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# GYMFORMATION

## Cookie Dough Fundraiser!

Our 4th Annual Cookie Dough Fundraiser is now complete. Cookie Dough will be arriving on Thurs Nov 4. Last years fundraiser enabled the club to purchase some much needed equipment to enhance the quality of our programs. We were able to purchase an Octogon, Hand-spring trainer and sting mat. 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 endeavours. The club will be giving participants that sell 8 items or more a new Lakeland Gymnastics Club T-shirt. Orders are scheduled to arrive on **Thursday Nov. 4.** 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 4 and know when to be here. Thank you in advance for supporting Lakeland Gymnastics Club.

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Lakeland Gymnastics Club

Volume 1

October 2010.

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### Reminders:

- ☺ Cookie Dough orders arriving Nov 4.
- ☺ Pick up day for Cookie Dough orders is Nov 4.
- ☺ 3rd Annual Fun Meet Jan 21-23
- ☺ Next Parent Viewing week is Nov 8-12
- ☺ Competitive Team attire measuring Nov 12.

## Volunteering

Everyone should have been put on a list for volunteering. If you did not put yourself on a list you need to contact our office to be placed on a list or your cheque will be cashed at the end of the session. 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.

**Note:** No volunteering for Wig-gletunes participants.



## Competitive Team Attire & Routines:

The club held our used competitive body suit and track suit sale on Oct 15. Those needing a suit for the upcoming competitive season were asked to bring in last years suits to sell. Those who sold their suits will have their meet fee accounts credited and those who purchased another gymnasts suits will have the price subtracted from their meet fee accounts. Thank you to those who remembered to bring in their attire. We will be measuring for those who require a new competitive attire on Friday Nov 12. Please make sure that if you require a new body suit or track suit that you attend class on this day and get measured. We will not be measuring on another day as we need to have sizing completed and sent in so that suits and track suits can be ready for meet season. We will now be starting to work on routines for all the competitive girls. Floor routines are kept for two years but may need some modifying if you have moved up a level or some modifications were made in the rules. Coaches will be scheduling all gymnasts in for routines. Please speak to your coach to find out when you will be scheduled for your routines. Please see competitive handbook for cost associated with getting a new routine this will be debited from your meet fee account. Once all routines are completed for all the girls we will have a better idea of what and when meets will be scheduled.

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## 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 other 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.

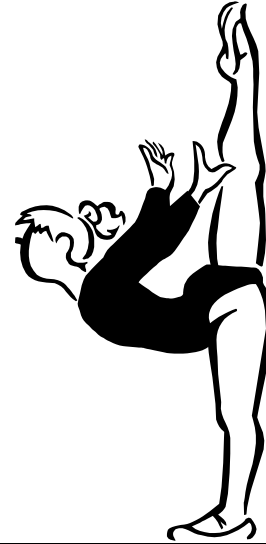
4. Please refrain from signalling, and or calling out to participants.
5. Do not walk into the equipment area at any time. Walking through a pathway of an athlete could result in injury.

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: Nov 8-12

Dec 13-18

Jan 21-23 Fun Meet



### Fun Meet

Lakeland Gymnastics 3rd Annual Fun Meet will be taking place Jan 21-23 2011. In conjunction with National Gymnastics Awareness Week. This years theme will be:

**I LOVE  
GYMNASTICS!!**

Please mark your calendars for this event.

Prizes, Fun and Much More!

Report Cards will also be presented at the end of the Fun Meet!

### Did You Know?

Lakeland Gymnastics Club is a member of the Alberta Gymnastics Federation (AGF). The Federations primary role is to provide support in the development and delivery of programs and competitions in Artistic, Trampoline & tumbling, and Recreational gymnastics, as well as in National Coaching Certification programs and events. All of Lakeland Gymnastics Club coaches are minimum level 1 certified in gymnastics and have all taken the Respect in Sport Certification. Many of our coaches have also attained training in trampoline, and higher levels of gymnastics certification (level 2, 3 etc..) as well as cheerleading certification. AGF values the growth and development of gymnastics and the opportunity to encourage and support the clubs, gymnasts, coaches, and athletes who bring gymnastics to life. As the only AGF member club in Cold Lake, Lakeland Gymnastics Club works hard to strengthen the relationship between AGF, Gymnastics Canada and our club to ensure consistency, cohesiveness and a high level of coaching education in gymnastics. We strive to inspire gymnasts and coaches to meet their potential through athlete and leadership development courses. To find out more about our coaches please visit our website at [www.coldlakegymnastics.com](http://www.coldlakegymnastics.com) or to find out more about AGF and its benefits and education programs please go to [www.abgym.ab.ca](http://www.abgym.ab.ca).



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 Corporate Christmas Parties!

For More Information  
Please call our office at:

(780) 639-3065