



GYMFORMATION

Cookie Dough Fundraiser!

Thank you to everyone who supported our 3rd Annual Cookie Dough Fundraiser. The fundraiser was a huge success raising over \$3000.00. Monies raised will be going towards much needed equipment to enhance our programs for your children. Thank you to all of those who volunteered to help out with sorting and handing out the orders we couldn't do it without the great support of club members and their families. Special thanks goes out to Tia Paulhus and Michelle Skorlatowski who coordinated this event.

Pre Competitive Routines:

Krista's class (Mon/Fri 4-6) will be required to sign up for a session with Krista to review their floor routine if they got one last year. (Routines are kept for 2 seasons) Or to come in and get a routine for those who are new to the group. Please see the sign up sheet with available dates and times and sign up for one of the days. Note if you already have a routine you will be required to come for a 1/2 hour session. If you are getting a whole new routine you will be required to come for a 1 hour session.

Make-up Classes

Participants in Coach Krista's Tuesday classes will be having a make-up class on Tuesday Jan 19 at their regular class time. This is due to their class cancellation on Tuesday November 10, 2009.

Thank You!

To everyone who has helped with the cleaning of the gym this session. The gym looks great! Thank you for making the gym a clean place for our kids!



Alberta Games Update:

Did you know that Lakeland Gymnastics Club is the host club for the Women's Artistic Gymnastics Events at this years Alberta Winter Games? The Winter Games will be taking place Feb 4-7 2010. The Games are a very large endeavour and will require many volunteers to make it a success! If you can help out please call the gym office at (780) 639-3065. Kayla Lefebvre, RayAnne Farris, Kelsey Creguer-Norgate, Amanda Bischke and Cassandra McNutt will be traveling to Red Deer for the Artistic Gymnastics Alberta Games Trials on Dec 12-13. These girls have been training hard to make the Alberta Games team and represent our region. We wish all of these girls the best of luck!!!

Lakeland Gymnastics Club
Recreation and Competitive
Edition

Volume 2

November 2009.

Reminders:

- ☺ Dec. 14-19 is Parent Participation Day for Pre-school classes.
- ☺ 2nd Annual Fun Meet Jan 23-24
- ☺ Next Parent Viewing week is Dec 14-18
- ☺ Gym is closed Dec 20-Jan 3 for Christmas Holidays. Classes will resume the week of Jan 4-9

Parent Participation Day!

Dec 14-19 is Parent Participation Day for all Wiggletune, Tumbleweed and Jumping Bean classes. This will be a special day for your child to show you what they are learning. Siblings will not be permitted to participate, please make alternate arrangements for siblings on this day. Please dress appropriately for participating (no jeans or dresses) and bring your cameras!

What Is The Fun Meet??

This will be our 2nd year hosting our Fun Meet. Last years Fun Meet was a ton of fun and a positive experience for all. This year our goal is to promote the sport of gymnastics to the Cold Lake Community as this event will also be held during National Gymnastics Awareness Week. Children in all of our programs have begun working on routines (within their appropriate level) to perform on each piece of gymnastics apparatus. This year our theme will be Hollywood so we will be implementing that theme throughout the event. Each child will have their turn to show their routines to our celebrity judges and their parents, grandparents and friends. Eve-

ryone is a winner at the Fun Meet as judges will not be handing out scores. After the Fun Meet prizes will be given out and every participant will be called up to receive his/her report card and given a special goody bag. The club will also have a photographer here on this day taking group and individual photos of all of the children. Flowers, and other special items may also be purchased for your little star. This will be the final day of Gymnastics for the Fall session. Please make sure to mark your calendar for this Fun event. The Fun Meet will be taking place on Jan 23-24 2010.

November Gymnasts of the Month:

Recreation:

Shae Worthington & Ammon Kozlow

Precompetitive:

Megan Amirault

Pre School

Kyanna Zoller

Competitive Team

Kelsey Creuger-Norgate

All of these athletes have worked exceptionally hard so far this season. Keep up the Great Work!!

Purdy's Chocolate

Fundraiser

Our Competitive Team has been selling Purdy's Chocolates this month to raise funds for team uniforms and travel expenses to competitions. If you would like to take a look at the catalog please ask in the office. Also deadline for getting orders in is Mon November 23.

Did You Know?

Lakeland Gymnastic Club offers special events for children of all ages. We offer Birthday Parties, Field Trips to School and Preschool Groups as well Children's Christmas Parties!

For More Information

Please call our office at:
(780) 639-3065



Winter Registration

Winter registration will begin Tuesday Dec 1 on a first come first serve basis. Please note that many of our classes fill quickly so register early to avoid disappointment. Our Winter Session begins Feb 22, 2010 and runs until June 25, 2010. If you are registering please make sure that you have your class payment as well as your volunteer cheque (\$100) with you at registration. We will not take any registrations without full payment and all forms filled out. Registration information will be handed out Nov 23-28.

HealthConcerns

Please help us keep the gym as healthy as possible. Please ensure that if your child is sick that you keep them home until they are feeling better. There have also been a number of children coming to gymnastics with warts on their feet. If your child has a wart please cover it with a bandaid and also wrap some athletic tape around it to keep the bandaid from falling off. Thank you for your attention to these issues.

Competitive Team Trip To St. Albert

Our next team trip to train in St. Albert will be held on Sat Jan 2 and Sun Jan 3. All precompetitive and competitive gymnasts are invited to attend the Sat session from 2-5pm. Cost for those gymnasts that have not already paid in their regular fees to attend is \$20.00. Prov 1 and 2 gymnasts will be training Sat 2-6pm and Sun 8-11. Please let us know by Dec. 14 if you will be attending so we can get a final number to the St. Albert club of how many athletes to expect.