



Building Healthy Minds & Bodies

OGC UPDATE September 1, 2010

CONGRATULATIONS TO CURTIS & ANGELO
Curtis placed 7th at the Youth Olympics in Singapore

COMPETITIVE PACKAGES

Our new competitive season starts next week on Tuesday September 7 – training hours will be according to your new fall schedule. Please be aware that your insurance has expired and we will need **all** of your paper work back in the office as soon as possible.

Please note that we have changed how the competitive program will operate. We will be on a 47 week schedule with 1 week allocated for statutory holidays and 4 weeks of vacation or 20 days that can be used at your discretion. This will eliminate administration time to process the credits and any communication breakdown between office, coach and parents. There will be no credits allocated for vacation time as in previous years. The program will continue from September to the end of August.

PHYSICAL ASSESSMENTS – SEPTEMBER 19

In our attempt to be proactive in athlete injury we are planning a Physical Assessment and Pilates for our higher level athletes.

The physical assessments will be held here at OGC in the dance room. This physical assessment will determine the weak areas. The athlete will be given specific exercises to work on those areas. The athlete and the coach will be receiving a written report of the results.

You will be receiving your appointment time shortly.

PILATES –

We have this scheduled for 4 Sundays in the fall as all the athletes that qualify for this are training on a Sunday. This makes it easier for you to attend.

You will be receiving the time that your class will be attending shortly.

COMPETITIVE ATTIRE

Please have your athletes try on their competitive attire to make sure it fits. We will be submitting our order in September.

STRATEGIC PLANNING DAY – September 18 - 9 am – 3 pm

On September 18 we are planning a Strategic Planning Day. This day will focus on what our plan as a club is for the future. All Board Members and some of our staff will be in attendance. If you are interested in being part of planning for the future, you are welcome to join us. Lunch will be provided so please let us know if you are attending.

ARTISTIC WOMEN'S JUDGING COURSE

There is a tentative course scheduled for November 6 & 7 for Level 1 – 3. If you are 15 years of age and are interested and you would like more information, please contact Heather at heatherivanitz@yahoo.ca

LOCKER CLEAN OUT

Please take the time to clean out your lockers. Remember that we would appreciate magnets only and no stickers.

DID YOU KNOW

That Gymnastics is the 5th largest sport in BC?

sergegym@yahoo.com

ogcint@gmail.com

ogc@telus.net

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!