



GYMFORMATION

Cookie Dough Fundraiser!

Our 3rd Annual Cookie Dough Fundraiser is now underway. If you did not receive an order form from your coach please ask for one. Last years fundraiser enabled the club to purchase some much needed equipment to enhance the quality of our programs. We were able to purchase a large pit, 2 crash mats and a brand new balance beam! This year we will be using monies collected for the purchase of new equipment, helping with the cost of our Fun Meet in January as well as other club endeavors. The club will be giving participants that sell 8 items or more a new Lakeland Gymnastics Club T-shirt. Please remember the deadline to have your orders in by is **Friday Oct. 30**. Orders are scheduled to arrive on **Tuesday Nov. 17**. Please make note of the arrival date as all orders must be picked up on this day. The club does not have freezer space to accommodate orders not picked up on the pick up date. If you have signed up as a volunteer to help with sorting and handing out cookie dough please make sure that you are available to help out on Nov 17. Thank you in advance for supporting Lakeland Gymnastics Club.

Volunteering

Everyone should have been put on a list for volunteering. You also will have received a slip reminding you of what you signed up for and or the dates you signed up for. No reminder calls will be given. Also if you have not been notified as to what you volunteered for or whether or not you have been placed on a list please contact the office at (780) 639-3065.



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! Do you have 4 hours to spare? Lakeland Gymnastics requires 120 volunteers for this event. Anyone who is willing to help out in any way may fill out the attached volunteer form and return it to the club asap. If you have questions regarding volunteering or about the Gymnastics Events please contact Krista Ramsay or Michelle McNutt (Sport Chairs for Women's Gymnastics) for more info at (780) 639-3065.

Competitive Edition

Bulletin 3

October 2009.

Reminders:

- ☺ Cookie Dough orders due Oct 30.
- ☺ Pick up day for Cookie Dough orders is Nov 17.
- ☺ 2nd Annual Fun Meet Jan 23-24
- ☺ Next Parent Viewing week is Oct 19-24
- ☺ No classes Wed Nov 11 (Remembrance Day)

October Gymnasts of the Month:

Recreation:
Sydney Chabot

Precompetitive:
Karina Schneider

Pre School
Eden McKee

Competitive Team
Amanda Bischke

All of these athletes have worked exceptionally hard

**so far this season.
Keep up the**

Great Work!!

Why Everyday Is Not A Viewing Day

Gymnastics is a sport that requires a lot of focus and concentration. Gymnasts need to be able to concentrate on their skills in order to achieve them safely. We would ask that all parents, friends and family take note of the days that we have viewing in the gym and follow the viewing guidelines in order to make it a positive and safe day for all participants and spectators.

1. Please only view on the weeks indicated in the 1st day newsletter.
2. Please sit in the designated seating only. Do not sit on the edges of the floor or on pieces of equipment.
3. Ensure that siblings and other small children sit quietly in the seating area. If children are being disruptive or playing on the equipment they will be asked to leave and wait in the

lobby area.

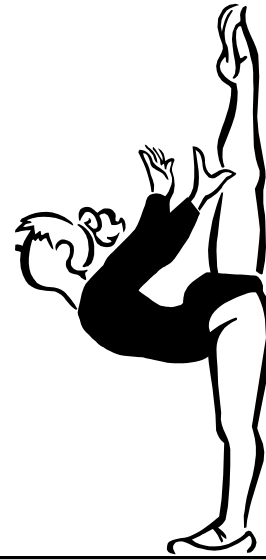
4. Please refrain from signaling, and or calling out to participants.
5. Do not walk into the equipment area at any time. Walking through a pathway of an athlete could result in injury.

We will be strictly enforcing the Viewing rules of the club for the safety of all athletes in all of our programs. We are a small club with limited areas for viewing and would ask that everyone abide by the viewing guidelines. Thank You!

Viewing Weeks are: Oct 19-24

Nov 16-21

Dec 14-19



Parent Meeting

Please mark on your calendars to attend

Wednesday October 28, 2009 at 7:00 p.m.

In the party area.

- *Upcoming meets*
- *Bodysuits and track-suits*
 - *Winter games*
 - *Fundraising*
- *Meet fee Accounts*

New Office

Please note that our office is now across the hall in the old Lakeside Baptist Church office. Please come see us at your convenience.

New Website

Check out our new Web site for announcements, club information and much more!

www.coldlakegymnastics.com

Additional Training in St Albert

Will take place The Weekend of

November 7, 8, 2009

2A Reil Drive St Albert

Mon/ Fri (4-7)	Group Sat 2-5	Cost 20.00each
Mon Wed Fri	Group Sat 2:00-6:00	
	Sun 8:00-11:00	No Cost

It is very easy to get to off of 170th st
(There is a Super 8 on the corner of 170st and Yellow head. No pool but free breakfast.
You should book asap if you are staying the night)
More info to follow at comp meeting October 28/09