

Spartans News



Recreational Athlete Programs

April 2010

Important Dates to remember

Fri Apr ^{2nd}	Good Friday	Gym Closed
Sat Apr		Gym Open
Sun Apr 4 th	Easter Sunday	Gym Closed

PRIVACY AND PHOTOGRAPHY

To protect the privacy of our members as well as to insure athlete safety we would ask that you please ask at the office before taking pictures / video of your child. Also if a photograph is taken we ask that you DO NOT use a flash

Thanks for your cooperation

PRO SHOP

Please visit our proshop for new and used training suits and shorts. Please check at the office to have a time when someone in the office can open the door if you wish to have a look

LOUNGE/ VIEWING AREA

Please remember to remove your outdoor footwear when you come in to the gym. Please do not bring valuables to the gym
Parents please do not leave your children unattended in the lounge area while you are participating in kindergym classes.

Please help keep the lounge clean.

HAITI FUND-RAISER

We will be wrapping up the Haiti Fund-raiser this month. Please be kind and donate to the cause
Thanks

QUESTIONS ??

If you have a question or concern please speak to the appropriate program coordinator.

Preschool	Erin Simpson/Krista Henderson
Recreation	Wendy Cruickshank
Trampoline	Krista Henderson
Monthly	Kim Bernard
Boys Comp	Erin Simpson
Manager	Tanya MacKenzie

RECYCLE DROP OFF

Remember if you have cans or bottles at home /work they can be dropped off at the **SUBWAY BOTTLE EXCHANGE**. Just tell the clerk that you are donating to the Cobequid Spartans

Thanks for your support

GYM DRESS CODE

PRESCHOOL/KINDERGYM/RECREATION

Please remember to wear proper gym attire to class. Please don't wear skirts, jeans, cutoffs or any clothing with buttons or zippers. Please tie up long hair

Thanks

3RD ANNUAL FUN MEET

Planning is underway for the fun meet. If you are willing to help out on any of the following committees please sign the sheet by the main office

- Set up & tear down
- Canteen (food services)
- Prizes and awards
- treat bag donations

More info to follow in the coming weeks

SUMMER CAMP

Information brochures are nearing completion. The camp will run from July 3- July 30th. The cost for members is \$160.00 per week. Each week has an exciting theme

911 CIVIC SIGNS

If you would like to order a 911 civic sign for your residence or commercial business please pick up a form in the lounge. The cost is:

Please make cheques payable to 911 signs

DANCE & SILENT AUCTION

FLIP For The FUTURE

Our club will be hosting an adult dance and silent auction as a kick off to our new building fund.

Event info May 15th, 2010
Truro Golf & Country Club 9:00pm-1:00am
Music: D.J Harvey
Tickets \$20.00 per person (At the office)

Please help support the cause. Come out bring your friends and have a great time. Lots of fun and door prizes. If you are able to donate an item for our silent auction please speak to Tanya at the main office. Letters are available for business donations.

ALL ARE WELCOME

REGISTRATION FOR FALL PROGRAMS

Watch for Early bird registration information will be sent home in the coming weeks. Current members will have the chance to register for next year at this year's pricing from May 24th to June 5th only

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Important Dates (Competitive)

Artistic Gymnastics & Trampoline

Easter Sunday	Gym closed	Apr 4 th
Team NS Uniform bal due		Apr 13 th
T&T Provincials		Apr 17 th
Atlantics (PEI)		Apr 23-25 th
Easterns (Ontario)		May 7-9 th _____

GRIPS

Parents please remember to send in your payment for grips. The cost is \$60.00 per pair.

HAITI FUND-RAISER

We will be wrapping up the Haiti Fund-raiser this month. Please be kind and donate to the cause
Thanks

LOUNGE/ VIEWING AREA

Please help to keep our lounge tidy. Recycle your empty bottles and cans. Coffee cups go in the garbage.

RECYCLE DROP OFF

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Thanks for your support

DANCE & SILENT AUCTION

FLIP For The FUTURE

Our club will be hosting an adult dance and silent auction as a kick off to our new building fund. This is a long term goal but we all need to start somewhere!

Event info

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Truro Golf & Country Club 9:00pm-1:00am
Music: D.J Harvey
Tickets \$20.00 per person

Please help support the cause. Come on out bring your friends and have a great time. Lots of fun and door prizes. If you are able to donate an item for our silent auction please speak to Tanya at the main office. Letters are available for business donations.

Good luck selling your tickets!!

ALL ARE WELCOME

Congratulations to Kim Bernard- Winner of the Debbie Rudderham Memorial Fair Play Award for 2009

RECENT MEET RESULTS

Nova Scotia Provincial Championships

Argo 2

Hannah Lynds 5th bars, 2nd beam, 2nd floor, **SILVER MEDALIST**
Alysha MacSwain 6th floor
Erin MacCavour 1st bars, 3rd beam, 4th beam, **BRONZE MEDALIST**
Jordyn Henderson
Abby Bernard

Tyro 2

Ashley Higgins 3rd beam, 3rd floor, 4th over all
Brooklyn Brown 1st beam, 5th overall

Novice 2

Jennifer Cooke 3rd bars, 3rd beam, **SILVER MEDALIST**
Bailee Keizer 1st vault, 3rd beam, 2nd floor, 6th overall

Tyro 3

December Sampson 4th vault, 6th bars, 2nd beam, 4th floor, 5th overall

Novice 3

Janelle White 3rd beam, 10th overall
Rebecca Green 1st bars, 7th overall
Clare Matheson 2nd vault, 5th beam, **BRONZE MEDALIST**
Brittany Pettigrew 4th vault, 4th bars, 6th floor, 8th overall

Open 3

Brittany Green 1st vault, 1st beam, 6th floor, **SILVER MEDALIST**

Novice 4

Jessica Gallant 4th bars, 4th beam, 4th overall

Open 4

April MacHattie 6th vault, 2nd bars, 5th beam, 5th floor, 4th overall

Open 5

Alicia Stewart 2nd vault, 1st bars, 1st beam, 2nd floor, **GOLD MEDALIST**

Boys Level 1

Quinn Cashen 5th pommels
Zander Morris 3rd floor, 6th rings, 3rd vault

Boys Level 3

Liam Simpson 4th vault, 6th HB, 5th Pommels, rings, floor, pbars, 6th AA

Boys Level 4

Matt Miller 4th vault, 6th pommels, rings, floor, vault, HB, 5th AA

Boys Level 6

Jared Goad 2nd floor, 3rd vault, 4th pom, rings, HB, pbars 4th AA

TEAM NOVA SCOTIA

Atlantic Team members 2010

TYRO 2: Brooklyn Brown, Ashley Higgins, **NOVICE 2:** Bailee Keizer, Jennifer Cooke, **TYRO 3:** December Sampson, **NOVICE 3:** Janelle White, Brittany Pettigrew, Rebecca Green, **BOYS LEVEL 4:** Matt Miller

Eastern Canadian Gymnastic Team Members 2010

NOVICE 3: Clare Matheson, **OPEN 3:** Brittany Green, **Novice 4:** Jessica Gallant, **OPEN 4:** April MacHattie, **OPEN 5:** Alicia Stewart, **BOYS Level 6:** Jared Goad

Great job to all competitors. Congratulations to the NS Team

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