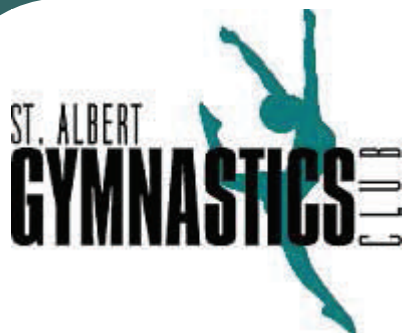


TUMBLING TIMES



*The Newsletter of the St. Albert
Gymnastics Club*

November 2008

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.

Registration for Winter Session On Now



Registration for the Winter Session is now open!

To ensure you get a spot you are well advised to register as soon as possible.

Talk to Trina in the office to

arrange your registration for the upcoming winter sessions. Office hours and contact information are available on page 4.

Why not sign up today?

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Be Sure to Check Out:

- Winter Registration - Get 'er done!
- Meet Schedule - Check 'em out!
- Birthday Parties - Book 'em now!

Grey Cup Tickets & Poinsettias



Thanks to everyone who participated in our DeVry Greenhouses Poinsettia Fundraiser.

All Poinsettias ordered will be delivered to the

club on Wednesday, November 26.

Thanks also go out to everyone who was involved in our Grey Cup Pool Ticket promotion. Even if you didn't win, you can feel

good about being an important part of the SAGC fund raising effort!



“These upgrades will benefit the club and everyone who attends and uses our facility.”

Alberta Lottery Board has us Covered

The SAGC thanks the Alberta Lottery Board for the Community Facility Enhancement Program grant awarded to fund several building renovations, building repairs and upgrades.

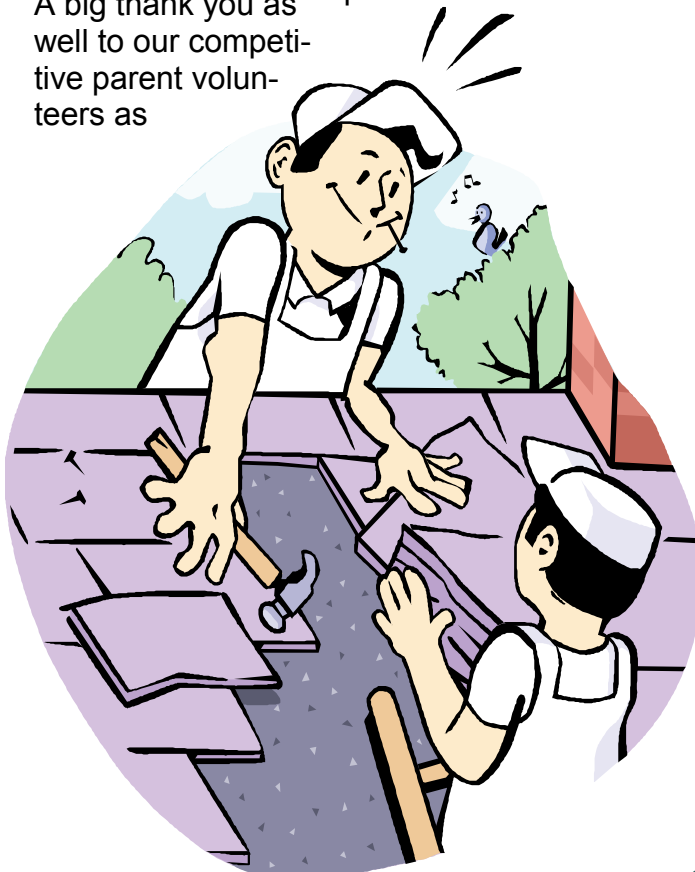
The largest project associated with the grant is the roof replacement, which will stop water leakage and improve ceiling insulation.

Many other projects are included with this grant such as HVAC system upgrades, electrical and plumbing repairs, painting, carpet enhancements, etc.

These upgrades will benefit the club and everyone who attends and uses our facility.

A big thank you as well to our competitive parent volunteers as

without this funding and their efforts the building improvements could not have been completed.



2009 Meet Schedule

Have you ever been curious about the Competitive Team's competitions? Here are some of the meets they'll be participating in this season. Look for more meets coming up in April and May!



<u>Meet</u>	<u>Location</u>	<u>Dates</u>	<u>Level</u>
Exalta Cup Invitational	Red Deer	Feb 6 - 8	1 - 4
March Madness Invitational	Edmonton	March 1	Rec 1 - 2
Mardi Gras Invitational	Sherwood Park	March 6 - 8	1 - 4
Northern Zones	Dynamyx	March 20 - 22	1 - 4
Rodeo Round Up Invitational	SAGC	May 2 - 3	Rec 1 - 4

Gymnastics Good for Kids? You Bet!

This is the first article in a series outlining the advantages of participating in gymnastics.

Gymnastics is perhaps one of the most comprehensive "lifestyle exercise programs" available to children, incorporating strength, flexibility, speed, balance, coordination, power and discipline.

Many studies have reported the benefits of moderate impact activities such as gymnastics on the development of bone density and the prevention of osteoporosis.

Beyond the obvious physical benefits, studies show that children learn cognitive skills more effectively in an environment that includes the body as well as the mind (Barrett, 1998). Gymnastics and early childhood movement education is directly attributed to developing neurological pathways in students and promoting reading readiness.

Children who have participated in movement education activities have longer attention spans, increased communication and general problem

solving skills, as well as improved self-esteem.

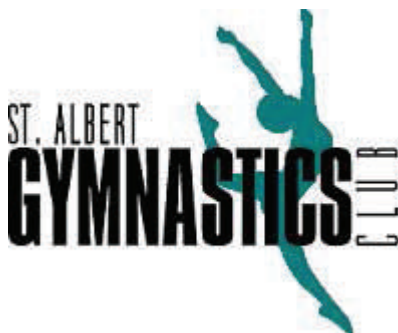
Gymnastics provides children with an opportunity to meet with friends, make new friends and have fun!

So when the gymnastics coach plays and teaches gymnastics skills, she is also preparing her students for successful social and academic experiences in school.

Stay tuned for more info on the benefits of gymnastics!

from an article by Michael Taylor

"Gymnastics ... is directly attributed to developing neurological pathways in students and promoting reading readiness."



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**Be sure to check out
our website!**
sagc.squarespace.com

Office Hours

Monday - Closed
Tuesday - Friday 9:00 am - 3:00 pm
Saturday - 9:00 am - 12:00 noon

Board and Committee Members

President..... Debra Kaplar
Treasurer & Grants Chris Johnson
Fundraising Sandy Findling
Comp and Rec Programs Yolande Hall
Bingos & Technology Terry Hall
Facility Cam Kaplar
Volunteers..... Marianne Johnson
Meet Director Wolf Findling
Public Relations Nancy Belanger
Member at Large Pat McPhee

Coaches

Davin Bettenson (Head Coach), Alissa Garrett, Amanda Johnson, Ashley LaFramboise, Brian Phelps, Deanna Critchley, George Novak, Jayme Robillard, Lisa Gardenits, Logan Phelps, Nicole Alain

Interim Coaches

Ashley Mcleod, Danielle Hall, Ereinne Hall, Emily Traquair, Joanne Alano, Katie Allen, Kimberly Kaplar, Leah Brown, Reese Glawson, Sianna Kaplar

Office Staff

Lori Allen Bookkeeper
Trina Osmond Office Administrator

Newsletter

Shelley Lycan & Pat McPhee (spmcphee@telus.net)

Have Your Birthday Party at the Gym!

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.

