



Building Healthy Minds & Bodies

OGC UPDATE February 5, 2010

OMEGA

Good Luck to all those athletes competing this weekend!

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.

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.

ARTISTIC GIRLS TRAINING ON February 28th

There will be no training on Sunday February 28 for those who are competing at Wild West Fest, except for Sugar, Kelly, Alison, Miranda, Adele, Makinli.

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.