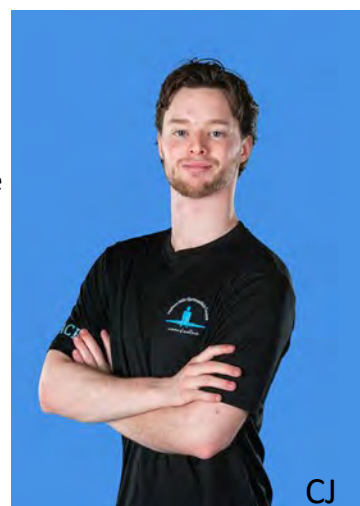


## Happy New Year!



Welcome to all new and recurring members to our Winter session! We are diving into week 2 here at HHGC and everyone is so excited to be back in the gym and away from the cold, BRRR!

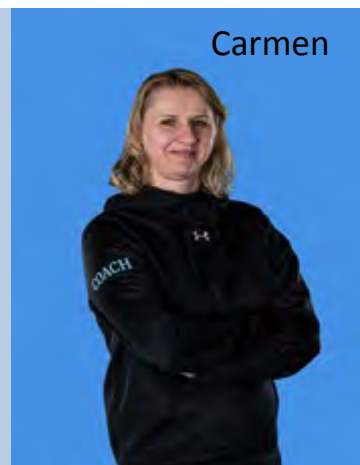
Firstly, thank you to everyone for accommodating to our adjusted schedule from the Fall session—these changes took much consideration and have been made to make the most out of our space and for the benefit of all our athletes. Another big change this session is our progression system for our boys, girls and kinder gym classes! We will no longer be using our Smart Moves program, but instead we have developed our very own program—which we are very excited about launching! We trust this will be a much more successful progression system as it will lead and develop our gymnasts right into the competitive level system. All athletes will be assessed by their coaches to ensure they are working on the appropriate level. We are always trying to improve ourselves here at HHGC and think this will really make a difference in the overall quality of the sport.



Last but not least please give a warm and special welcome to Coach CJ! He's come a long way to join the HHGC family—all the way from Michigan, USA. He has an extensive background in the sport of gymnastics and is a HUGE asset to our team. You'll see him in the gym every day coaching—he will be our lead coach for our boys gym program! As a retired gymnast himself, he will offer copious amounts of knowledge, experience, and support to all his athletes. His love for the sport is clear and he's very committed to the success and growth of all athletes. We are thrilled to have him on board!

### Important Dates:

- January 26th—Rising Stars First Competition at ASF Gymnastics
- Feb 1-2—Trampoline A and Power Tumbling Meet at Pickering Gymnastics
- Feb 8-10—Provincial Trampoline 1st Cup Oshawa
- Feb 15-17—Comp 1 & 2 1st Invitational Qualifier at Futures Gymnastics
- February 15th- Spring Registration Opens
- February 18th- CLOSED for Family Day
- March 11th-15th- March Break no Recreational classes or Drop In
- March 30th-April 5th- Last week of Winter session
- April 6th- Spring session begins!



**Welcome Carmen to HHGC!**



# Viewing Lounge

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 KITCHEN | BATH | CLOSET | 905-453-3777

We would like to welcome Kitchen Crafters as one of our new Sponsors. Kitchen Crafters will now be our Viewing Lounge Sponsor and we are so pleased to have them become our first "Naming Rights" Sponsor. Here is a little bit about them.

At Kitchen Crafters we specialize in designing, manufacturing and installing custom cabinets. We provide full renovation services for Kitchens, bathrooms and closet organizers. We service customers throughout the GTA. Our design centre and manufacturing shop is located in Mississauga, Ontario. At Kitchen Crafters we pride ourselves on turning your renovation dreams into a reality. We offer a wide selection of options and focus on quality finishes as well as functionality for any space that you are renovating.



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- Please feel free to give us a call at 905 453-3777 or come visit our showroom at 1200 Aerowood Drive, Mississauga



Thank you for your support!



## Athletes of the Month

### Recreational



**Simon Paton**

Our recreational athlete for the month of December is Simon Patton! He had an amazing Fall session in our Boys Gym program and is back and ready for more this Winter. He always has a great attitude and really works so hard and is always looking for a challenge.

### Competitive



**Ally Fishback**

Ally gets more and more excited about gymnastics especially when she finds out she can beat her coach at handstand walking obstacle course. Ally understands that in order to get further with gymnastics you have to get better quality. Accepting the challenges of competing at a higher level she demonstrates what you can do if you put your mind to it!

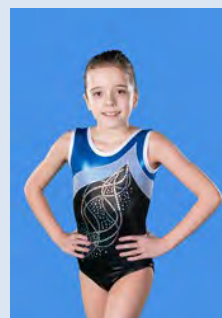
### Interclub



**Kaira Macareg**

Kaira is a motivated and determined athlete willing to take on any challenge she is faced with. She always begins her toughest skills by saying "I can do this". Not only does she work to the best of her ability but she motivates her team members to do the same by giving them ties and cheering them on. Kaira always comes to training with encouragement and dedication!

### T&T



**Julia Rogers**

Julia LOVES trampoline, even when trampoline training was optional in the summer she was always coming at practice with lots of enthusiasm and determination. She improved a lot, polished her jumps and ready for the new competition. Respectful and supportive toward her team and great listener, Julia sets a great example for the team.

## Competitive, Interclub and T & T Update:

Competitive gymnastics is a tough sport. You start as early as possible and do it for as long as you can.

We trained hard for the last 4 to 6 month now, getting ready for the competition season that is about to start in a few weeks. The next 5 months will be full of competition that will give our gymnasts an opportunity to see how they grow in this sport.

As I said with other occasions, competitions is more than getting medals and winning trophies. Those are fun and exciting, but I want to remind everyone that competitions is about YOUR success, and is when you do your best, beat your own record and overcome your own fear. Focusing on this will bring positive adrenaline on the day of the competition and a balance on what's really important.

Our Rising Star group will have their first Ontario Development Competition at the end of the month followed by our Invitational - Provincial Trampoline, Comp 1 and 2 and our Power Tumbling group – all of them in February. So stay healthy, stay focused, do your best, be YOUR best and don't forget, HAVE FUN AT THE COMPETITIONS, you worked hard to get there.

