



Building Healthy Minds & Bodies

OGC UPDATE January 29, 2010

FLIP CITY

Good Luck to all those athletes competing at Flip City this weekend!

TRAINING THIS WEEKEND

Artistic Girls – Regular training for those that are here – Jesse and Maria coaching

Artistic Boys – Cancelled as you are competing!!

T & T – Cancelled as you are competing!!

OLYMPIC MITTENS

We have 8 pairs of Olympic mittens left over from our Cobweb. They are for sale at the office for \$11. They are all size small.

CONGRATULATIONS TO THOSE ATTENDING BC WINTER GAMES

Miranda Pineau
Alison Watters
Lindy Drope
Emma Morel
Liam Dawson
Stephen Hiscock
Kolten Marino

2nd ANNUAL FLIP A THON/JUMP A THON

This fun event will be held the week of February 8-13, 2010. For the Competitive Athletes – there are a few prizes you could win for top pledge amounts:

1st prize for top pledges – iPod Touch

2nd prize for top pledges – Nintendo DSi

3rd prize for top pledges - \$50 GC for Orchard Park

VACATION

As a reminder to all it is very important to let the **office and your coach** know if you are going to take vacation. You will get credit for your vacation time only if you have informed the office prior to your time off. Credits will be applied at the end of the season.

OFFICE FOR RENT

Our middle office upstairs is available to rent. If you or someone you know is interested in renting this space, please see Tracy or Anita.

FIRE LANE

Just a reminder that there is a fire lane/emergency road by our entrance. Many people continue to park there and back out at extremely unsafe speed; there are children constantly on this road and crossing from our building to the YMCA building. We are asking that people do not park or drive into this area.