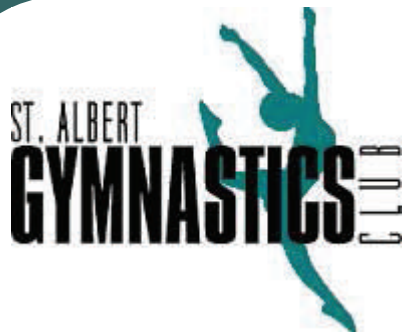


TUMBLING TIMES



*The Newsletter of the
St. Albert Gymnastics Club*

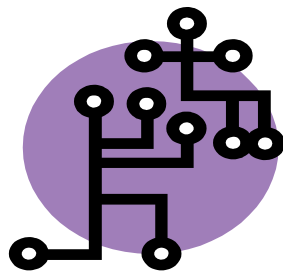
October 2009

**No Classes
Wed, Nov 11...
Make up class
will be on Wed
Dec 16**

SAGC - Who We Are

St. Albert Gymnastics Club is a not-for-profit, community-based organization governed by a volunteer board.

Our Mission Statement is to provide a positive and safe environment for members to have fun while developing gymnastics skills and promoting the ideals of good sportsmanship, honesty, courage and respect.

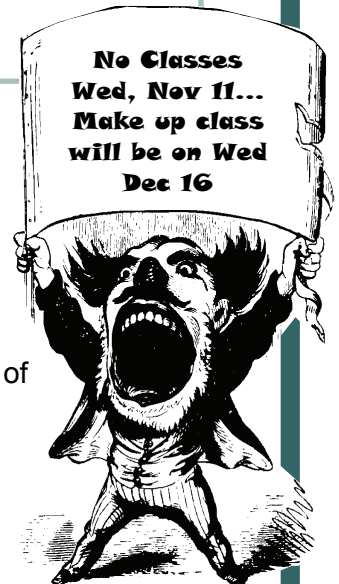


St. Albert Gymnastics Club maintains a philosophy that gymnastics is, above all else, fun, while stressing skill development, fitness, safety and the fundamental

discipline necessary to achieve these objectives.

We provide a wide variety of programs in a safe and positive learning environment.

From the very youngest recreational classes to the highest competitive levels, each coach provides a safe, positive and encouraging environment in which to learn.



Grey Cup Tickets & Poinsettias

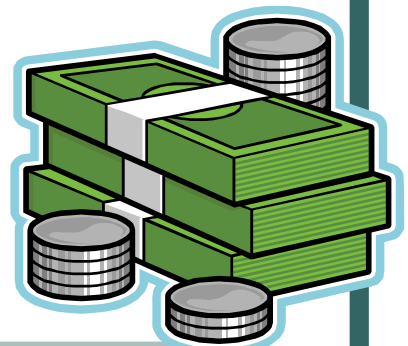


Our Fall Grey Cup Raffle Ticket promotion is well underway. Tickets are available from the office!

Keep in mind that we'll be ordering Poinsettias again this year, so plan ahead...

Many thanks to everyone who supported the SAGC

Bottle Drive in Sept! Look for another Bottle Drive in the Spring!



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EGAD!

Registration for the Winter Session will begin the 1st week of Nov for current members, and the 3rd week of Nov for new members!

A great Big Thank You!



“...adding new equipment which resulted in program enhancement ...”

The St. Albert Gymnastics Club would like to thank the Alberta Sport, Recreation, Parks and Wildlife Foundation - Development Initiatives Program for their generous grant support recently given to our club.

The Development Initiatives Program grant allowed us to acquire new recreation equipment and foam for the pits. We purchased 3 octagon mats, a handspring trainer, a parachute and 700 foam cubes.

This program was designed to improve the quality of community sport and recreational gymnastic programming through the purchase of new gymnastics equipment.



Old and deteriorating foam cubes create dust and bacteria that gymnasts and children are then exposed to, so acquiring the new foam cubes directly improves participant health and safety.

Not only were we able to replace worn-out gymnastics equipment, we were also able to improve our programming, adding new equipment which resulted in program enhancement.

H1N1 Flu Pandemic

Pandemic (H1N1) 2009 continues to circulate in Alberta. The St. Albert Gymnastics Club takes H1N1 very seriously, and recognizes the importance of practicing basic precautions to reduce the spread of the virus. Please follow the guidelines below (thanks to the Alberta Health Services website) to help keep our gym healthy!

If you have symptoms of a respiratory illness, you should:

- Stay home from gym, school or work and limit unnecessary contact with others.
- Call HEALTHLink Alberta at 1-866-408-5465 for more information regarding respiratory illness.
- If your symptoms worsen (eg. Shortness of breath, dehydration, worsening fever, cough or weakness), contact your health-care provider or visit your nearest health-care centre.

