

HHGC Connections

February 2023



Welcome back everyone!

Our winter recreational session is in full-swing and we couldn't be happier to have all of our coaches, CIT's, parents, and athletes back in the gym again! The athletes are working hard, and we are seeing lots of new skills and upgrades! We have some exciting things coming up over the next few weeks so here are a few important dates to remember:

Pajama week is from February 4th to February 10th, athletes and coaches are encouraged to wear their pajamas to their classes, as long as they meet our Athlete Dress Code!

Recreational athletes in the following programs: Kindergym, Advanced Kindergym, Aspire, Girls Gym, Advanced Girls Gym, Sr. Girls Gym, Sr. Advanced Girls Gym, and all Tumbling and Trampoline classes, will receive a progress report after their class during the week of February 12-February 18th. These progress reports will have important information about what class we recommend the athletes are registered for in the spring session!



Coach Emily

www.haltonhillgymnastics.com

Spring registration will open on Tuesday February 21st at 12:00 AM

HHGC will be closed on Family Day, Monday February 20th for all programs and activities, recreational classes that run on Monday's have already been prorated accordingly.

And a couple BIG SHOUT OUTS to our Recreational Athlete of the Month for January: **Avi B!** Our Coach of the Month: **Sara V!** And of CIT of the Month: **Rowan M!**

Important Dates:

Feb 4-10—Pyjama Week

Feb 10-12— Girls Qualifier Brampton

Feb 11— P&T Kids Night

Feb 20— Family Day HHGC closed

Feb 21- Spring Registration begins

Feb 24-26 — Girls Qualifier New Market

Feb 25 -26 — Trampoline Qualifier Burlington

Mar 3-5— Girls Qualifier Ottawa

Mar 13-17 - March Break Rec classes are running

Mar 24-26 - Invitational Meet Milton



What's Happening around the Gym.....

We would like to start by welcoming you all to the Winter 2023 season! We have seen record numbers of Recreational athletes, as well as a huge resurgence in the Competitive program. It is exciting to see a sense of normalcy return to HHGC, including parents actively visiting the center again to watch their children practice the fantastic sport of gymnastics.

The Rec program is in great hands for the foreseeable future, with some internal promotions and shifting of the HHGC leadership team. We would love to congratulate Emily Danecker, our new Director of Recreational Programs and Parent Relations, who filled the role in an interim capacity for months, and did so well, we would have been remiss to not promote her to the full-time position. Accompanying Emily with internal promotions, are long time staff members and coaches, Emma Keough and Taylor McLaughlin, who will both be stepping into Assistant Rec Director roles, to assist Emily with the day-to-day operations of our booming Rec program. Congrats to all three of you!

Finally, we just want to remind all HHGC participants that our Spring 2023 Recreational program will open for registration on February 21st. We are bound to fill up fast, so make sure to get online right away and secure your spot for our Spring Recreational programming.

The HHGC team of staff and gymnasts are seeking your support as we walk in the 'Coldest Night of the Year' fundraiser on Saturday, February 25, supporting Georgetown Bread Basket and the battle against homelessness. The HHGC team has set a goal to raise \$500 for this great cause and will be walking a 5 km route, throughout Georgetown, the night of Feb 25.

To help us reach our fundraising target, please click on the link below; any donations towards this worthwhile cause would be greatly appreciated: <https://secure.e2rm.com/registrant/FundraisingPage.aspx?registrationID=5159832&langPref=en-CA>

Also, our HHGC Swag Shop is constantly growing and changing and orders are flying out the door! We are thrilled to unveil a new HHGC backpack and water bottle available for all athletes and their families, as well as our new line of clothing. Check it out and place your orders now for the great gear at <https://www.inkpoint.ca/hhgc>, while supplies last.

Lastly, just a friendly reminder of the parking situation at HHGC. Weekdays **before 5:00 pm, we are not allowed** to park in the McNally or Quilt Source parking spaces. Please arrive no more than 5-10 minutes early for your class, and park accordingly. We appreciate your patience in the parking lot on our busy nights of gymnastics programming.

Halton Hills Gymnastics Centre would, once again, like to thank all of you athletes and parents for your support over the past 2 and a half years. It's been trying times for a youth, non-profit sports organization during a global pandemic, but seeing you all come back stronger than ever is very encouraging for our future as we continue to adapt and grow. If you are interested in supporting the club further (sponsorships, volunteering, etc) please feel free to contact me, as there are multiple options available now that gymnasts are physically back in the facility.



Thanks again and see you at HHGC soon!
Alex Bitterman, Executive Director



VALUES

HHGC was founded on the principles of empowering young individuals to improve their lives through physical fitness, professional gymnastics education, and leadership training. HHGC is a registered non-profit committed to:

Collaboration

Collaboration and partnership with children and their families.

