



Canyon Creek Gymnastics & Tumbling

November Newsletter 2009



Gymnastics Class Exhibition

We will have two separate sessions. This will make it more enjoyable for the gymnasts, parents, friends, and grandparents. All children that participate in our girls or boys gymnastics classes are invited.

This will give your child a chance to show off what they have learned to parents and relatives. All participants will receive ribbons and a medal; some trophies will be awarded. Routines will be taught during class in the weeks prior to the exhibition. Space is limited, so reserve your spot today! (We can only take the first 40 students who sign up for each session). We expect this event to fill up again.

Pre-school, beginner, intermediate, advanced, advanced elite, and master gymnasts are welcome to participate. This is a very exciting and fun event for all. Be sure to bring your video camera.

We will have four groups of children. Each group will go to an event and perform their routine on that event. When each group is finished, they then rotate to the next event. Girls should wear a leotard and boys shorts & T-shirt.

Session 1 Age 3, 4 & 5

Day and Time: Saturday, December 5th, 2009 2:00 pm
(Please arrive at 1:50 pm)

Session 2 Age 6 & up

Day and Time: Saturday, December 5th, 2009 4:00 pm
(Please arrive at 3:50 pm)

Cost is \$30.00. Event will be closed after the first 40 students sign up. You must pre-register. No walk-ins.

Slight Tuition Change

Starting Dec. 1st 2009. You should have received a pass-out. We will still guarantee the lowest monthly tuition of any privately owned gym in the area.



Students of the Month

Girls Gymnastics

Alyssa Rice

Boys Gymnastics

Niki Polley

Tumbling / Cheer

Emerald Niakan

Pre-School

Phoenix Word

Girls Team

Kameryn Carper

TAAF / Master

Hannah Kimble

Employee of the Month

Lindsey Clowers



Holiday Camps 2009

Ages 3 & up. Walk-Ins Welcome.

What makes our camps different? Your child will LEARN and have FUN at CCGT! We will actually coach and teach your child at our camps. We are not a daycare! Pick and choose your schedule. Snacks provided for all sessions. Bring sack lunch for morning or full day sessions. Sibling discounts. Crafts for each gymnastics session. Your child will learn and have fun. We offer organized instruction, games, crafts, and open gym time.

December 2009

Mon. 21 st	Tues 22 nd	Wed 23 rd	Thurs 24 th
9:00 am 5:00 pm	9:00 am 5:00 pm	9:00 am 5:00 pm	9:00 am 3:00 pm
Mon. 28 th	Tues. 29 th	Wed. 30 th	Thurs. 31 st
9:00 am 5:00 pm	9:00 am 5:00 pm	9:00 am 5:00 pm	9:00 am 5:00 pm

Camps

Girls Gymnastics Camp	Ages 5 & up
Coed Pre-School Camp	Ages 3 & 4 (a.m. only)
Tumbling Camp	Ages 5 & up
Boys Gymnastic Camp	Ages 5 & up

Times

Morning Camp	9:00 am to 1:00 pm
Afternoon Camp	1:00 pm to 5:00 pm
Full Day Camp	9:00 am to 5:00 pm

Sign up for camp before Dec. 1st & get a 10% discount.

Girls Only New Years Eve Lock-In & Miss CCGT Pageant



This event fills up every year. You will need to pre-register ASAP to secure your spot. We will only take the first 50 students. Cost is only \$35.00 & \$20.00 for each additional sibling. All female staff.

Doors will be locked at 8:00 pm.



Shop & Drop the Kid's off at CCGT

Friday, November 27th, 2009

From 7:00 pm to 11:00 pm

Ages 3 years and up \$5.00 / hour.

FREE PIZZA AND DRINK SERVED

"Holiday Friday Night Out Extended Time"

Friday, December 4th, 11th, & 18th.
7:00 pm to 11:00 pm

Walk-ins always welcome! Friday Night Out is a supervised open gym. \$13.00 for members. \$15.00 for non-members. Boys & Girls ages 5 and up welcome.

