



Building Healthy Minds & Bodies

OGC UPDATE March 26, 2010

**GOOD LUCK TO THE ATHLETES AND COACHES THAT ARE COMPETING AT THE
Pan Am Games in Daytona**

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.

EASTER TRAINING

The training schedule for the Easter Weekend

Artistic Girls:

Friday April 2 – Those who normally train on Friday: 9 am – 10:30am

Parents start on the pit clean and athletes join in after – thank you!

Richelle's group – No training

Sunday April 4 - Training is 10 am – 2 pm

Monday April 5 – Training as per normal

Artistic Boys:

Friday April 2 – No training, except Cody 9am – 10:30 am

Sunday April 4 – Cody 10 am – 2 pm, rest of boys 10:30 am – 2 pm

Monday April 5 – Training 3:30 – 7 in lieu of Friday and Cody as per normal

T & T:

Friday April 2 – No Training

Sunday April 4 – No Training

Monday April 5 – Training as per normal

FLIP/JUMP A THON

Thank you to all who participated! The winners are as follows:

1st place – with pledges of \$408.10 is **Zoe Paquet** – Ipod Touch

2nd place – with pledges of \$384 is **Grace Fecht** – Nintendo DSi

3rd place – with pledges of \$351 is **Jill Bobyn** - \$50 Gift Certificate for Orchard Park

4th place – with pledges of \$338 is **Hailey Tomlin** - \$25 Gift Certificate for Orchard Park

Coach – with top pledges is **Jenna** - \$72 – Ipod Touch

Top **Recreational Athlete** - \$273 in pledges! Winner of a free session of gymnastics

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.