



HIGHLIGHTS

Competitive and Interclub Awards Banquet 2010/2011 SEASON

Phoenix would like to extend a huge congratulations to all of last seasons athletes! It was a tremendous year for everyone and we hope you all had a fantastic summer. We had a blast at the awards banquet and would like to share the results.

Competitive Results

GROUP 2/4/8

SPORTSMANSHIP
Jamie Clarke

MOST IMPROVED
Gaby Monogan

OUTSTANDING ARTISTIC PRESENTATION
Fiona Titley

GROUP 6

SPORTSMANSHIP
Ciara Pletcher

MOST IMPROVED
Cheska Quejado

OUTSTANDING ARTISTIC PRESENTATION
Azumi Konaka

TEN YEAR RECOGNITION

Gaia Pride
Fiona Titley

GROUP 3

SPORTSMANSHIP
Kristin Ho

MOST IMPROVED
Claire Posno

OUTSTANDING ARTISTIC PRESENTATION
Jessie Moody

GROUP B1 + B2 (BOYS)

SPORTSMANSHIP
Aaron Mah

MOST IMPROVED
Darren Wong

OUTSTANDING ARTISTIC PRESENTATION
Nicholas Morrison

COACH OF THE YEAR

Crystal Gilhooly

GROUP 9

SPORTSMANSHIP
Riava Jensen

MOST IMPROVED
Laurny Ishiguro

OUTSTANDING ARTISTIC PRESENTATION
Kaitlin Fairbanks

ATHLETES OF THE YEAR

MALE ATHLETE OF THE YEAR
Aaron Mah

FEMALE ATHLETE OF THE YEAR
Jessie Moody

SEV HIEBERG AWARD
Tina Marr

RETIRING ATHLETES

Bianca Moretto
Johnathon Ho
Brynn Staples
Isolde Tan

MEETINGS

Parent Orientation Night

Please join us for a very informative session that will give you the nuts and bolts (the structure) of competitive gymnastics. It will be a jumping off point for new families and some reminders for those returning. We guarantee that you will learn something new!

Don't forget to pick up the revised Competitive Handbook which will be distributed after each session. We ask that each family send at least one parent to the meetings to stay informed.

Returning families, please join us in welcoming our new members in a brief meet and greet with refreshments between 7:00 and 7:30 pm.

We look forward to seeing you there!

DATE

Tuesday, September 20

TIME

New Competitive & All Pre-Comp/Gymstart Families
6:00-7:30pm

Returning Competitive Families

7:00-8:30pm

LOCATION

Community Room at the Millenium Facility

HOW TO REACH US

MAIN OFFICE HOURS

Mon to Fri: 9am-7pm
Sat: 9am-5pm

ST. JAMES HOURS

Mon to Fri: 9am-5pm

EMERGENCY GYM TELEPHONE AFTER 5PM

604.876.7616

Competitive Calendar

Included in this Newsletter is the Competitive Calendar. *Please note that some information, especially around competitions, 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.

An updated list of competitions your gymnast will attend will be presented at your first group parent-coach meetings, in late September or early October. **Only weekends are listed. Some meets may start on Thursday or Friday.* **W** = WOMEN'S PROGRAM **M** = MEN'S PROGRAM

	DATES	WHO	EVENT	LOCATION	GROUPS
AUGUST	27-30	ALL	GBC Fall Congress	Millenium	COACHES & STAFF
	29-30	ALL	Staff Training	GYM CLOSED	ALL
	31-02	ALL	GBC Active Start/NCCP Course	GYM CLOSED	ALL
SEPTEMBER	05	ALL	<i>Labour Day</i>	GYM CLOSED	ALL
	06	ALL	Start of Fall Session	Phoenix	ALL
	20	M & W	New Parents Orientation	Community Room MILLENIUM	ALL
	20	M & W	Returning Parents Orientation	Community Room MILLENIUM	ALL
	TBA	M & W	Coach/Parent Group Meetings	Phoenix	ALL
	20-23	M & W	Canadian Women Worlds Team Training	Possible Modified Training TBA	ALL
	TBA	M & W	Injury Prevention Parent Education	Community Room MILLENIUM	ALL
OCTOBER	07-16	M & W	World Championships	Tokyo, Japan	FYI
	10	ALL	<i>Thanksgiving</i>	GYM CLOSED	ALL
	TBA	M & W	Nutrition Education (PARENT ED)	Community Room MILLENIUM	ALL
	30	ALL	Phoenix Family Day	Phoenix MILLENIUM	ALL MEMBERS
	31	ALL	<i>Halloween</i>	No Pre-comp/Gymstart Training	ALL
NOVEMBER	TBA	M & W	Family Commitment (PARENT ED)	Community Room 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
	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	<i>No Training</i>	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
	14-15	W	Judges Cup	TBA	2, 3, 4, 5, 6, 7
	19	W	Interclub Meet 9am-12pm	Phoenix MILLENIUM	FYI
	TBA	W	Comp Protocol & Etiquette (PARENT ED)	Community Room MILLENIUM	ALL
	28-29	W	WinterFest 2012	Coquitlam	TBA
	TBA	W	National Stream Cup	Ontario	TBA



Competitive Calendar CONT'D

	DATES	WHO	EVENT	LOCATION	GROUPS
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
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)	Possible Modified Training TBA	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 TRAINING COMP	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	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	M & W	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	M & W	BC Day	GYM CLOSED	ALL
	TBA	M & W	GBC Congress	TBA	FYI

Team Uniforms

This fall we will be introducing a new track suit for both competitive women and men. Sizing will take place during gym time in september and you will be notified of the exact cost via e-mail before your account is charged. This will be the only phoenix uniform component that will be changed this year.

