



Building Healthy Minds & Bodies

OGC UPDATE February 19, 2010

GOOD LUCK TO THE ATHLETES AND COACHES THAT ARE COMPETING AT THE GREAT WEST GYM FEST IN COEUR D'ALENE THIS WEEKEND!

2nd ANNUAL FLIP A THON/JUMP A THON

Pledge forms and money needs to be handed in by February 24th in order to be eligible for prizes.

OLYMPIC MITTENS

We have **3** pairs of Olympic mittens left over from our Cobweb. They are for sale at the office for \$11. They are size small.

OKANAGAN INVITATIONAL

SIGN UP SHEETS will be posted towards the end of this week. This meet, as it is with any meet, is available for any parent, grandma, aunts, uncles, to help. The more volunteers we have the smoother the meet runs. Please take the time and make sure you sign up for a shift or two!

RECREATIONAL REGISTRATION

Our Spring Registration will begin on March 1. If you have children in the recreational program you can register them on February 22 @ 9 am.

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.

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.