Inclusiveness

Inclusiveness - HHGC welcomes and fosters a sense of belonging for all.

Respect

Respect - HHGC treats all persons with dignity and acceptance.

Social Equity

Social equity by serving vulnerable communities and at-risk populations.

Accountability

Accountability and transparency throughout the organization.

Innovation

Dedication to innovation, learning, evaluation and continuous improvement.



Spot light on Athletes

Competitive



Julia Rusk

Julia is a part of our Provincial Trampoline team and has also just recently become a CIT with us. She is always so positive with her teammates and younger recreational athletes and encourages those around her to always try their best. She has worked hard to overcome challenges and improve on her skills and routines and recently brought home 4th place at the 1st Ontario Cup where she qualified for the Provincial Championships. HHGC is so proud of Julia !

Rec



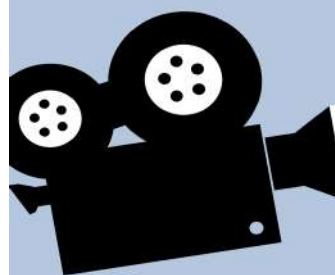
Avi

Avi has such a kind heart and always wants to chat with his coaches! He is up for any challenge and never complains about anything being too hard for him. Avi is learning new strategies every class to keep himself better balanced while learning all of his cool new tricks! His favourite part of his class is jumping on the trampoline and running down the tumble track! Avi brings a ray of sunshine with him everywhere he goes and truly lights up the energy in the gym!



Don't miss out on
Spring Programs!
Registration begins
February 21st from
our website.

SAVE THE DATE! SATURDAY
APRIL 8TH



HHGC Movie Night!

Gymnastics, games, craft,
pizza, snacks, and a movie!

More info coming soon



Halton Hills Gymnastics Centre | 36 Armstrong Ave. | Georgetown
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Competitive, Interclub and T & T

Hello HHGC Families,

As we welcome the comp season, here are some tips and tricks for getting competition ready! Before we do that,

Doing hair

Doing your child's hair for their competition can be stressful for you as the caregiver/parent and said, child. You can put up their hair for competition in many different styles. As a rule of thumb, please keep in mind that it should be tight and out of their face. If they have long hair, it should be kept in a bun so as not to hit them in the face or get caught under their hands while performing. Try out a few different styles and wear them to practice to see what feels most comfortable for your child.

What to pack in their gym bag

As some of you may know, your child can bring a personal bag onto the competition floor. You'll want to have them use some type of sports bag. Some of you may have our HHGC-branded backpacks, which would be a great bag to carry on the floor. Alternatively, a plain black duffel bag or backpack will work as well. As for the contents of the bag, we're going to want to consider the following: Water bottle, Sports tape, Snack and extra hair supplies (elastics, gel, bobby pins, etc.)

On the day of the competition, your child should come to the venue ready to go! Hair did, leotard on, tracksuit on, and clean plain white socks, no dangling earrings - just small studs, no nail polish. No other jewelry is allowed, i.e. necklaces, bracelets, anklets. If you don't have our HHGC-branded tracksuit, a plain black track jacket and yoga pants/leggings are also acceptable.

Competition etiquette

During a competition, taking pictures/videos of your child with your phone or even a DSLR camera is perfectly fine as long as your flash is turned off. Please make sure to double-check your cameras before you start taking photos! During competition time, your child must remain on the floor unless they go to the washroom. You are allowed to help your child in the washroom if they need assistance, but the goal is to go and come back as quickly as possible so as not to miss anything important. Athletes and coaches are required to ask the permission of the event/head judge before leaving the competition floor. So with that being said, your child is not permitted to visit you in the stands during the competition.

After the competition is completed you are allowed to collect your child before the awards ceremony starts. During the awards athletes will sit in a designated area along with their teammates and watch the entire awards ceremony. Please do your best to have you and your child to stay for the entire awards ceremony! Coaches will always do their best to stay and watch the awards, although sometimes it is not possible for us to stay as we might have another athlete competing or we have to make it back to HHGC to coach another class.



Apart from being marked within levels, the awards are also broken into age groups. So pay close attention to what level and age group they are announcing awards for.

I want to congratulate our athletes who have already had their first competition of the season! 4 of our Provincial Trampoline athletes have qualified for Championships and our Provincial 1 team won 3 medals. Ally F was 3rd on vault, Finnley M 1st on bars and Carly L 1st on beam!

We look forward to what the rest of the season has in store! Best of luck HHGC athletes!"

Xhosa Baker, Head Coach