



# PRINCE GEORGE GYMNASTICS CLUB NEWS

September 2011

## Office Hours

Monday: 10-2 & 3-6  
Tuesday-Friday: 10-6  
Saturday: 10-2  
Closed all Stat Holidays

## Dates to Remember:

Week of September 12th:  
Recreation, Kindergym and Parent  
& Tot classes begin

October 1st & 2nd:  
Northern Training Camp  
NO CLASSES



October 10th  
Thanksgiving - No Classes  
GYM CLOSED



November 11th  
Remembrance Day - No Classes  
GYM CLOSED



Dec. 19th - Jan. 3rd  
Winter Vacation - NO CLASSES  
for Parent & Tot, Kindergym and  
Recreation gymnasts

January 23rd - 29th  
Last week of classes for Monday to  
Saturday Interclub, Parent & Tot,  
Kindergym and Recreation classes

## Prince George Gymnastics Board of Directors 2011-2012

President: Lucia  
Vice-President: Anne  
Treasurer: Willetta  
Registrar: Tamara  
Secretary: Shelley  
Volunteer Coordinator: Ingrid  
Media Liaison: Anne  
Director of Fundraising:  
Member at Large: Sillia  
Member at Large: Debbie

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Coaches Direct: 250-564-7383      Website: [www.pggymnastics.ca](http://www.pggymnastics.ca)

## WELCOME BACK to the GYM!!

The Prince George Gymnastics Club Board of Directors and Staff welcome all new and returning members to the 2011-2012 season.

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.

## GYMNASTICS FOR ALL (CANGYM)

I'd like to extend a warm welcome to all gymnasts, both new and returning. Please note the new term "GYMNASTICS FOR ALL". The GYMNASTICS FOR ALL (GFA) program uses Canada's National Gymnastics Skills Development Program, CANGYM.

The program focuses on fun, developing fitness and mastering fundamental progressions to skills.

Level 1 covers Burgundy, Red; Level 2 covers Tan, Bronze; Level 3 covers Purple, Blue and Level 4 covers the remaining six badges.

Progress reports and badges are handed out at the end of the session. Please feel free to talk to your child's coach if you have any questions about our programs. Returning coaches include Charlotte, Jennifer, Colleen, Cassidy, Carol, Storm, Rita, Alannah, and Tom. Welcome to our new coaches, Monica, Tania, Carolyn and Becky. We would also like to welcome all of our new and returning CITs (Coaches in Training).

Rita Hacker, Recreation Program Coordinator

## KINDERGYM & PARENT & TOT PROGRAMS

We hope you all enjoyed a fun-filled summer and we look forward to an exciting new season of gymnastics.

We will continue to name our programs with a number which corresponds to the age of the participants (Kindergym 3 = 3 year olds). December 31<sup>st</sup> is the cut off for age requirements in all classes. This will ensure participants are with their peers and will make re-registration for the Spring session much easier.

Please note the term "ACTIVE START". This term is taken from the Long Term Athlete Development (LATD) document written by Gymnastics Canada in partnership with Sport Canada. The purpose of the document is to ensure Canadian children become physically literate in safe surroundings (information about this document is available from Pacific Sport or online at [gymcan.org](http://gymcan.org) under Programs and Documents). You may access this document via the link on our website.

Colleen Kaminski, Kindergym Program Coordinator



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## 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)

## 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

## Evacuation Plan:

The following plan was designed to ensure all participants are safe and accounted for during an emergency situation. Please follow these guidelines in the event of an emergency.

In the event of an emergency please remain calm and leave the building quickly by the nearest exit.

Coaches will lead all participants to our meeting place in the Kin Atrium Entrance, adjacent to the Cariboo Cougars sign on Kin 1 where they will take attendance to ensure everyone is safe.

When the situation is under control, children will be allowed to leave with their parents after checking out with their coach.

## NEWSLETTERS & CALENDARS

In an effort to reduce printing costs, we will be emailing Newsletter, Calendars and Notices to all Recreation, Competitive and Interclub families. We will also have some copies available around the gym - please take the time to read them as they contain important information about your child's program.

## FALL FUNDRAISER

This year's Fall Fundraiser is "Celebrate the Season". Please return the white and yellow copies to the office (with payment) by **October 8<sup>th</sup>** and keep the pink copy for your records. Cheques should be made payable to "PG Gymnastics". We expect delivery to be the week of November 17<sup>th</sup>, if we receive the order in on time.

## EVER THOUGHT ABOUT JUDGING?

### If you are 15 or older...

There will be a Beginner Judging Course on October 16th from 9:00 am - 5:00 pm (for more information, contact Colleen at 564-7383, Extension 2. For general inquiries contact Carol Garcia at 963-0155 or 564-7383, Extension 3.

## GYM GUIDELINES

To ensure your child receives the maximum benefit and enjoyment from their classes, PLEASE:

1. Arrive on time - circle time and warm up activities are an important beginning.
2. Stay with your child until the coach calls the class out to begin.
3. Stay during the class if your child might require assistance with bathroom visits or other needs.
4. Ensure your child is appropriately dressed - body suit or shorts/pants with elastic waist and t-shirt, bare feet, long hair tied back, watches and jewelry removed.
5. Bring a water bottle which can be easily identified as your child's.
6. Try to on time for pick up after class.
7. For safety reasons - encourage your child to leave the floor immediately after class.
8. Speak with your child's coach (or the appropriate coordinator: Preschool - Colleen, Recreational - Rita, Head Coach - Jodie) if you have any questions or concerns.

## MEET & GREET WEEK - Week 4 (first 5 minutes of class)

Come and meet your child's coach in a 5-minute meet and greet, the week of October 3rd - 9th (Week 4). We hope to answer any questions that you may have at that time.