

# HHGC Connections March 2020



## Spring Registration has begun!

Our Winter Session is well underway now and the athletes and coaches alike are all having a great time out in the gym staying active, learning new skills and working towards their own independent gymnastics' goals.

We are in our first week of our testing weeks for all of our Recreational Athletes now, to assess for their report cards and certificates with the session coming to a finish at the end of March. All of the coaches are so proud of how hard all of the athletes have been working this session

With our winter session coming to an end Spring registration is up on our website and open for registrations!

Now is the time to get the kids staying active through to the end of the school year! Spring session is one of our busiest seasons so make sure that you register for your spots before they are gone, we would hate for anyone to miss out! We are all very excited for our March Break Camps running this year. We have specialty themes for each day of camp this year as well as some specialty courses!



Our specialty Ninja Camp and Tumbling Camps will be running throughout March Break this year during our regularly scheduled camp. We will be offering these camps as half days on certain days of the week. Ninja camp will be focusing on Parkour styled gymnastics while Tumbling will be focusing on floor skills for gymnastics.



Last week of Winter classes is March 28<sup>th</sup> – April 3<sup>rd</sup> and all our gymnast will be receiving their report cards so parents bring your cameras!

*Alyssa J Lopez, Director of Recreational Programs and Parent Relations*

### Important Dates:

- Mar 6-8 — 3rd Cup Trampoline meet
- Mar 14 -20— No Recreational Classes
- Mar 16 -20 — March Break Camp
- Mar 26-29— WAG Qualifier and Invitational meet London
- Ma 27—Summer Camp Registration begins
- Mar 28—Apr 3- Last week of Recreational classes



# Athletes of the Month

Recreational

Competitive

Interclub

T&T



**Felicity Booker**

Felicity has never missed a class this session and always shows up with a smile on Thursdays. She works so hard every week to practice and achieve new skills and adores the sport of gymnastics ! Great job.



**Kora Premier**

Kora has worked incredibly hard every day of training and always comes to the gym with a very positive attitude and is ready to work! Kora has recently acquired many new skills and has determination and work ethic.



**Gray Rohman**

Gray is starting to like gymnastics more and more, working hard towards achieving new skills in this hard technical sport. Gray's improvements in gymnastics is very obvious to the coach!



**Julia Veenstra**

Julia is in her 2nd year of our competitive trampoline she demonstrates the love for the sport, perseverance, and commitment, being a great example to all.

## HHGC Healthy Update

As we are in the midst of Cold and Flu season we are taking the precautions to protect our members from germs. Just a few things we do: Daily **Professional** cleaning of all washrooms, kitchen, *Kitchen Crafters Viewing Lounge, main entrance and hallway* and vacuuming of gym floors. We also have **Enviro-Master** in our Facility 2x a week disinfecting our washrooms with their electrostatic spray disinfectant and spraying all our gym surfaces with this., The disinfecting is 99.99% effective in killing germs with their EPA registered, hospital grade disinfectant. We are also installing multiple hand sanitizer stations through out the facility next week.



What we would like to recommend to our gymnasts and members is that if you have a fever, cough or illness that you stay home and get better. We know that you all want to stay active and get your regular fitness but for the health of all we ask that you take a pass on the class that week. Thank you!

Thank you for your support!



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## Competitive /Interclub/ T &T Update

What a wonderful event filled month February was!

We started the month with our Invitational Trampoline competition where our athletes put on display their routines bringing home great memories and medals. Congratulations to Abby, Deacon and Julia on their medal finishes.

The Provincial Trampoline team competed in their 2nd Ontario Cup in Niagara Falls on Feb 7-9. This was a great competition for this team and we are so proud of their accomplishments in the Synchronized Trampoline where they did **OUTSTANDING**. It was our first time ever competing synchronized routines and not only did we qualify for the Provincial Championship but partners Camryn Weames and Amber Kulik got the silver medal. We are looking forward to March for the 3rd Ontario Cup where we find out who qualifies for the big finale "Provincial Championship". We wish our athletes only the best.



