

# DAMAR

## NEWSLETTER



### SUMMER SESSION

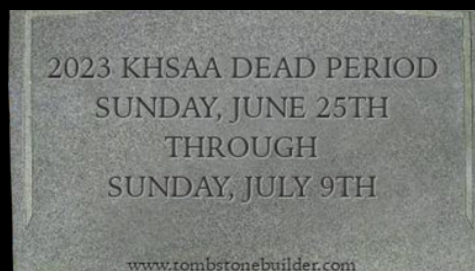
Summer session is under way and has started off quickly. We consider Summer session June and July. We are slammed with classes and in my 30+ years we have never had a waiting list like we have currently. It's a good problem, but it's a problem.

### BIRTHDAY PARTIES!!

Beat the heat of summer and have your birthday here at Damar! Go check out the website and check out our birthday section for information, contract and pricing!.



### KHSAA DEAD PERIOD



KHSAA Dead Period is June 25-July 9. During this time Damar will still be open during this time. School cheer coaches cannot be here but your instructor will be here and it will be a great time to get some extra work in during this time.

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## **FLEXIBILITY**

Parents a great way to help your child is by working on flexibility at home. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way. That puts you at risk for joint pain, strains, and muscle damage. Flexibility is different for each person, some achieve it pretty simple some have to work at it more. Hold a stretch for 30 seconds. Don't bounce, which can cause injury. You'll feel tension during a stretch, but you should not feel pain. If you do, there may be an injury or damage in the tissue.

**“What are the most powerful words in the universe? The ones you use to talk to yourself.” - Karen Salmansohn**

## **IMPORTANT DATES TO REMEMBER**

June 28 & 29-No classes (5th class of the month.

July 4th- No classes. Everyone enjoy time with families and loved ones and have a great cookout!!

July 31 - August 3rd- Summer Break. There will be no classes during this time. We will reopen August 4th!!



## **PRIVATES**

Interested in privates? The summer is a great chance to do a private. To schedule one go to our website and register for one!! You do not have to be a member to do privates (but it is cheaper).