



Building Healthy Minds & Bodies

OGC UPDATE MAY 21, 2010

GOOD LUCK TO ALL WHO ARE COMPETING AT NATIONALS IN KAMLOOPS

OGOPOGO – JUNE 4 – 6, 2010

Volunteer sheets are now posted – there are still many spaces available. We need your help so please take the time to see where you can help.

ATHLETE DEVELOPMENT FUND – DEADLINE IS JUNE 11, 2010

Please review our criteria and application forms. This Athlete Development Fund is from OGC for athletes that have qualified for certain meets. Remember to include what your athlete has done towards their volunteer hours in the application. Check out our website under Competitive Program. www.okanagangymnastics.com

MAY LONG WEEKEND TRAINING

Artistic Girls	Sunday May 23 - Training as per normal Monday May 24 – No training
Artistic Boys	Sunday May 23 – Training as per normal Monday May 24 – No training
T & T	Sunday May 23 – Training as per normal Monday May 24 – No training

MAY DAY PARADE – May 22, 2010

Calling all Athletes – we will once again be participating in the May Day Parade! Meet in the grass area by our front door at 10 am. The parade starts at 10:30 am sharp.

The athletes will walk the parade route – down Hartman Road, left onto Rutland Road down to Centennial Park. The athletes will be doing handstands, cartwheels, jumps and turns!

We would like the athletes to wear their OGC jackets (make sure your name is on it), bodysuits or a gymnastics t-shirt and shorts. They should all wear little gloves. There will be a small child's wagon in the parade to carry the jackets if it is hot, and water bottles.

Coach Jamie and Coach Jenna will be there organizing you all. The coaches will wait with your athlete in the park until you can hook up with them.

As this is a form of advertising for OGC all athletes that actively participate will receive 2 volunteer hours. Jamie and Jenna will have a sign in sheet for this event and will submit the hours.

MARIA

Unfortunately, Maria will be heading back to Russia on June 1. Her last day of work will be May 31, 2010. There will be a gathering at Sarsons Beach on May 21 from 6 – 10 pm.

SUMMER SCHEDULES

The summer schedule is currently in the works – please be patient and we will have them out to you as soon as they are done.

VACATION

Do you know when you are taking your summer vacation? If you do please let Sergei and Angelo know. sergegym@yahoo.com ogctnt@gmail.com ogc@telus.net

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.

NATURE'S FARE RECEIPTS

If you shop at Natures Fare – please remember to drop off your receipts in the box by the main office. All receipts must have the pretax total on the bottom. Keep bringing in your receipts!