



Building Healthy Minds & Bodies

OGC UPDATE March 5, 2010

**GOOD LUCK TO THE ATHLETES AND COACHES THAT ARE COMPETING AT THE
Okanagan Invitational – 3rd Trials
BC Winter Games**

2nd ANNUAL FLIP A THON/JUMP A THON

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

DISCIPLINE IN THE GYM

Every athlete in the gym should have received a letter regarding protocol for discipline in the gym. Please hand the signed letters into the office as soon as possible. If you did not get the letter – please talk to your coach.

OKANAGAN INVITATIONAL

Please make sure you arrive 15 minutes prior to your shift and thank you all for volunteering!

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.

PROVINCIALS

To clarify for everyone:

Artistic Provincials are in Langley – Men and Women

T & T Provincials are in New Westminster

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.