This past weekend our Provincial level gymnasts competed in their 1st Qualifying Competition in Midland. We got great results and scores that gave us good feedback on our progression toward the Provincial Championship. In Ontario there are over 4000 competitive gymnasts competing at all levels 1 to 10. Out of the 3 Qualifying Competitions, only the top 2 best scores count toward the Provincial Championship. This same weekend, we had our Competitive Boys Program competing their 1<sup>st</sup> competition of the season and our Comp 3 group competing their 1<sup>st</sup> one as well. With a total of 32 medals, we overcome the weather, nervousness and we could see the fruits of hard work. We thank all our Parents who made the trek up to Midland in the terrible wintery conditions!



**Coach Florin, Director of Competitive Programs, Head Coach**



# Facility Update

We are happy to announce that gymnastics made the TOP TEN! During the town Parks & Recreation strategic plan consultant process, gymnastics was identified as one of the top 10 facility or activity requested for Halton Hills. Next Steps – There will be a town open house at the Gellert Community Center on March 23<sup>rd</sup> from 6 – 8pm. The focus of this meeting will be:

- Strengthening volunteerism in the recreation and parks sector
- Creating effective community partnerships – a review of the Service Delivery Continuum in recreation and parks
- Fitness and fostering the love of outdoors
- Engaging with the public beyond 2020 – how to communicate, promote and market recreation and parks.

### You are invited!

HHGC will have representatives at this meeting and you are welcome to come out and let the town know the importance of gymnastics in the town of Halton Hills. Please contact our office for more details.

## TOP TEN Requests We Heard

These are some of top facility or activity requests we've heard throughout the consultation process.



**Soccer  
Fields**



**Pickleball**



**Fitness**



**Gymnastics**



**Ball  
Diamonds**



**Gymnasiums**



**Indoor  
Pools**



**Walking  
Track**



**Awareness**



**Inclusivity**



## Las Vegas.....What a trip!

The long-anticipated competition of the season was the competition in Las Vegas, February 6-9, where 14 gymnasts made the trip to Las Vegas to compete among other gymnasts from the US and Canada along with parents, siblings and extended family. We had gymnasts from our Interclub A and B Groups, Comp 1,2 and 3 with ages ranging from 7 all the way up to 18!



Our coaches and most families left on Thursday, many flying on the same plane, and waited in very long security and customs lines before finally taking off after a 2 hour delay. Once we were in sunny Las Vegas it was all worthwhile. Our gymnasts did not start competing until Saturday night so everyone had a few days to sight see, take in the shows and do a bit of shopping. Many of gymnasts and families went to the Hoover Dam which is pretty incredible and some hopped on a helicopter and travelled over the Grand Canyon! There is so much to do in Las Vegas as it is surrounded by beautiful scenery with many great parks and trails to hike in and is a short drive to California which some parents did at the end of the trip. All in all this was a great trip for HHGC to be able to do as a team.

We had 14 gymnasts competing in Vegas which were Charlotte Z, Jasmine, Morgan, Maddi, Leah, Finnley, Isabella, Ayla, Risa, Seyi, Sofia, Addyson, Evelyn, Kaira and for most it was the first time this season and we couldn't be more proud of their achievements.

- Charlotte—2nd on Floor, 4th on Beam, 5th AA
- Jasmine—2nd Vault, Bars, Floor, 4th on Beam, 1st AA
- Isabella—3rd Vault, 10 AA
- Finnley—3rd Vault, 10AA
- Leah—2nd Beam, 10 AA
- Sofia L— 3rd Vault, 5th Bars, Floor, Beam, 5th AA
- Risa—5th on Beam—8th AA
- Addyson—10 AA
- Seyi—10 AA
- Maddi—11 Aa
- Ayla—11 AA
- Evelyn—11 AA
- Morgan—11 AA
- Kaira—12 AA





# CONGRATULATIONS TO THE GIRLS WHO COMPETED IN LAS VEGAS!