- Each athlete on a competitive or pre-competitive/developmental team requires a team uniform and must purchase the required outfits identified for their team.
- If your athlete is selected to represent BC or Canada, an additional uniform will be required for those events, and are ordered, sized and purchased through GBC or GCG. Uniforms are part of the external image our team projects, and should be treated and worn with respect at all times. Uniforms must always be clean and well presented for all events.
- Most gymnasts are able to wear a body suit for two years and therefore generally buy a new one every two years.



- Phoenix reviews its team suit design every three to four years, depending on availability of fabrics, track suits, suppliers, etc. Notice will be given if suits are to change.
- Depending on the category, various components are required as follows for new members or members changing categories. You will be notified via e-mail what uniform components your gymnast will need to purchase.

Phoenix Team Track Suit

ALL MEN + PROV 2-NATIONAL WOMEN

This is usually a track style suit with jacket and pants. This suit is worn at competitions for the warm-up period and in between events. The suit is also worn for Team Events as well as march-in and award ceremonies at meets.

APPROX COST: \$140.00

Men's Uniforms

MEN'S COMPETITIVE TEAM UNIFORM

Shorts, long pants and a sleeveless singlet are required as per competition rules.

Black Shorts **APPROX COST: \$25.00**

Black Pants **APPROX COST: \$30.00**

Competition Singlet **APPROX COST: \$50.00**

Embroidered Phoenix Tank Top (optional)
APPROX COST: \$15.00

Competitive Track Suit **APPROX COST: \$140**

MEN'S PRE-COMPETITIVE

These items are required for all practices in the pre-competitive boys program, and all pre-competitive events.

Red shorts **APPROX COST: \$30.00**

Embroidered Phoenix Tank Top
APPROX COST: \$15.00

Women's Uniforms

PROV 2-NATIONAL LONG SLEEVE BODY SUIT

All Provincial Level 2 and up athletes, as well as National Athletes require the long sleeve competition body suit.

APPROX COST: \$140.00

WOMEN'S DEVELOPMENTAL + GYMSTART

Require the Women's Training Suit, which is a sleeveless suit, used for training, displays, visits to other clubs and for participating in developmental events such as the GYMSTART events. They will also be required to purchase a team sweatshirt/hoodie to keep themselves warm at events. We recommend the optional purchase of black yoga pants (any) to supplement the sweatshirt.

APPROX COST: \$100.00

REGIONAL LEVEL 1 + INTERCLUB GYMNASTS

Require the Women's Training Suit, which is a sleeveless suit, used for interclub events, training, displays, visits to other clubs, Gymnaestrada, competitions, and any other Interclub events. Interclub fees include the cost of the sleeveless suit.

APPROX COST: \$90.00

Grips

MEN'S COMPETITIVE

Boys Competitive team members require 2 pairs of grips for high bar and rings.

APPROX COST: \$75.00 EACH

WOMEN'S COMPETITIVE

Safety grips are optional for Women's Provincial Level 1, 2, 3, 4, and National for the uneven bars. These grips enhance grip and reduce blisters and "rips". Wrist bands (rolled sock tops work, too!) are recommended with grips to provide wrist comfort and prevent grip slipping. Grips last approximately 2 years. Your child's coach will assist in making the decision as to whether they are necessary or not.

APPROX COST: \$70.00 EACH

REGIONAL + DEVELOPMENTAL GYMNASTS

Soft palm grips are also available. They may be used by Regional and Developmental gymnasts, but are not required.

APPROX COST: \$20.00 EACH

Scotiabank 5K Run 2011

BY: Stephanie Schacter



*Ella Kelley
Tina Marr
Georgia Posno
Claire Posno
Jane Harrigan
Ivar Kraljii
Azumi Konaka
Lauryn Ishiguro
Kaitlin Angeles-Brilz
Stephanie Schacter
Isobel Keeley
Heather Posno
Raelene Ishiguro
Kathryn Quayle
Jonah Angeles*

Vancouver Phoenix Gymnastics was once again thrilled to participate with Gymnastics Canada in the Scotiabank Group Charity Challenge, in conjunction with the 2011 Scotiabank Vancouver Half-Marathon and 5K Run on Sunday June 26th 2011. Phoenix athletes and parents collected pledges from friends, family and teammates to support their 5K run/walk around beautiful Stanley Park with 100% of all pledges going towards new equipment for Phoenix!

A big Congratulation's to all the athletes and parents who came out to cheer everyone on, or who ran/walked and raised money to support Phoenix Gymnastics. Everyone did an amazing job!

Once again thank you so much for taking the time out of your busy schedules to be apart of this team, it means a lot to me and to Phoenix Gymnastics.

Thank you to our generous sponsors for their ongoing support

