



Building Healthy Minds & Bodies

OGC UPDATE June 19, 2009

JUNE TRAINING – for artistic girls who train Friday afternoons

For Artistic girls who normally train on Friday afternoon at 12:30 – 5:30 will have a time change. On **June 12, 19, & 26** you will train **12:30 – 4:30**.

NCCP COURSE- PART 1

Are you interested in coaching? Part 1 is being offered in Kamloops on July 4 & 5. If you are interested please contact Catherine at Gymnastics BC to register 1800 556 2242.

YEAR END BBQ & AWARDS

Mark your calendars! **July 8** - Everyone should have received an e-mail regarding the details. Please take the time to respond to Heather to help her get organized.

SUMMER TRAINING – NEW GROUPS FOR ARTISTIC GIRLS

Summer training starts for Artistic Girls:

New Group 1,2,3,4 – June 29th – Sergei is not here, Emily and Jesse will be coaching- If you are not here this week or have not informed us of your vacation time – please let us know

New Group 5 & 6 – start June 29th

Summer training start for Artistic Boys starts June 29th

Summer training start for Trampoline & Tumbling starts June 29th

THERE IS NO TRAINING ON SUNDAY JUNE 28, 2009 – Last day of regular training is Friday June 26, 2009

THERE IS NO TRAINING ON WEDNESDAY JULY 1, 2009 – HAPPY CANADA DAY

CANADA DAY PARADE

Anyone interested in participating in the Canada Day Parade? It would be on Wednesday July 1st at 5 p.m. If there is enough interest – we will participate. Please let me know.

VOLUNTEER HOURS

Friendly reminder that competitive families have until the **end of June** to **complete and submit** their volunteer hours.

NATURE'S FARE RECEIPTS

If you shop at Natures Fare – please remember to drop off your receipts in the box by the main office. All receipts must have the pretax total on the bottom.

ATHLETE TAPE

Athlete tape is available for sale in the office for \$3 each. You must have your money prior to receiving tape.

FUNDING

Please remember that there is funding available for all competitive athletes through Sport Kelowna, City of Kelowna, and SportsFunder through Gymnastics BC. Please take the time to research all of the options that are available to you. Remember, every little bit helps.

COOPERS/SAVE-ON-FOOD Gift Cards

We have \$50 Gift cards available for sale at the office