FREE PIZZA AND DRINK SERVED

Cheerleading Try-Outs will be here soon!

Start getting ready NOW.



Holiday Closures

Thanksgiving Nov. 25th to 29th

Christmas Dec. 22nd to Jan. 2nd

During the entire year you will always get an average of 4 classes per month. Some months you may get may get 3, 4, or 5 classes.

Inclement weather closures will be posted on the CCGT website.

We will not always close if Richardson I.S.D. chooses to.

Canyon Creek Gymnastics & Tumbling

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Ten Tips for Coping with Holiday Stress

We all look forward to the holidays and hope that they will be a time of happiness, friendliness, fellowship, and harmony. Yet often our anticipation and excitement turns into feelings of depression and/or family disharmony.

Part of what happens in the holiday season, in terms of mood changes and anxiety, may occur because of the stressfulness of holiday events. It may also be caused by overdrinking, overeating, and fatigue. The demands of the season are many: shopping, cooking, and travel house guests, family reunions, parties, office parties, and extra financial burden.

1. **Have an attitude of gratitude.** Misery and gratitude cannot occupy the same space in our psychological house, and we have the power to choose between these emotional states.
2. **One golden rule to getting along with family....be responsible for how you behave, You certainly have no control over how your relatives behave.** The most important part of avoiding holiday stress with our families is for each of us to feel mastery over, & satisfaction with, our own behaviors, attitudes & feelings. If you know in your head and your heart that you've acted like the best parent, child, brother, sister, friend that you know how to be, you can walk away from any difficulty feeling good about yourself.
3. **If you're feeling depressed and lonely, volunteer with any number of groups** that help underprivileged or hospitalized children, the homeless, or the aged and disabled at the holidays. There are many, many opportunities for doing community service. No one can be depressed when they are doing community service.
4. **Decide upon your priorities and stick to them.** Organize your time. Be reasonable with your schedule. Do not overbook yourself into a state of exhaustion--this makes people cranky, irritable, and depressed.
- 5 **Remember, no matter what your plans, the holidays do not automatically take away feelings of aloneness, sadness, frustration, anger, and fear.**
6. **Be careful about resentments related to holidays past.** Declare an amnesty with whichever family member or friend you are feeling past resentments. Do not feel it is helpful or intimate to tell your relative every resentment on your long laundry list of grievances. Don't let your relative do that to you, either.
7. **Don't expect the holidays to be just as they were when you were a child.** They NEVER are. YOU are not the same as when you were a child, and no one else in the family is either. On the other hand, if your memories of childhood holidays are awful, be grateful that you now have the capacity and skills to make them wonderful for yourself and those you love.
8. **Plan unstructured, low-cost fun holiday activities:** window-shop and look at the Holiday decorations. Look at people's Christmas lighting on their homes, take a trip to the countryside, etc.--the opportunities are endless.
9. **Do not let the holidays become a reason for over-indulging** in food and drink and create unnecessary weight gain and hangovers for yourself. This will exacerbate your depression and anxiety. Contrary to popular opinion, alcohol is a depressant.
10. **Give yourself a break;** create time for yourself to do the things YOU love to do.

If you keep only one thing in mind to combat the holiday blues, make it be to remember: The choice is always yours: The sky is partly sunny, and the glass is half full, if you want it to be that way. Depression is usually a clinical disorder, but sometimes "the blues" confront all of us, particularly at holiday time. It may be caused by the memory of loss, feelings of disappointment, or just being run down from parties, overeating, and drinking. But for many of us, holiday depression can be a choice we, in effect, choose to make. If we choose not to make this choice, we can choose instead to focus on the partly sunny skies and revel in our gratitude for our bounty, health, hope, and our courage to face each day with hope and determination.

Number 11. By CCGT; remember what we are celebrating!

Have a happy and blessed Holiday Season from Bill & Deb