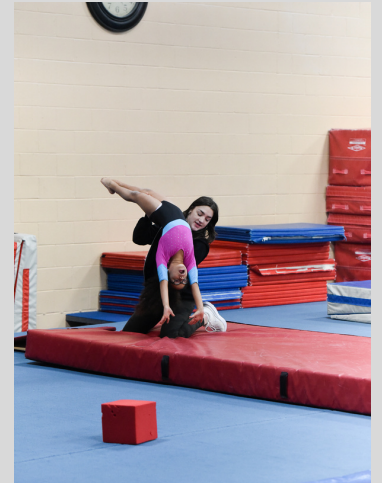
Gymnasts should bring a water bottle and a healthy snack.

During the 4-day camp gymnasts will gain a jump-start on the new skill-set while fine-tuning current skills, get to know their teammates better, and enjoy 4 days of FUN in the gym!

Pre Team camp replaces normal practice for the week. Normal practice will resume the week of July 25th.

Pre Team Camp Drop Off & Pick Up: See the flyer attached for details on drop off/pick up

Parents are not required to stay for camp, we actually recommend drop off to help your child gain independence.



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## PRE TEAM UNIFORMS

Uniform fees will be billed on August 1st; reminder, the Hot Shots, Hot Shots I and Hot Shots 2 uniform fee is \$99 and includes a sleeveless, custom Stars & Stripes leotard (can be used for practice and fun meets). Level 3 gymnasts receive a few additional pieces to use at the two "travel" fun meets. Uniform fees include 2 payments of \$129; August 1st, and September 1st. The level 3 uniform includes a sleeveless leotard, bag, warm up pants and t-shirt. Since leotards are a custom design they will not arrive until mid-October. The remainder of the level 3 uniform pieces will arrive mid to late November (the first travel fun meet when additional gear will be used is tentatively planned for January).

## PRE TEAM CALENDAR

The pre team calendar and parent information can be found on the pre team page of the Stars & Stripes website. Please note, holiday closings, fun meets and any other pertinent dates are not reflected on the calendar yet. All updates will be made by mid-August for the remainder of the season (through June 2023). However, level 3 travel meet dates will not be determined until mid to late September.

Reminder, the summer schedule runs through August 26th. The school-year schedule begins the week of August 29th.



## School-Year Schedule:

- ★ **Hot Shots** - Mon/Wed 4:25-5:25pm
- ★ **Hot Shots 1** - Tues/Thurs 4:25-5:25pm
- ★ **Hot Shots 2** - Wed/Fri 4:25-6:25pm
- ★ **Level 3** - Tues/Thurs 5:15-7:45pm and Saturday 9:00am-12:30