



Building Healthy Minds & Bodies

**GOOD LUCK TO BRITTANY AND TREVOR
COMPETING AT INDO'S IN JAPAN**

OGC UPDATE June 25, 2010

YEAR END – JULY 7, 2010

Please join us on Wednesday, July 7, 2010 at **5:30** pm for our Year End Awards Night. Graciously hosted by the Morel Family again this year, 4382 Hobson Crt, Kelowna. The Morels do have a pool so will have a life guard on duty for 2 hours (5:30 – 7:30).

We have sent an e-mail showing what each person needs to bring.

TRAINING TIMES

June 27th – Regular training for all
June 28th – Regular training for all, Cody train with Nori
June 29th – Regular training for all
June 30th – Regular training for all, Boys will train on this day in lieu of July 2
July 1 – Closed – No training
July 2 – No training
July 4 – No training
July 5 – Summer training schedules starts

SUMMER SCHEDULES

The summer schedules have been sent out to all athletes. The last day of the regular season is June 30th. We are closed on July 1. Summer training schedule begins Monday July 5, 2010 at your designated times

GOOD NEWS!

We received some excellent news that our gaming funds have been approved. MLA Norm Letnick will be here on Monday June 28th at 4 pm to visit our facility and have some pictures taken for the newspaper.

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! We just received a cheque for \$271.09 for submitting those receipts.

