

# FLIPPING TIMES NEWS

SEPTEMBER/OCTOBER 2009

ISSUE #1 FOR THE 2009/2010 SEASON

## *Back to Classes*

With the summer that we've had it's hard to believe that it's back to the grind again. Hopefully we've all made the best of summer and had a great time with our families.

We would like to take this opportunity to say thanks to all who took the time to bring their gymnasts to the different parades, it's great to see so many of our gymnasts who love what they do and want to show everyone else what they do. We also need to say a **HUGE THANKS** to Jill Giesbrecht, without her help in the drivers seat at the parades, we

wouldn't have been able to attend the parades that we did.

As most of you may know we are moving to a new building, we're hoping to move some time in Oct. or Nov. (depending on when renovations are done). Please bear with us as we start packing and getting ready to move. The gym will be closed for one week when we do move (watch for the signs that will be posted).

Volunteer sign up sheets are up in the entrance, so please take time to look at the different opportunities

for volunteering and make sure that sign up for your volunteer time. Also, all the fundraising info will be posted in the entrance.

For those of you who have been with us for a while you know that I try to get the newsletter out for the second week of the month and I'll try to do that again this year. This first newsletter will be handed out to each gymnast, after that however, there will be a few newsletters put into the entrance and they will be on our website, they won't be handed out to everyone.

## **DATES TO REMEMBER**

- ◆ Sept. 14 - first day of gymnastics
- ◆ Sept. 21-Oct. 10 - Sobey's fundraiser
- ◆ Oct. 5-10 - Picture week
- ◆ Oct. 5-24 - Mom's Pantry fundraiser
- ◆ Oct. 19 - Bring a friend for the Adv., Adv.Op., P2 & P3
- ◆ Oct. 20 - Bring a friend for Intermediate & P1
- ◆ Oct. 24 - Bring a friend for Beg. girls, Beg. boys, Adv. & Prov. Boys
- ◆ Bring a friend for the recreational classes will be in November, dates will be announced.
- ◆ Oct. 26-31 - Closed for move - **TENTATIVLEY** we will let you know as soon as this is confirmed.

## *Board Members*

Flippers Gymnastics is a non-profit board run organization. If you ever have any questions or concerns and are not sure who to talk to, you can talk to any of the board members and they will be glad to help you, find the answers that you may be looking for, or direct you in the right direction to find the answers you are looking for.

- Bonita Martens: Director & Head Coach  
434-9185

- Kim Reimer: Secretary  
377-9502
- Al Peterson: Chairperson  
377-4179
- Cindy Liska: Member at Large  
326-6120
- Bev Barlow: Member at Large  
346-5231
- Jill Giesbrecht: Fundraising  
377-4353

Thanks to all the board members who are willing to help around here and give up their time once a month

for our monthly meetings.

If you have any suggestions for one of the board members please feel free to contact them. We, as a board would like to make this the best possible place that we can for our children.

## Flippers Coaches

Without our coaching staff we would not be able to run this program, so we would like to say a huge welcome back to those coaches who are returning and a welcome to the new coaches joining us this year.

Returning to join us for another year are:

**Bonita Martens (Beeta)** has her level 2 coaching, coaches the boys, kinder kids and any other class that needs her.

**Rachal Fretz** also has her level 2 coaching, coaches the advanced, advanced optional and P2 &3, won't be

back for a while. As some of you know she was expecting a baby for the end of Nov. , but she had her baby 12 weeks early. So, congratulations to Rachal & Dave on the birth of their baby girl Camryn. Rachal will be back with us as soon as she's ready.

**Rhonda Favreau** has her level 1 coaching, who coaches the intermediate, pre comp, and some rec.

**Alix Martens** has her level 2 , coaches the beginners, P1 and the provincial pre comp. Alix is also a certified judge for the regional stream competition level.

**Dana Doerksen** coaches the flips kinder kids on Saturday. Dana is working on getting her level 1 right now.

**Des Lavay** is also working on her level 1 coaching, coaches kinder kids, recreational and pre comp. Des is a certified judge for the beginner level of the regional stream.

Joining us this year we have 1 new coach:

**Don Anweiler** some of you may have met him this summer when he came to help with the summer camp program. He will be coaching the advanced, advanced op & P2&3 together with

Rachal, as well as some of the recreational, kinder kids and trampoline & tumbling classes. Don has his level 3 coaching.

We can't forget our junior coaches, **Mikayla Martens & Zach Dueck**. They help out with some of the younger classes and are working their way up to having their own classes one day.

We hope to make this a great year with and for our coaching staff and would like to take this opportunity to tell them how much we do appreciate them.

## House Rules

As you know in order for us to maintain a safe environment for our children we need to have some house rules in place. We would ask that all those who enter the gym respect the following rules that are here for the safety of all of us.

- 1) NO parents or siblings are allowed past the entrance of the gym, unless you are invited by a coach. This is an insurance issue, and we ask all parents to please respect this.
- 2) This is a NO nut facility. We have some gymnasts who are very allergic to nuts and to ensure their safety we ask that all snacks brought into the gym are nut free.
- 3) NO shoes past the entrance.
- 4) All long hair must be put up.
- 5) NO jewelry is to be worn during gymnastics classes.
- 6) Be on time to pick up your child from classes. The coach either has another class waiting to start or is waiting to go home. If you are going to be late please make arrangement ahead of

time.

- 7) Gymnasts need to stay in the entrance until their coach comes to get them to start the class.
- 8) Parents are asked to come into the gym to get their child. Please make sure that the coach knows that you are taking your child.

We have these rules in place so that we can make this as safe a place as possible for all of our children. If you have

any questions or concerns about these rules or anything else that affects your gymnast feel free to talk to Kim in the office, Bonita, or your child's coach. With your help we can make this a great place for our children to learn and have fun.