

HHGC Connections

November 2019



Hello November!

It's getting chilly outside but we're staying warm in here with all our fun flips and tricks and kicks, HHGC is the place to be this winter! The darkening, cool days of autumn can lead to an imbalance with physical activity, we get it – it's cold, it's dark earlier, and the couch is so inviting. However, it is so important to remain active during the winter months.



Despite the weather it's important to keep kids active and help them stay that way, because the majority of them aren't getting enough exercise – especially in the winter months. The Physical Activity Guidelines for Canadians recommend that children should receive 60 minutes or more of moderate to vigorous physical activity every single day. This should include aerobic activity as well as age-appropriate muscle- and bone-strengthening activities.

Extra Extra, Read all about it, HHGC has some AWESOME NEW Winter programs and we're going to shout it! Being healthy never looked so FUN and felt so good in our new Fit-Nastics program. This program is available for kids and adults and focuses on building strength, flexibility, cardiovascular endurance and stamina. This 55 minute class and will incorporate a different functional exercise program that develops your whole body.

Oh, and who doesn't love to bounce on the trampolines? Beyond Bounce is our NEW trampoline program that doesn't follow a report card system, and empowers the kids to have fun while being active, teaching them individual goal setting and the best part, each class will include a super fun obstacle course! Best way to spend a FriYAY!

Gymnastics is the foundation sport for all others and it is a great way to keep the kids active in a fun and healthy way.

Registration for all our winter programs is now open, so be sure to enroll soon and help keep the kids on track!

Important Dates:

Nov. 9—Recreational Picture Day: 12:30—3:00 pm

Pictures available to Recreational Gymnasts. Sign up on Rec Board

Nov. 11— Remembrance Day

Nov 29- & 30—Provincial 1st Cup for Trampoline



Athletes of the Month

Recreational



Phil Kerr

Phil always comes to class with a big smile on his face. He is very respectful to his coach and teammates and brings great positive energy to his class. He is eager to learn on the cool tricks on the trampoline.

Competitive



Shae & Maia Telfer

Shae and Maya sisters in Rising Stars – They LOVE gymnastics and can do quite a few tricks and are an inspiration for the group. We can't wait to see where they will go in this fantastic sport!

Interclub



Meira Therriault

Meira is enjoying gymnastics working hard and being a great example for the team. Meira is always cheering for her teammates. Keep up the great work Meira.

T&T



Emily Tessaro

Emily is working hard to achieve the next skills in trampoline which does not come easy at this level. Coach Florin is very proud of her and impressed with her commitment to the sport!

Competitive /Interclub/ T & T Update

CONGRATULATIONS to Team Canada! Last month at the World Championship in Stuttgart, Germany our Canadian Women Artistic Gymnastics Team qualified for the Tokyo Olympics 2020. What a great accomplishment for Canadian gymnastics.



We want to wish Good Luck to our Provincial Trampoline athletes who compete at their first meet of the season in Mississauga Nov. 30-Dec 1. Our trampoline athletes have been training hard and are going to do amazing at 1st Cup!

The calendar of events is posted on the Competitive Board in the hall and has all the dates of the upcoming competitions for all the groups. We have not registered for Trampoline A and Boys meets yet but will let parents know as soon as we do. Keep working hard Gymnasts!



Thank you for your support!



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HHGC ALUM DOING GREAT THINGS!



Congratulations Sarah Villani!

One of Halton Hill Gymnastics very own! A Competitive Gymnast in our programs for years, Sarah transitioned to coaching before heading away to University and pursuing track and field with the Western Mustangs. Last year, Sarah, while working as our Summer Program Manager, dominated the RBC Training Ground testing finishing 1st in the women's competition!

Last week, Sarah announced after a few weeks of training and testing in Calgary, she was named to Team Canada Development Team for Bobsleigh! Sarah was quick to point out "Gymnastics is a phenomenal foundation sport!"

Congratulations! We can't wait to see you competing for Canada.

Annual Chocolate Fundraiser Winners

Thank you to everyone who participated in our Annual Fundraiser! We are just waiting for the final money to be returned but it looks like we have had another successful year.

A special Thank you to the following families that went the extra mile and sold extra cases!

Our Top Sellers are:

The Treiber Family—21 cases Winner of the Apple Ipad

The Morey/Diehl Family—7 cases \$110.00 Gift Card

M. Lacey—6 cases \$25.00 Gift Card

K. Hodgkinson—6 cases \$25.00 Gift Card

Emily Savoie—Early Bird Prize Winner

Thank you for your support in
making this a successful
fundraiser!



Our search for a New Facility Continues..

It should come as no surprise to anyone that the Halton Hills Gymnastics Centre is looking to be included in the Town of Halton Hills Strategic Action Plan for Recreation and we would love to partner with the Town as we seek to grow as a leading gymnastics facility. What we are working towards is an expanded facility where we could deliver the best possible programming as well as invest in the leaders of tomorrow.



Charlotte Fishback

We need you! We need you to participate and ensure the "Gymnastics Voice" is heard loud and clear that a facility like Halton Hills Gymnastics Centre is vitally important to our community.

A big Thank you to all of you who came out to the Community Open House held on September 24, 2019 at the Gellert! We had representatives at almost every table!

How can you participate in the Strategic Plan Process going forward?

THE BIG 5 ways we want you to be HEARD!

1) Answering your phone and answering the questions to the telephone survey if they call you!



The McClements Family at Home Town Hockey weekend.

There will be a random sample of households selected! This part of the process began on October 23 2019. Please participate! Your opinion matters! When completed, let the HHGC office know!

2) Speaking to your Town Councillors and Mayor! When you are out and about in Town let them know **Gymnastics Matters!** Or send them a letter or an email!

3) Completing the next **Online Community Survey** - More details to come in January 2020

4) Wear your Blue HHGC T-Shirt If you've got one - Wear it! If you don't have one - visit the office - T-Shirts are available for \$8 - You never know the impact and influence it may have! Our HHGC t-shirts were noticed during the meeting at Gellert and in the Rogers Hockey Hometown parade!

5) **STAY TUNED!** Things happen fast and change quickly! Please stay tuned to your email, the monthly Connections newsletter and the bulletin board at HHGC!

Charlotte Fishback

Chair, Board of Directors

