



Building Healthy Minds & Bodies

OGC UPDATE February 26, 2010

GOOD LUCK TO THE ATHLETES AND COACHES THAT ARE COMPETING AT THE WILD WEST FEST IN KAMLOOPS

2nd ANNUAL FLIP A THON/JUMP A THON

All Pledges and forms are due today! Please hand them into the office.

OKANAGAN INVITATIONAL

SIGN UP SHEETS are posted! 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!

PARKING AT UBC – OKANAGAN

Just so everyone is aware there will be some parking issues for Friday of the meet. You are guaranteed parking in **LOT H** which is at the bottom of the hill. You will need to allow 10 – 15 minutes to walk to the gym. UBC will put signage out if any other parking lots have room on that Friday. Saturday and Sunday should be no problems.

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.