



## WELCOME

## Hello and Welcome Back

Hello and welcome to the 2011/2012 gymnastics season!

We are excited to start a new season and this fall will start with lots of physical exercises and challenges to increase the fitness level of all groups. As we move further into the season we will be working on more skill building and eventually, for Senior athletes, we will start working routines on specific apparatus to prepare for our events.

Following March break 2012, all Interclub groups will also be learning group floor routines to perform at Gymnaestrada in Whistler and at the Phoenix Year-End Show in June.

## MEETINGS

## Interclub Parents Meeting

We ask that each family have a representative at the appropriate parent meeting.

## WHEN

Wednesday, September 21, 2011

## TIME

Jr. Girls & Jr. Boys groups: 5:00pm-6:00pm

Sr. Girls & Sr. Boys groups: 6:30pm-7:30pm

At this meeting you will receive the tentative calendar for the Interclub & Regional season. We look forward to seeing everyone there!

## HOW TO REACH 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

## EMERGENCY GYM PHONE

After 5:00PM

604.876.7616

## 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.

## Interclub Results

## JUNIOR 4A

## SPORTSMANSHIP

Brooklynn Macmillan

## MOST IMPROVED

Isabella Martinez

## OUTSTANDING ARTISTIC PRESENTATION

Rio Pesochin

## SENIOR 6

## SPORTSMANSHIP

Julia Quattrociocchi

## MOST IMPROVED

Nina Hamman

## OUTSTANDING ARTISTIC PRESENTATION

Emily Wong

## BOYS

## SPORTSMANSHIP

Andrew Rose

## MOST IMPROVED

Quinton Malec

## OUTSTANDING ARTISTIC PRESENTATION

Cole Seto

## JUNIOR 4B

## SPORTSMANSHIP

Gabriella Dodge

## MOST IMPROVED

Ella Keeley

## OUTSTANDING ARTISTIC PRESENTATION

Hanna-Madeleine Williams

## SENIOR 4

## SPORTSMANSHIP

Catie Akune

## MOST IMPROVED

Vivian Martens

## OUTSTANDING ARTISTIC PRESENTATION

Kei Poon

# Interclub Calendar

The following is the schedule for Sept 20-23rd due to the Canadian Women Worlds training camp.

Parent education nights are available to all interested parents and will appear on the calendar.

## Wednesday, September 21

No Interclub Training  
Parent Orientation Meetings

## Thursday, September 22

Sr. Boys train 6:30-8:30pm  
Regional training TBA

## Friday, September 23

Junior Interclub Groups  
VIEW MOCK MEET WARM-UP  
4-6pm *Mezzanine viewing*  
  
Senior Interclub + Regional  
VIEW MOCK MEET  
6pm START *Mezzanine viewing*

	DATES	EVENT	LOCATION	GROUPS
<b>SEPTEMBER</b>	05	<i>Labour Day</i>	GYM CLOSED	ALL
	06	Start of Fall Session	Phoenix	ALL
	20-23	Canadian Women Worlds Team Training	Modified Training SEE ABOVE	ALL
	20-25	Regional Training SCHEDULE TBD	Phoenix MILLENIUM	ALL
	20	Regional Parent Orientation 6:00-7:00PM	Community Room MILLENIUM	ALL
	21	Junior Parents Orientation 5:00-6:00PM	Mezzanine MILLENIUM	ALL
	21	Senior Parents Orientation 6:30-7:30PM	Mezzanine MILLENIUM	ALL
	22	Sr. Boys Training 6:30-8:30PM	Phoenix MILLENIUM	ALL
	TBA	Injury Prevention Parent Education	Community Room MILLENIUM	ALL

## Coaches + Groups

We wish you a very warm welcome to the start of the year and we look forward to meeting you all soon! If you have any questions or concerns, please feel free to contact Mary Morice.

### Senior Boys Interclub

**Gen Letourneau**  
gigga.genie@gmail.com

### Senior 4 Girls Interclub

**Kira Hallwood**  
kira\_hall@live.com

**Heather Churchyard**  
heather.churchyard@gmail.com

### Junior 4A Girls Interclub

**Mary Morice**  
mary@phoenixgymnastics.com  
604.737.7693 ext. 24

**Nicole Terzopoulos**  
Coach In Training (CIT)

### Senior 6 Girls Interclub

**Mary Morice**  
mary@phoenixgymnastics.com  
604.737.7693 ext. 24

### Junior 4B Girls Interclub

**Zoe Mah**  
zoe\_mah\_2006@hotmail.com

**Kira Hallwood**  
kira\_hall@live.com

### Regional

**Lindsay Kerdman**  
lkerdman@hotmail.com

## 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



KIWI COLLECTION  
HOTELS FOR PEOPLE WHO CARE WHERE THEY STAY™

