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# THE TELE-TWISTER

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January, 2014

## ***Message from the Head Coach, Ken Rae!***

### **Gymnastics!**

“The Foundation Sport” for all physical activity and sports. Gymnastics is recognized by the International Olympic Committee as a foundation sport because it plays a crucial part in the development of fundamental movement patterns and sport skills.

Through continued involvement in the sport of gymnastics, children gain valuable physical, mental, social and emotional skills.

### **Coaches!**

We are pleased to inform you that Twisters provides training for coaches on an ongoing basis. Coaches are certified through the National Coaching Certification Program. In addition, coaches attend mandatory clinics held at the club and throughout the region. We have developed a coach in training program for our younger coaches. Providing fun, safe and challenging programs for all our gymnasts and trampolinists is always our top priority.

## ***Special Events coming up!***

“I love Gymnastics” week will be the week of Feb 10<sup>th</sup> to Feb 16<sup>th</sup>. We are asking all gymnasts and trampolinists during this week to wear red or white to their class as a Valentine Theme.

## ***Chocolate Covered Almonds!***

Chocolate covered almonds are our fundraiser this term. All money is due on or before **February 10<sup>th</sup>** in order to qualify for our lucky draw prizes. Our first prize this year will be a iPhone 5 and the second prize will be an IPAD Mini. **Please make sure your child’s name is on the envelope before leaving it at the gym with your child’s coach.** Thank you for supporting Twisters. Good luck to all!

## ***Family Day Holiday!***

Twisters will be closed on Monday, February 17<sup>th</sup> for the Family Day holiday.

## ***Re-registration!***

Please refer to your calendars for your last class dates. Watch for re-registration forms coming out the week of January 20<sup>th</sup>. If you are planning to return for the third term please return forms by February 16<sup>th</sup>. We will have open registration starting on Monday, February 24 for children not currently registered in a program.

## ***Parent Day!***

There will be a parent day planned for the end of each session to allow parents and family the opportunity to observe the children demonstrating their gymnastic skills and progressions. Please check the calendar for your child’s last class.

### ***Class Cancellations!***

Classes will be cancelled **only** if the Alder Street Recreation Centre is closed. Bus cancellations do not mean that classes are cancelled.

### ***Message from the coaching staff!***

For the safety of the children please remove all outdoor footwear before entering the gym area. The coaching staff would also like to remind parents that due to safety and congestion problems please drop your child off no earlier than 5 minutes before class and pick up promptly after class. Your co-operation is greatly appreciated.

### ***Spring Fling Invitational!***

This is just a reminder that Twisters will be hosting an Invitational Gymnastics Meet on April 25 - 27. This is a great time to see some of our own gymnasts in action. We will be looking for food donations. If you can help out in any way it would be appreciated.

### ***Fundraising!***

Fundraising continues to be an essential aspect of Twisters Gymnastics and Trampoline Club so that we may continue to run quality programs with safe and current equipment. It is also important in order to keep our fees at a reasonable cost. Please continue to support and promote our fundraising events. Your efforts are very much appreciated.

Please continue to bring in your Zehrs grocery tapes. Drop them in the box inside our front door.

### ***Website!***

***[www.twistersgymnastics.ca](http://www.twistersgymnastics.ca)***

You can go online to read our newsletter, see classes offered, photos, calendar and other pertinent information. Your child may have their picture taken during a class or Twisters event. If you do not want your child in any photographs that would be posted online or in the newspaper, we ask that you submit a signed letter.

### ***March Break Camp and Summer Camp!***

Twisters will be offering week long camps again this year. We have half day and full day camps for boys and girls ages 4 – 11. Children will have the opportunity to learn skills on the gymnastics equipment and the trampolines. They will also participate in games, crafts, movies with popcorn and outdoor activities. We also offer before and after camp care if needed. Register now for all of these camps.

