



Building Healthy Minds & Bodies

OGC UPDATE January 8, 2010

We hope everyone enjoyed their Christmas and Happy New Year!

PHYSICAL ASSESSMENTS

Please remember your appointments – January 9th at the Capital News Centre, Pinnacle Physiotherapy. Remember your \$60!

COBWEB – JANUARY 17TH

The signup sheets are posted! Come by and see where you can help out! There may be limited seating so please allow our guests to enjoy the seats.

2010 Team Investors Group Amateur Athletes Fund

Applications for the 2010 Team Investors Group Amateur Athletes Fund are now available! In keeping with their commitment to amateur sport in Canada, Investors Group is once again offering \$5,000 each to 20 of our country's high performance athletes to assist with costs of training and competition. The bursary fund is open to any active senior national team athlete who meets the eligibility criteria. Deadline for applications is February 1, 2010. ([more](#))

OKANAGAN INVITATIONAL

We are looking for someone who can sing O Canada at the opening ceremonies. The tentative schedule for opening ceremonies is Friday March 5 at 5:30pm. If you are interested or know of someone who would like to volunteer for this – please let Ian Tomlin know. iantomlin@shaw.ca

COACH/PARENT MEETING

If you have any concerns regarding your child in the competitive program – please feel free to set up an appointment to speak with the coach.

TAX RECEIPTS

If you require a tax receipt – please let the office know and we would be happy to prepare one for you.

LOST AND FOUND

Last session we seemed to have a huge amount of lost clothing and containers! Please have your child make sure they have all of their belongings before they go home. Also, if their name is on their clothing or containers – it would help us return some of these items. As you know, after every session the lost and found is taken to a charity.

2nd ANNUAL FLIP A THON/JUMP A THON

This fun event will be held the week of February 8-13, 2010. For the recreational athletes this will happen during regular training hours in conjunction with "I Love Gymnastics" week. Stay tuned for more information.

OFFICE FOR RENT

We currently rent out the middle office upstairs to Interior Health. As of January 1 they will no longer be with us. If you or someone you know is interested in renting this space, please see Tracy or Anita.