



# PRINCE GEORGE GYMNASTICS CLUB NEWS

February - March 2010

## Office Hours

Tuesday-Friday: 10-2 & 4-6  
Saturday: 10-2  
Closed all Stat Holidays

4199 18<sup>th</sup> Avenue  
Prince George, BC V2N 4T5  
Phone: 250-564-7353  
Coaches Direct: 250-564-7383  
Office Direct: 250-564-7343

E-Mail: [pggymnastics@telus.net](mailto:pggymnastics@telus.net)

Website: [www.pggymnastics.ca](http://www.pggymnastics.ca)

## Dates to Remember:

February 7<sup>th</sup> - Icebreaker Meet

February 8<sup>th</sup> - 12<sup>th</sup>  
First week of Spring session for Parent & Tot, Kindergym, Recreation and Interclub classes.

February 26<sup>th</sup> - Pro D Day - classes as usual

March 8<sup>th</sup> to 14<sup>th</sup> - Spring Break  
No regular programs these days

March 26<sup>th</sup> - Pro D Day - classes as usual



April 2nd & 4th  
Gym closed on Good Friday and Easter Sunday. Classes as usual Saturday and Monday.

April 10<sup>th</sup> - Provincials - no classes

April 30<sup>th</sup> - Pro D Day - classes as usual

## Prince George Gymnastics Board of Directors-2009-2010

President: Lucia  
Vice-President: Tamara  
Treasurer: Shelley  
Registrar:  
Assistant Registrar:  
Secretary: Shelley  
Volunteer Coordinator: Ingrid  
Media Liaison: Anne  
Coach/Parent Liaison: Charlene  
Director of Fundraising:  
Member at Large: Silia  
Member at Large: Debbie

## Do You Have A Concern About Your Child's Gym Class?

Contact Child's Coach  
... If Not Resolved



Contact Program Coordinator  
... If Not Resolved



Contact Head Coach  
... If Not Resolved



Contact Coach/Parent Liaison

## WELCOME BACK TO OUR SECOND SESSION

The Prince George Gymnastics Club Board of Directors and Staff welcome all new and returning members to our second session. We hope everyone had a great Christmas break and wish the best of luck in the New Year.

Prince George Gymnastics is a non-profit organization with a volunteer Board of Directors who oversees the administration of the club. We rely on volunteers to help with various tasks around the gym so please do not hesitate to talk to a Board member or staff to find out how you can get involved.

## WELCOME TO PRE-CITS

PG Gymnastics welcomes a new group of Pre-CITs (coaches in training). They will be volunteering their time and observing coaches and classes in action throughout the Spring session to prepare for coaching duties in September.

Please welcome Ben, Jehna, Jessica, Milan, Jamie, Shauna, Rachel, Lauren, Mary Kate, Shayna, Monica and Samantha. They are the future coaches for PG Gymnastics and their time and commitment is much appreciated.

## TAX RECEIPTS

Receipts for 2009 classes are available on line, just log onto your account and print (follow the link from our website: [www.pgygmnastics.ca](http://www.pgygmnastics.ca)). INTERCLUB and COMPETITIVE tax receipts were placed in file folders.

Please contact the office at 564-7343 if you need assistance locating your receipts.

## PROGRESS REPORTS

PROGRESS REPORTS for CANGYM and Preschool programs were handed out the week of January 25, 2010. If your child missed last class, you may pick up report at the office.

## INFLUENZA SEASON IS HERE. . PROTECT YOURSELF & OTHERS

If your child is really sick with either a cold or flu, please keep them at home so that we can keep the cold or flu from spreading to others. We appreciate your cooperation.



- Cover your mouth and nose with a tissue when you cough or sneeze
- Throw tissues away immediately
- NO TISSUE? Cough or sneeze into your upper sleeve, not your hands
- Clean your hands often with soap and warm water, or a gel or alcohol-based hand cleanser
- HAND SANITIZERS have been installed throughout the gym - please feel free to use them
- Stay home if you are sick





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## Gymtique Proshop

The PROSHOP will be open during Office hours...