Whether you have flu symptoms or not, you should:

- Cover your cough by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing. Discard the tissue.
- Wash your hands often with soap and water, especially after coughing or sneezing. Hand sanitizers are also effective.
- Reduce the spread of germs by limiting touching your eyes, nose or mouth and by washing your hands frequently.
- Maintain your health by taking care of yourself and those in your care including eating a healthy balanced diet, avoiding cigarette smoke and other harmful substances, being active and getting enough sleep.

Just a reminder that there is No Smoking on SAGC property, which includes the building, entrance, parking lot and grassed areas.

Thank you for your cooperation!



Drop n' Shop!

Need some time to get some shopping done, or maybe your kids are in need of some real fun? Then the SAGC Drop n' Shop is for you! Only \$10 a kid! Kids must be 3 years and up, and sign-up is available at the gym right now! Drop n' Shop is available at the following times:

Tuesday December 15, 2009

5:30-8:00 pm

Thursday December 17, 2009

5:30-8:00 pm

Saturday December 19, 2009

10:00 am –12:30 pm and 5:00 – 7:30 pm

Tuesday December 22, 2009

5:30-8:00 pm



Thanks to all the families who took the time to complete and return their surveys!!

Hydration 101

Hydration is one of the most important training issues facing gymnasts on a day to day basis. It is so important that it can have a direct effect on an athlete's performance. Properly hydrated athletes are faster and more agile than poorly hydrated athletes.

DO'S:

Cold Water

- Water is always the best option for hydration
- Cold fluids are absorbed faster than warm fluids

Sport Drinks

- Sport drinks can provide that extra input of carbohydrates necessary to refuel
- Be sure to avoid sport drinks with high sugar content

DON'T'S:

Soda

- The carbonation can upset the stomach and the sugar content is far too high
- Caffeine can hinder the body's ability to absorb water

Fruit Juice

- Sugar content is too high
- Acids can cause stomach upset

PROPER HYDRATION:

Choose a fluid from the "Do" list and follow these guidelines before competitions, training sessions or classes:

1-2 days prior - drink 2 litres per day

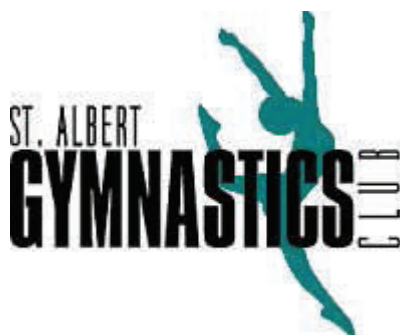
During breaks - drink 200-500 ml

10-15 minutes prior - drink 30-500 ml

After - drink 1.5 times the amount of sweat lost



"Properly hydrated athletes are faster and more agile than poorly hydrated athletes"



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Office Hours

Monday - Closed

Tuesday - Friday 9:00 am - 3:00 pm

Saturday - 9:00 am - 12:00 noon

Board and Committee Members

President	Sandy Findling
Treasurer	Chris Johnson
Competitive Director	Debra Kaplar
Recreational Director	Yolande Mailoux-Hall
Fundraising	Nancy Belanger
Secretary	Pam Matichuk
Public Relations/Newsletter	Pat McPhee/Shelley Lycan
Policies/Bylaws	Tracy Nowak
Facilities Director	Chris Johnson
Grants	Chris Johnson
Bingos and Gaming	Terry Hall
Volunteers	Marianne Johnson
Meet Director	Wolf Findling
Clothing/Uniforms	Kim Sklaruk

Coaches and Assistant Coaches

Davin Bettenson (Head Coach), Amanda Johnson, Ashley Mcleod, Brian Phelps, Dani Rahel, Danielle Hall, Deanna Critchley, Emily Traquair, Eirene Hall, George Novak, Imad Matar, Jayme Robillard, Jill Carter, Joanne Alano, Kathleen Bell, Katie Allen, Kimberly Kaplar, Kristin Palamaruk, Leah Brown, Leeza Kasianiuk, Mike Boddez, Nicole Alain, Rebecca Alano, Reese Clawson, Shandra Senuk, Sianna Kaplar, Zac Klassen

Office Staff

Bookkeeper	Lori Allen
Executive Assistant	Trina Osmond

Have Your Birthday Party at SAGC!

Why not plan to hold your next Birthday Party at SAGC?

During regular gymnastics sessions birthday parties are held on Sundays at the following times:

- 12:00 - 2:00
- 1:15 - 3:15
- 2:30 - 4:30
- 3:45 - 5:45
- 5:00 - 7:00

Each party is 2 hours long, with the first hour spent on the floor with a coach and an assistant. The children will be shown age appropriate games and activities

and will have an opportunity to try out all the various equipment.

You are encouraged to discuss with the coach how you would

like your party organized.

The second hour is spent in one of our party rooms. Each party room has a fridge and microwave. You are welcome to bring your own cake, pizza, snacks, drinks, etc.

The cost is \$100 for the first 10 children, and full payment is required at the time of booking. Each additional child is \$8 and can be paid the day of the party.

Cancellation Policy:

Notice of cancellation must be at least 2 weeks prior to the date of booking in order to receive a full refund.

