

# Spartans News

February Newsletter

[www.cobequidspartans.com](http://www.cobequidspartans.com)

February 2009

It is great to see so many returning members and to get to know so many new members. It is going to be a great term. Thank you for making the choice, dedicating your time, and supporting your child in their gymnastics endeavor. Gymnastics is about how the body moves and therefore is the *Foundation Sport* for all physical activity and sports. Early participation in gymnastics develops the most fundamental movement skills, physical and motor abilities, mental abilities, social and emotional abilities and performance skills that carry over into all aspects of life.

## **2009 is our 30<sup>th</sup> Anniversary at Spartans.**

We are very proud that over 25,000 kids have come to our facility. By signing your children up in a gymnastics program you have started them on a path of a healthy, active lifestyle. Gymnastics promotes confidence, independence and positive self – esteem. Gymnasts tend to be excellent students and are normally very successful at life. If you would like more information on the benefits of gymnastics in children you can check out our bulletin boards or check it out online!!! We look forward to a great Term here at Spartans!! Thank you for Coming!!!

**If you have any questions our Senior Staff are available to help. Please see the appropriate program coordinator to ensure your questions are answered correctly:**

**Preschool – Erin Simpson  
Recreation – Kim McBurnie  
Trampoline – Krista Henderson  
Competitive – Kim Bernard  
Manager – Tanya Mackenzie**

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Happy Birthday to all who have Birthdays in February



## **Housekeeping:**

- When viewing your children please stay in the lounge. Do not distract your children during instruction and please do not photograph without permission.
- Please remove outdoor footwear as our athletes walk barefoot in the lounge.
- Please drop your children off 5 minutes before class and be there to pick them up 5 min before the end of class.
- Please check the bulletin board for any news or updates.
- Please do not leave liquid in containers in the lounge. Empty them in the bathroom and dispose the container properly

**February 8 – 14<sup>th</sup> is National  
Gymnastics Awareness Week**

## Competitive Stats

In January our competitive boys and girls traveled to PEI for the first Competition of the season. Our 15 top three finishes over all were:

**Brittany Pettigrew** – Novice 3

- 2<sup>nd</sup> on Bars
- 2<sup>nd</sup> on Floor

**Clare Matheson** – Novice 3

- 2<sup>nd</sup> on Vault

**April MacHattie** – Open 4

- 1<sup>st</sup> on Floor

**Desiree Upshaw** – Novice 4

- 1<sup>st</sup> on Vault

**Jessica Garrett** – Novice 4

- 1<sup>st</sup> on Beam
- 2<sup>nd</sup> OVERALL

**Bailee Kaizer** – Novice 2

- 3<sup>rd</sup> on Floor

**Ashley Higgins** – Tyro 2

- 3<sup>rd</sup> on Beam

**Lauren Mills** – Tyro 3

- 2<sup>nd</sup> on Beam

**Jared Goad** – Boys level 3 13+

- 2<sup>nd</sup> on High bar
- 1<sup>st</sup> on Floor
- 1<sup>st</sup> on Rings
- 1<sup>st</sup> on vault
- 1<sup>st</sup> on Pbars
- 1<sup>st</sup> OVERALL

### **Meets this Month:**

- **Taiso ( Girls )**  
**Lower Sackville NS**  
**February 14 – 16<sup>th</sup>**
- **Alta ( Boys/Girls )**  
**Halifax, NS**  
**Feb 28 – Mar 1**

All Competitive Athletes are asked to take their dirty dishes home or they will be thrown in the garbage the next day. We get visitors when food is left around. Thanks

## **Our Trampolinist also competed in January at the Rainbow Riders Invitational. Top 3's were:**

### **Tumbling**

Jared Goad – Prov A – 1<sup>st</sup> Place

### **Trampoline**

Zack Bernard – Prov c 13+ - Silver

Jeff Ramsay – Prov B – Gold

Jared Goad – National Novice – Gold

### **Double Mini**

Michelle Totten – Prov C 12< - Bronze

Zack Bernard – Prov C 13+ = Gold

Tamara Toole – Prov B – Bronze

Jeff Ramsay – Prov B – Gold

Jared Goad – National Novice - Gold

## **Athletes of the Month for January are:**

### Recreation:

**John Simpson**

**Jennifer Ross**

**Carmen Payson**

These three individuals are members of our adult gym. They never miss a practice and they request extra time when classes are not running. They truly love the sport. John is a father of 1, Jenn is a mother of 1 and Carmen is a mother of 3. Adult gym started up 3 years ago and these three are still going strong.

### Competitive:

**Katrina Bagnell**

Katrina is a grade 3 student at the new TES. This is her second year in Competitive. Katrina has shown an improved focus and determination in achieving the skills she need to compete level 2 in Amherst in March. Great job Katrina, keep up the good work

**Jennifer Cooke**

Jennifer is 12 years old, she is in her first year of Competitive. She trains 12 hours a week and travels from Stellerton to do so. Because of her hard work and determination she is ready to attend her first meet at Taiso. Good Job Jennifer. Best of luck at your upcoming Meets.

