



Building Healthy Minds & Bodies

### **OGC UPDATE April 23, 2010**

**GOOD LUCK TO CURTIS AND ANGELO**  
They will be in Australia competing at the Pacific Rim

### **OGOPOGO – JUNE 4-6, 2010**

Ogopogo is coming up. This will be the first time that we are hosting boys! This is a great way to work of your hours on this weekend. This is one of your last opportunities to work off big chunks of time before June 30.

### **ATHLETE DEVELOPMENT FUND**

Please review our criteria and application forms. This Athlete Development Fund is from OGC for athletes that have qualified for certain meets. Check out our website under Competitive Program.

<http://www.okanagangymnastics.com/index.php?PageID=1&PageGroup=3>

### **MITEY MITE CHALLENGE DAY – APRIL 25, 2010 – 1-3 PM**

We will be once again hosting a mitey mite challenge on Sunday. We are asking that the older athletes that are training until 2 pm assist Sergei and Nori until 3pm. Athletes that are actively helping will be able to claim volunteer hours. Sergei will submit the hours.

### **VACATION**

Do you know when you are taking your summer vacation? If you do please let Sergei and Angelo know. [sergegym@yahoo.com](mailto:sergegym@yahoo.com) [ogctnt@gmail.com](mailto:ogctnt@gmail.com)

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.

### **SportsFunder Travel Subsidy for BC Championships**

Gymnastics BC has been given targeted funds from the SportsFunder lottery program to contribute towards travel costs for athletes (age 18 years and under) to access competitions in other areas of the province.

Because the funding received was greatly reduced this year, ONLY participants that attend the 2010 BC Championships will be eligible to apply for and receive a subsidy. No other competitions are eligible for travel subsidy funds this season.

[www.gymnastics.bc.ca/uploads/2009-10\\_SportsFunder\\_App\\_Combined.pdf](http://www.gymnastics.bc.ca/uploads/2009-10_SportsFunder_App_Combined.pdf)