VOLUNTEERS are welcome to help with the Proshop!

Please contact the office if you are available to help.



<http://gymnastics.bc.ca/index.php>



The Prince George Gymnastics Club receives Direct Access Funds from the Province of British Columbia.



## Birthday Parties

Host your next Birthday Party as the Gym Club

Party times are Sundays: 11-1, 12:15-2:15 and 1:30-3:30. To reserve a party time or for more information, please contact the office at 250-564-7343 or visit us on the web at [www.pggymnastics.ca](http://www.pggymnastics.ca)

## SPRING BREAK FUN DAYS - March 8th & 10th

Try out gymnastics under the watchful eye of certified and fun coaches.

For children ages 5 - 12 years from 10 am - 12 noon each day. Cost \$8.00.

Pre-registration and payment in advance is a must. Additional insurance fee will apply after first session. Call 250-564-7343 to register. Children should bring a water bottle and snack.



**BODYSUITS ETC.  
by CORALIE**

Custom Action Wear  
sizes 2 to adult

- ☆ bodysuits
- ☆ biker suits
- ☆ girls shorts
- ☆ boys shorts

CORALIE at 250-561-1281

## SHOES ON SHELVES PLEASE

Please ensure a safer entry into our gym . . . make an effort to place shoes on shelf

## LOST ITEMS

Parents and Gymnasts: please be careful when claiming jackets and coats at the end of class. In some instances, children have left with the wrong coat or boots. To avoid this, parents should label children's belongings, hold onto, or remember where they have placed these items. Lockers are available in the change rooms; you will need to bring a lock and remove it after your class. The club is not responsible for stolen items; so do not bring valuables to the club. Please check the LOST & FOUND box located in the viewing area near the front entrance.

## COMPETITIVE CORNER

### 2010 Meet Schedule

MEET	HOST	DATE	FEE	FEE DUE
Judges Cup	Prince George	Jan. 10	\$50.00	
BC Winter Games Trials	Prince George	Jan. 10	\$150.00	
Aviva	Coquitlam	Jan. 23-24	\$150.00	Nov. 30
Flip City	Langley	Jan. 30-31	\$160.00	Dec. 18
Ice Breaker	Prince George	Feb. 7	\$30-50	Jan. 12
Zone 8	Quesnel	Feb. 20-21	\$65.00	Jan. 15
BC Games	Terrace	Mar. 4-7	N/A	N/A
Western Trials	Surrey	Mar. 12-14	\$155.00	Feb. 2
BC Champs	Langley	Apr. 10-11	\$145.00	Feb. 26
Spring Fling	Kitimat	Apr. 24-25	TBA	TBA
Western Training Camp	Vancouver	Apr. 28	TBA	TBA
Westerns	Regina	May 1-2	TBA	TBA
PG Invitational	Prince George	May 1-2	TBA	TBA
Doetzel Invitational	Fort St. John	May 15-16	TBA	TBA
Aloha Invitational	Smithers	May 15-16	TBA	TBA
Ogopogo	Kelowna	June 5-6	TBA	TBA

**PLEASE NOTE: A \$25.00 Late Fee will be charged if meet fees are not received before due date.**

**Volunteer Hours:** We would like equipment, doors, etc. wiped down as often as possible. If you are able to come in a little early for pick up, or stay a little later when you drop off, any help would be greatly appreciated in this area. Please contact the office for a list of additional odd jobs.

## EVER THOUGHT OF COACHING OR JUDGING?

If you are 16 or older...

For general inquiries contact Carol Garcia at 250-963-0155 or 250-564-7383 or Colleen Kaminski at 250-971-2580 or 250-564-7383.

**Upcoming Coaching Courses:** Foundations 1 - March 6<sup>th</sup> & 7<sup>th</sup> in Prince George From 9:00 am - 5:30 each day. For more information contact the office.

## EARLY SPRING CLEANING!

The sponge pit has been Spring cleaned - all foam cubes are fresh and clean - thanks to *Spotless Uniform and all volunteers who helped with this project!*



