



Building Healthy Minds & Bodies

OGC UPDATE March 19, 2010

**GOOD LUCK TO THE ATHLETES AND COACHES THAT ARE COMPETING AT THE
Twisters Invitational**

CONGRATULATIONS

Artistic Girls that made TEAM BC:

Adele, Makinli, Sugar and Alison

Artistic Girls that are competing as Independents:

Nicole and Muriel

Sergei has been named Team BC Coach

Artistic Boys that made TEAM BC

Cody and Kolton

TRAINING THIS SUNDAY MARCH 21, 2010

There is no training for the artistic girls and boys this Sunday due to the Twisters competition.

PIT CLEAN – FRIDAY APRIL 2 – 9 AM

It is that time again! We are planning a Pit clean on Friday April 2 at 9 am until it is done.

For those who are new to the gym – the foam pit gets very compacted and as the foam breaks apart it creates lots of dust therefore for the safety of our athletes we need to clean it! This means we take all of the foam out of the pit, knocking off the dust particles and remnants of other foam pieces and throwing it out of the pit. Then we clean/vacuum the bottom of the pit and put it all back in again. The more people the faster the job gets done.

We are looking for very large tarps to put on the carpets surrounding the pit. This will save some time in vacuuming the carpet after. We will need some shop vacs that can handle lots of dust. Let us know if you can help out with any of these things.

EASTER TRAINING

The training schedule for the Easter Weekend will be in the update next week.

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.