



HIGHLIGHTS

Parent Education Evening WITH KATE RICHARDSON

Injury Prevention and Functional Screenings

Join us for an informative session about preventing injuries in gymnastics by the process of *Functional Screenings*.

Learn what a functional screen is, how it helps to prevent injuries, why your gymnast should have one, how to set up an appointment and what will be done with the results of the screen.

One member of every Competitive family is expected to attend. We look forward to seeing you there.

DATE: September 27, 2011

TIME: 7:30–8:15pm (+/- 15 mins)

PLACE: Community Room, Millenium Gym

CONTACT US

MAIN OFFICE HOURS

Monday to Friday:
9:00am–7:00pm

Saturday:

9:00am–5:00pm

ST. JAMES HOURS

Monday to Friday:
9:00am–5:00pm

EMERG GYM PHONE

604.876.7616
AFTER 5PM

EVENTS

Parent Nutrition Education

WHERE: Save-On Foods, Cambie and 7th

WHEN: Thursday, October 13 7:00pm

DURATION: 60–90 minutes

CONTENT: How to select healthy products, label reading, portion sizing and meal balance/planning.

HOW TO SIGN-UP: Register upon arrival at Save-On Foods Customer Service.

COST: \$14.99 or 10,000 SOM points, paid on arrival

Halloween Family Fun Day!

Come dressed in your Halloween costume and join the rest of the ghosts and ghouls for some Spook-tacular fun at Phoenix!

Bouncy castle, photo booth, face painting, sundae bar, snack bar, haunted house, supervised gym time and much more!

DATE: Sunday, October 30

TIME: 10:00am–3:00pm

PLACE: Millenium Gym

COST: \$7 per child. *Accompanying adults and babies (who are not yet walking) are free.*



Competitive Calendar

OCTOBER REVISION

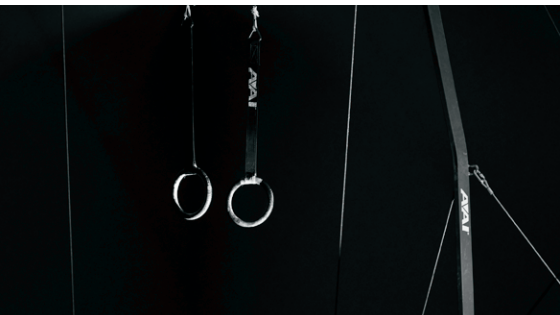
W = WOMEN'S PROGRAM M = MEN'S PROGRAM

	DATES	WHO	EVENT	LOCATION	GROUPS
SEPTEMBER	27	M & W	Injury Prevention with Kate Richardson	Community Room MILLENIUM	ALL
OCTOBER	07-16	M & W	World Championships	Tokyo, Japan	FYI
	10	ALL	Thanksgiving	GYM CLOSED	ALL
	13	M & W	Nutrition Education (PARENT ED)	Save-On Foods CAMBIE & 7TH	ALL
	30	ALL	Halloween Family Fun Day	Phoenix MILLENIUM	ALL MEMBERS
	31	ALL	Halloween	No Pre-comp/Gymstart Training	ALL
NOVEMBER	TBA	M & W	Family Commitment (PARENT ED)	Community Room MILLENIUM	ALL
	10	ALL	Annual General Meeting	Phoenix MILLENIUM	ALL
	11	ALL	Remembrance Day	GYM CLOSED FOR GYMSTART COMP	ALL
	11	W	Gymstart Testing	Phoenix MILLENIUM	ALL GYMSTART
	20	M & W	Photo Day	Phoenix MILLENIUM	ALL
	27	W	Judges Cup	Omega COQUITLAM	2, 3, 4, 5, 6, 7
	TBA	ALL	Sport Psychology (PARENT ED)	Community Room MILLENIUM	ALL
DECEMBER	19-23	M & W	Holiday Training	Schedule to be circulated	ALL
	24-26	M & W	No Training	GYM CLOSED	ALL
	27-30	M & W	Holiday Training	Schedule to be circulated	ALL
	TBA	W	Trial to BC Winter Games	TBA	TBA
JANUARY	02	M & W	Regular Training Resumes	Phoenix	ALL
	14-15	W	Elite Canada Screening	TBA	HIGH PERFORMANCE
	13-16	M	Sherbo Invitational	Las Vegas, Nevada	COMP BOYS
	19	W	Interclub Meet 9am-12pm	Phoenix MILLENIUM	FYI
	TBA	W	Comp Protocol & Etiquette (PARENT ED)	Community Room MILLENIUM	ALL
	20-22	W	Hawaiian Island Twisters	Oahu, Hawaii	3, 5, 6
	28-29	W	WinterFest 2012	Coquitlam	TBA
	TBA	W	National Stream Cup	Ontario	TBA
FEBRUARY	04-05	W	Omega Invitational 2012	Coquitlam	2, 3, 4, 5, 6, 7
	11-12	W	North Shore Invitational	North Vancouver	2, 4, 6, 7
	09-12	W	Elite Canada	Ontario	ALL
	14	STAFF	Staff Training 9-3 REGULAR TRAINING	Phoenix MILLENIUM	ALL STAFF
	23-26	M & W	BC Winter Games	Vernon, BC	ALL WHO QUALIFY

