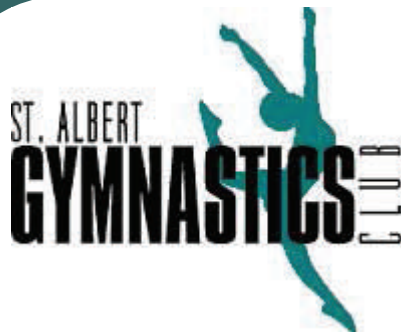


TUMBLING TIMES



*The Newsletter of the St. Albert
Gymnastics Club*

February 2009

Letter from the Prez

Our winter session is well under way and it is moving great! We are pleased to have many returning gymnasts and we would like to welcome all the new gymnasts to the club. There have been a lot of wonderful things happening during all of our sessions and our coaching staff is working hard to ensure that everyone is having a good time while learning all of their new skills. For the winter session, most of our coaching staff have returned, however we do have some great new coaches and assistants that are a welcome addition to our staff.

It was recently gymnastics week, and all of our recreational athletes were involved in the gymathon. It is great to see all of the gymnasts so involved, and trying to get their skills. This is a

great fundraiser for the club, and we would like to thank everyone for their hard work and participation. We are hoping to have two more fundraisers from now until June, and we hope that we can continue to rely on your support. Fundraising activities make a large contribution to our club, as we are a non-profit organization. Fundraising goes to help with new equipment, and the maintenance of our wonderful facility.

Our club is hosting its annual gymnastics meet during the first week-end in May. We are very excited to have expanded our meet this year to include some sessions for the more advanced recreational athletes that we have training. It should be a fun week-end for everyone involved, so if you

want to see what a meet is all about, or even volunteer for a job or two, there will be more information coming your way and posters will be up around the club.

The Board of Directors has been working hard to keep the club moving forward. There are countless little things that always need to be done. We are very thankful for all the volunteers that continuously step up when things need to be done. It is wonderful that we have people who are willing to make sure our facility is maintained and well-kept for all the children who use it every week.

Debra E. Kaplar

President



The Government of Canada allows a non-refundable tax credit based on fitness expenses paid by par-

ents to register a child in gymnastics.

The Children's Fitness Tax Credit lets parents claim up to \$500 per

year for fitness expenses paid for each child.

Be sure to hold onto your receipts from SAGC in order to claim this valuable deduction!

Children's Fitness Tax Credit

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Registration for the upcoming session is now available, so don't delay!

Avoid disappointment and register now!

Recreational Spring Break Camp March 30 - April 2, 2009



Half Day Camp

\$65.00

9:00 am - 12:00 noon

Ages 3 - 10 yrs (will be grouped according to age)

Children will need 1 small snack (no peanuts please)

Full Day Camp

\$125.00

9:00 am - 4:00 pm

Ages 7 - 11 yrs

Children will need 2 snacks and 1 lunch (no peanuts please)

"...full training days scheduled with additional evening activities..."

Competitive Summer Camp

SAGC is considering holding a 5 day overnight competitive training camp for competitive girls this summer.

Plans are still in the initial stage, but we are looking to provide gymnasts with an opportunity to be exposed to new coaching expertise, to do intensive

training, and to encourage gymnasts' growth emotionally and physically in a rewarding and fun environment.

Coaches from SAGC and outside the club will be approached to coach the girls over the week. The camp will have full training days scheduled with addi-

tional evening activities planned for the group.

We are in the process of finalizing plans, but we anticipate demand for this camp will be high, so please watch for more details to come!

Roof Repairs Completed

SAGC is happy to report that we have replaced our roof, including R20 insulation and a torched on membrane, at a cost of approximately \$95,000.

The original 30 year old roof was tar and gravel with poor insulation, and it leaked during the spring run-off and major rain storms, causing damage to the interior ceiling and walls. You will now find the building to be warmer

in the winter and cooler in the summer!

The funding for the roof project was secured primarily through a provincial Alberta Lottery Fund (CFEP) grant, a City of St. Albert grant, and some competitive gymnastic parent fundraising. We really appreciate the support of the local Provincial and Federal politicians who supported our grant application, and the City of St. Albert who provided the SAGC with

a separate grant a couple of years ago which was used to fund this initiative.

Also, a big thank you goes out to our fundraisers, those who support our fundraising, and of course the Alberta Lottery Board. Without this support the SAGC would not have a new high quality roof, which we hope will last another 30 years!



2009 Meet Schedule

Have you ever been curious about the Competitive Team's competitions? Come on out and see our competitive girls in action at our own Rodeo Round Up in May!

<u>Meet</u>	<u>Location</u>	<u>Dates</u>	<u>Level</u>
Exalta Cup Invitational	Red Deer	Feb 6 - 8	1 - 4
Sweetheart Meet	Dynamyx	Feb 14 - 15	1 - 4
Mardi Gras Invitational	Sherwood Park	March 6 - 8	1 - 4
Northern Zones	Dynamyx	March 20 - 22	1 - 4
Wild Rose International	Edmonton	April 2 - 5	All
Rodeo Round Up Invitational	SAGC	May 2 - 3	1 - 4 & Rec

**Look for the
Lost & Found
display
coming
soon!**



Ask the Coach!

Davin, why does it appear all my child does at gymnastics is play games?

That's a great question, and although it may seem as if your child is not getting anywhere because they seem to be playing games, it could not be further from the truth.

Games are a great way



to warm up and condition. Hard work can be disguised as a game, allowing more body development than with repetitive exercises. Games also provide randomness of motion and real time response that is hard to duplicate with general exercise.

All of this conditioning is essential to develop core muscles that are used in every gymnastics move. Pulling yourself up on a bar requires balance, along with arm, stomach and back muscles. Being able to keep your legs straight and toes pointed requires muscles in the calves,



quads, glutes, and feet.

A hundred ankle raises every class would soon have all the kids looking for a new sport or the couch because boy would that be boring! Games at the end of a session are also a great way to reward good efforts and attitude (and keep them coming back to exercise).

“Games... provide randomness of motion and real time response that is hard to duplicate with general exercise.”

Congratulations to Grey Cup Pool Winners

Congratulations to all of the winners, and a hearty thanks to everyone who supported the Grey Cup raffle!

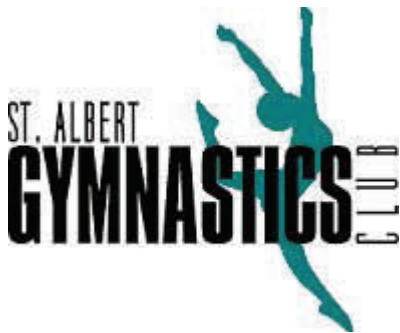
1st Quarter - Karl Razzolini

3rd Quarter - Marvin Wirth

2nd Quarter - Kevin Fletcher

Final Score - Shawn Stals

Watch for details on an upcoming Bottle Drive and Silent Auction!



2A Riel Drive
St. Albert, AB
T8N 5C8

Phone: 780-459-4256
Fax: 780-458-0319
Email:
stalbertgymclub@telus.net

**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 and Grants Chris Johnson
Fundraising Sandy Findling
Comp and Rec Programs Yolande Hall
Bingos and 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), Alaina Wittke, Amanda Johnson, Brian Phelps, Deanna Critchley, George Novak, Jayme Robillard, Lisa Gardenits, Nicole Alain, Shandra Senuk, Zac Klassen

Interim Coaches

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

Office Staff

Lori Allen..... Bookkeeper
Trina Osmond Office Administrator

Newsletter

Shelley Lycan and 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.

