



HIGHLIGHTS

Uniforms!

All Interclub and Regional Girls have been sized and body suits are being ordered. They will receive them as soon as they arrive from our seamstress. Boys will be given their Interclub uniform t-shirts at the beginning of November and are responsible for purchasing their own black shorts.

Girls may wear gymnastics shorts (tight fitting) during class, but not during competitions or events.

Hoodies

Black zip hoodies are available to order until October 7th. We will size any athlete who orders a hoody before that time. They cost \$35 and you can order through the office by phone or in person. Order form attached on the last page.

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

Santa Claus Parade 2011

Join Vancouver Phoenix Gymnastics at the 2011 Rogers Santa Claus Parade! This year will be our 4th year of participation in this fun event and we invite all Competitive, Interclub and Recreational athletes to join our walking parade team!

DATE: Sunday, December 4, 2011

TIME: 11:00am-onwards

WHO: All Competitive, Interclub and Recreational athletes

Please look for the sign-up sheet in the lobby to participate in this event! Any questions? Contact Stephanie at: stephanie@phoenixgymnastics.com

EVENTS

Parent Nutrition Education

WHEN: Thursday, October 13 at 7:00pm

WHERE: Save-On Foods, Cambie and 7th

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.*



Interclub + Regional Calendar

Included in this newsletter is the full calendar for both Interclub and Regional groups. *Please note that some information, is not complete or may change.* Use this as a guide, but please be sure

to read the newsletter and e-mails that are sent your way for updated information. Individual calendars specific to your group will be distributed at your first group parent-coach meetings.

	DATES	EVENT	LOCATION	GROUPS
SEPTEMBER	27	Injury Prevention with Kate Richardson	Community Room MILLENIUM	PARENTS
OCTOBER	07-16	World Championships	Tokyo, Japan	FYI
	10	<i>Thanksgiving</i>	GYM CLOSED	ALL
	13	Nutrition Education (PARENT ED)	Save-On Foods CAMBIE & 7TH	PARENTS
	30	Halloween Family Fun Day	Phoenix MILLENIUM	ALL MEMBERS
	31	<i>Halloween</i>	NO AFTERSCHOOL TRAINING	ALL
NOVEMBER	TBA	Family Commitment (PARENT ED)	Community Room MILLENIUM	PARENTS
	10	Annual General Meeting	Phoenix MILLENIUM	FYI
	11	<i>Remembrance Day</i>	GYM CLOSED	ALL
	20	Photo Day	Phoenix MILLENIUM	ALL
	TBA	Sport Psychology (PARENT ED)	Community Room MILLENIUM	PARENTS
DECEMBER	19-31	<i>Winter Break</i>	No Training	ALL
JANUARY	03	Regular Training Resumes	Phoenix	ALL
	22	Faster, Higher, Stronger Meet	Millenium 9am-12pm	JR. GIRLS A + B
FEBRUARY	04-05	Omega Invitational 2012	Coquitlam	REGIONAL
	11-12	Under the Big Top Meet	Cartwheels Surrey	SR. INTERCLUB BOYS + GIRLS
	19	Super Skills Meet	Millenium 9am-12pm	JR. A + B
MARCH	02-04	Surrey Invitational	Surrey	REGIONAL
	11	Fantastic Fun Meet	Millenium 9am-12pm	JR. A + B
	12-23	<i>Spring Break</i>	NO INTERCLUB TRAINING	JR. + SR. INTERCLUB
	31-01	Gymstart + Adult + Interclub Meet	Phoenix MILLENIUM	SR. INTERCLUB BOYS + GIRLS
APRIL	06-09	<i>Easter Weekend</i>	NO TRAINING	ALL
MAY	12-13	Delta Cash and Carry	Delta	SR. BOYS
	21	<i>Victoria Day</i>	NO TRAINING	ALL
	26-27	Zone 5 Champs	North Vancouver	SR. INTERCLUB GIRLS + REGIONAL



Interclub + Regional Calendar CONT'D

	DATES	EVENT	LOCATION	GROUPS
JUNE	09-10	Gymnaestrada	Whistler	ALL INTERCLUB GROUPS
	20	Pre-Comp/Interclub Year End Show	Phoenix MILLENIUM	GYMSTART + INTERCLUB
	24	Comp/Interclub Awards Banquet	Vancouver TBA	COMP + INTERCLUB
	25-02	Gym Maintenance NO TRAINING	GYM CLOSED	VOLUNTEER OPPORTUNITY
JULY	03	New Season + Summer Training Begins	Phoenix BOTH GYMS	ALL



Hooded Sweatshirt Order Form

NAME: _____

ORDER DATE _____

GROUP: _____

COACH: _____

CASH: DEBIT: CHEQUE # _____

VISA/MC:

COST: \$35 *Athletes ordering will be sized in class*

EXP: /



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