Competitive Calendar

OCTOBER REVISION CONT'D

	DATES	WHO	EVENT	LOCATION	GROUPS
MARCH	02-04	M & W	Surrey Invitational + Trials (WEST/NAT'S)	Surrey (NO PROV 2 GIRLS)	2, 3, 4, 5, 6, 7 + BOYS
	03-04	W	Zone 5 Trials to Provincials	North Vancouver	PROV 2
	TBA	M	Elite Canada	East	HIGH PERFORMANCE
	12-23	M & W	Spring Break REGULAR TRAINING	Millenium + St. James	ALL
	17-18	W	Delta Spring Fever	Delta	GYMSTART + PROV 1
	24-25	M & W	Twisters Invitational + Trials (NAT'S PT 2)	Abbotsford	2, 3, 4, 5, 6, 7 + BOYS
	31-01	W	Gymstart + Adult + Interclub Meet	Phoenix MILLENIUM	GYMSTART
APRIL	06-09	M & W	Easter Weekend REG COMP TRAINING	NO TRAINING	GYMSTART + PRE-COMP
	14-15	M & W	BC Championships	Prince Rupert	ALL WHO QUALIFY
	16-30	M & W	Individual Parent-Coach Meetings	Phoenix	ALL
	28-29	W	Aviva Cup	Coquitlam CENTENNIAL HS	TBA
MAY	05-06	M & W	Western Canadian Championships	Langley, BC	ALL WHO QUALIFY
	12-13	M & W	Delta Cash and Carry	Delta, BC	2, 3, 4, 5, 6, 7 + BOYS
	21	ALL	Victoria Day	NO TRAINING	ALL
	20-27	M & W	Canadian Championships	Regina, SK	ALL WHO QUALIFY
	26-27	W	Zone 5 Championships	North Vancouver	4, 6, 7
JUNE	09-10	W	Gymnaestrada	Whistler, BC	INTERCLUB
	20	M & W	Pre-Comp/Interclub Year End Show	Phoenix MILLENIUM	GYMSTART + INTERCLUB
	22	M & W	Comp Year End Show	Phoenix MILLENIUM	ALL COMP
	TBA	M & W	Pre-Comp/Interclub Tea	Vancouver TBA	GYMSTART + PRE-COMP
	24	M & W	Comp/Interclub Awards Banquet	Vancouver TBA	COMP + INTERCLUB
	25-02	M & W	Gym Maintenance NO TRAINING	GYM CLOSED	ALL MEMBERS
JULY	03	ALL	New Season + Summer Training Begins	Phoenix	ALL
	10-15	W	Cancun Training Camp	Cancun, Mexico	TBA
	27-12	—	Olympic Games	London, UK	FYI
AUGUST	01	ALL	BC Day	GYM CLOSED	ALL
	TBA	ALL	GBC Congress	TBA	FYI



Meet The Coaches

Each month we will feature one to two coaches, starting with our newest members.

We are proud of our talented and accomplished coaching staff and think you will enjoy learning more about them.

Nicole Hopkins

WOMEN'S PRE-COMP

I have been involved in competitive gymnastics since the age of 10. Competing in ballet was my passion before I got involved with competitive gymnastics, although dancing is still one of my passions. I am 32 years old, and have been coaching girls pre-comp and comp gym (P1-P5) for the past 17 years as a Level 2 certified coach, and have completed 2 out of 3 parts of the NCCP Level 3. I was the Head Women's Coach of my former club, Flip City Gymnastics Club in Langley for the past 14 years. I have also just recently moved out of my hometown of Langley, and really love living in my new home in Burnaby/Vancouver with my boyfriend. I feel very lucky to be joining Phoenix Gymnastics Club! Everyone within this fantastic organization, and the talented coaching staff (as well as all the athletes and parents) have made me feel so welcome, and I hope that my passion for coaching is apparent to all of you. I look forward to working with your children and getting to know you all better throughout the year. Here's to a successful season!



Dylan Sidwell

MEN'S PRE-COMP

Gymnastics has been a part of my life since I was 8 years old when I started pre-competitive in Red Deer, AB. I trained in a relatively small club with a great Chinese coach for 10 years. Throughout those 10 years I competed at many national events and during the last stretch of my career I was named to the national team. The highlight of my time as a gymnast was winning team gold at the Canada Winter Games. Since my retirement, I moved to Calgary and coached all levels of male gymnasts; from pre competitive to senior level. I have nearly completed the NCCP Level 3 requirements for men's gymnastics and continue to enjoy spreading my love for the sport to younger generations.

Did You Know? *Facts, features and some behind the scenes information.*



- We are currently setting up a car-pooling system that will enable all those in need to find rides! We'll keep you posted via e-mail.
- Retired gymnast *Brynn Staples* was one of three recipients to win a GBC \$500 scholarship. Way to go Brynn!
- Brittany Rogers, National Team and Phoenix member, recently competed at the Challenger Cup in Ghent, Belgium on September 3 & 4. She placed 21st on vault, 15th on bars and 17th on beam, in a field of up to 38 athletes. Congratulations Brittany!
- On Thanksgiving, Monday October 10, there is no training.
- The Competitive Program (men and women) is getting a new Track Suit. Sizing will begin this week. Price is TBA.
- A Parent Education Night on Nutrition is happening on Thursday October 13.
- Phoenix Family Day with a Halloween theme is happening at Millenium on October 30.
- Training is cancelled for pre-comp and gymstart on Halloween, but unchanged for Competitive.
- The AGM is on Thursday, November 10 at 7:30 pm, at the Millenium gym.

Thank you to our generous sponsors for their ongoing support



KIWI COLLECTION
HOTELS FOR PEOPLE WHO CARE WHERE THEY STAY

