



Gymformation Jan 2010

J A N U A R Y 2 0 1 0

SPECIAL POINTS OF INTEREST:

- Fun Meet Jan 23-24 2010.
- Alberta Winter Games Feb 4-7
- Winter Registration On Now!
- Winter Session Begins Feb 22.
- National Gymnastics Awareness Week Feb 18-24.

INSIDE THIS ISSUE:

Hollywood Classic 2010	1
Winter Session Registration	1
Hollywood Classic Schedule	2
Alberta Winter Games Update	2



HOLLYWOOD CLASSIC FUN MEET

The club will be holding the Hollywood Classic Fun Meet on Jan 23-24 2010. This is for all club participants ages 18mo-17yrs. All athletes have been working on routines on all four gymnastics events to show parents, grandparents and friends. Routines are compiled of skills in each child's badge or class level. Please check the schedule so you know when your class will be participating. Celebrity judges will be watching each athletes routines and giving them a grade of Emmy award winning, _____ or Oscar nomination. Report cards, ribbons, badges and prizes will be handed out at the end of each session. We want this to be a fun and positive experience for all participants. At the end of each session participants will also be given a free hot dog lunch. Parents and other family mem-

bers and guests may also purchase lunch for a nominal fee. This years theme is Hollywood so athletes may dress up for march in in their favorite Hollywood style. Please make sure it is not hard to remove as they



1st Annual Flower Power Classic Fun Meet Jan 2009

will likely need to take it off to perform their routines. There will be an award for the best dressed during each session. When athletes arrive please make sure they go upstairs to the gym for warm up if you are in a parent and tot class you will need to accompany your

child during the warm up and competition. Parents of non parent and tot athletes will then go down to the Kin Hall for march in. We will be using both the gym and Kin Hall for different parts of the meet so that we can have lots of room for spectators. You should have received a phone call this past week asking if you are attending the Fun Meet if everyone can let the club know asap if they will be attend it would be appreciated as we need to order food for the lunch. We are also in need of volunteers for this event. Please see the sign up sheet at the gym to sign up for various jobs. This event is also in conjunction with National Gymnastics Awareness Week. Please support gymnastics in our community by attending this event.

SEE SCHEDULE ON PAGE 2

WINTER REGISTRATION ON NOW!

Registration began for our Winter Session on December 1. There are still limited spots available for those who have not yet reregistered. If you have not registered for the Winter session you may do so online at www.coldlakegymnastics.com

or by phone (780) 639-3065 or by stopping into our office. Please make sure you have payment ready at the time of registration. If you have registered online you have one week from the date of submitting your registration to make your payment. We will not hold

spots for more than one week. Winter Session Begins: Feb 22



HOLLYWOOD CLASSIC FUN MEET SCHEDULE**Saturday Jan 23****Session: 1****Time: 9:00-12:00****Classes:**

Wiggletunes: Tues 9:30, Wed 9:45, Sat 9:00

Beg 1 Thurs 4:15 (both classes)

Beg 1 Tues 4:20

Saturday Jan 23**Session: 2****Time: 12:15-3:15****Classes:**

Beg 1 Sat 12:15

Jumping Beans Sat 11:10

Beg 2 Tues 6:30

Pre Competitive M/F 4:00

Saturday Jan 23**Session: 3****Time: 3:30-6:30****Classes:**

Mon/Fri NQ Prov 1

Beg 1 Thurs 5:15

Tumbleweeds Tues 10:40 &

Wed 11:00

Beg 2 Tues 5:30

Sunday Jan 24**Session: 4****Time: 9:00-12:00****Classes:**

M/W/F Prov 1,2,3

Beg 2 Thurs 6:30

Tumbleweeds Sat 10:05

Jumping Beans/ Dare Devils
Tues 1:00, Fri 10:35, Fri 1:00**Sunday Jan 24****Session:5****Time:12:15-3:15****Classes:**

GymTeens Wed 4:00

Advanced 2: Thurs 6:40

Please arrive no later than
10 min. prior to your sessions
start time.**2009 Flower Power Classic Fun Meet****ALBERTA WINTER GAMES***Live It Live!*

Congratulations to Lakeland Gymnastics Club gymnasts Cassandra McNutt and Amanda Bischke for making the Zone 7 team for the Games. The Gymnastics events will be held Feb 5-6 at the Cold Lake High School. Come on out and cheer on our local gymnasts! Lakeland Gymnastics Club is the host club for the Gymnastics

Events at the Games. We are still in need of volunteers. If you have approx. 4 hours to spare please fill out a volunteer form at the club or register online with the Alberta Games office. If you volunteer for a min. of 4 hours you will receive an official Winter Games Jacket.

COMPETITIVE NEWS

It is now that time of year when the girls are working hard on routines in preparation for competitions. All gymnasts should have by now had their private sessions with their coaches to go over last years routine or get their new routines. If you have not had your private session or missed it please speak with your coach to schedule a time. It is your responsibility to sign up and show up for your time. If you cannot make your scheduled time please reschedule with your coach. The younger gymnasts will be attending our

fun meet and approx. 2 other meets. The Prov. 2 and 3 gymnasts will be going to about 3 meets one of those being Northern Zones. They will also attend Provincials if they make the team. We have not received any info on meets from clubs as of yet but we will inform everyone once we receive info. Meet fee accounts will be updated shortly. Please also remember meet fee cheques will be cashed in Jan and March. All competitive gymnasts will be participating in our 2nd Annual Fun Meet Jan 23-24 please check the

schedule so that you know when your child is competing. Also if you are able to help out with decorating, equipment set up/ take down, or any other volunteer positions please sign up on the sign up sheets outside of the gym. Also please sign your child up on the sign up sheets on the gym door if they will be attending the Fun Meet .

INSIDE STORY HEADLINE



Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calen-

dar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, con-

INSIDE STORY HEADLINE

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your

customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

To catch the reader's attention, place an interesting sentence or quote from the story here."

INSIDE STORY HEADLINE

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the im-

age.



Caption describing picture or graphic.




Organization

J A N U A R Y 2 0 1 0
S S N A M E

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

B A C K P A G E S T O R Y H E A D L I N E

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

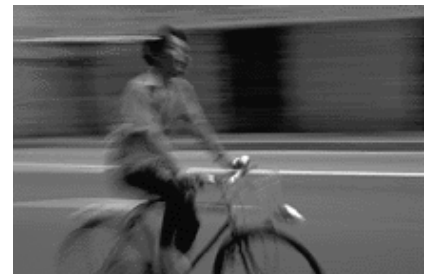
A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all em-

ployees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.