

## Upcoming Events

### First weeks of August

Mills Baby Due

### August 11-15

Training camp cancelled!

## Monthly Highlights

### School Time workouts start:

August 25th

# DETERMINATION

Are you a determined competitor?

Determination makes winners. The refusal to quit or accept defeat; the persistence to try and try again; the willingness to practice long and hard.

Determined athletes are relentless in their efforts to improve and to win.

# Rhythmic Attitudes Team Newsletter

## July 28- August 22 Workout Times

M 5:00-8:00  
W 2:00-6:00  
TH 4:00-8:00

Since I got in the hospital on July 19th, we had to close the gym down for a week. Starting July 28 I set up workouts with Olesya three times a week for team only.

I will instruct Olesya on the daily workout program. In my spare time, I will be reading the new rules to give Olesya and Erin more direction on what I would like them to teach. No parents will be allowed inside the gym, no exceptions. If you wish, you can stay in the waiting area. I full trust Olesya, she is safety certified and knowledgeable. She knows all of the girls. Either Darlette, or Erin will also be at the facility

during this time.

This is a great time to have jazz lessons once a week (Mondays 4-5pm) and ballet twice a week (Wednesdays 2-3, Thursdays 4-5)

Thank you very much for all your understanding and all your good wishes.

## Starting August 25

Most schools start August 25th, so at the moment if I have no difficulty with the baby I plan to have school workout times 4:30-8:00 every day.

With the new USAG rules. Here are my workout time requirements. If you have the opportunity please come according to this:  
Level 3s: 2 x 2 hours  
Level 4s: 3 x 3 hours  
Level 5s: 3 x 3.5 hours  
Level 6s: 4 x 3.5 hours  
Level 7 & up: 5 x 3.5 hours

## Rhythmic Attitudes Team Rules!

Most of you have signed your team liability and team rules packets. Since it has been a while, I am asking that everyone review and sign it again. Please return it to me by August 25th!

I will encourage you to read it carefully because it is an agreement as to what I expect of you, and what

you should expect from me.

I guess having a kid means that I will run into some unexpected situations, and may not personally be at gym. I want you to know that even in those times gym will go on and the monthly fees will remain the same. Olesya, and Erin both provide lots of skills, and I trust them to train everyone well.

I have been always 100% committed to our team girls. So when you decide to have your daughter enrolled in our team it is a YEARLY commitment for all 3 of us!

As soon I will have some spare time Rhythmic Attitudes will enroll in a bank draft payment only option. This will relieve me from having to do much accounting work, and ensure a consistent cash flow.

## Baby Showers!

Thank you very much for the great party and all the gifts. We (Brian, "Gordon" and I) had such a great time that my labor started next day. I guess "Gordon" wanted to come out and play with the new toys. :-)