

Spartans News



Recreational Athlete Programs

February 2010

WELCOME TO TERM #2

Welcome back everyone. For those who are attending for the first time we hope you enjoy your experience at our club. Each month your child will receive a monthly newsletter to keep you informed with what is going on here at the gym.

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

The cold weather is here and our lounge can become a bit chilly. If you are planning to stay and watch dress warm and bring a pair of slippers for your feet.

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.

HAITI FUND-RAISER

This letter was sent in from one of our competitive gymnasts.

RE: "Change Drive to Change Haiti"

Hi, My name is Madeline. I am an 11 yr old competitive gymnast at Cobequid Spartans. I would like to raise money for the people of Haiti because there are so many people that don't have a home, go to bed hungry and have lost family members. We are so lucky to have a home, food and still be able to go to gymnastics.

I am organizing a "Change Drive to Change Haiti". I will place a collection box outside the office. I am hoping you will drop in your loose change to help Haiti. It doesn't matter how much you give, every little bit counts.

*I have decided I will donate all of the money we raise to Haiti's Mission of Hope. You can find out about this organization by watching a story on them by going to NBC Nightly News-Mission of Hope. I will donate it under the Cobequid Spartans Gymnastic centre. Donations can be made until the end of February. Thanks so much,
Madeline Bernard*

Madeline has taken this initiative on her own...Please help Madeline to help the people of Haiti .

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

GYMNASTIC AWARENESS WEEK

Thanks to all who participated in our gym-a thon. We raised a total of \$1300.00

Gym - a- thon top sponsors

1 st place	Samantha MacIntosh	\$188.00
2 nd place	Kathryn Nickerson	\$141.00
3 rd place	Kailley Forbes	\$118.00

WINTER STORM CANCELLATIONS

The following will be the procedure for winter storm cancellations.

We no longer automatically close when schools close. Please read the new policy

STORM POLICY

Cobequid Spartans Gymnastic Centre **will cancel classes at it's own digression due to winter related weather closures.** A message will be posted by 8:30am for storm related closures for the morning classes. Depending on the conditions on the day of the storm the gym may reopen for the afternoon classes.

Please check our **voice mail by calling the gym 895-7727** for a posted message by 8:30am. Updates will also be posted on Big Dog 100.9 and Cat Country 99.5.

A final decision will be made no later than 1:30pm as to the status for the remainder of that day. If the gym must close due to deteriorating conditions throughout the day we will post the message on the local radio station and also post the message on our voice mail system.

If the weather is doubtful please call ahead

Please check your local road conditions before venturing out.

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

PRESCHOOL/KINDER GYM

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

3rd Annual FUN MEET

The Fun Meet is open to **ALL** recreational athletes (5 & up) who are actively participating in our CANGYM /CANJUMP gymnastics / trampoline programs. You must be registered for Term #2 in order to participate in the fun meet. There will be a PIZZA PARTY & Dance afterwards. The cost to enter this event is \$30.00 per athlete.

More info to follow in the coming weeks

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Important Dates (Competitive)

Artistic Gymnastics

Taiso	Feb 12-14th
Alta	Mar 6-7th
Amherst	Mar 12-14th
Artistic Male & Female Provincials	Mar 26-28th
Atlantics (PEI)	Apr 23-25th
Easterns (Ontario)	May 7-9th

Trampoline information TBA

GRIPS

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

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*Thanks so much,
Madeline Bernard*

Madeline has taken this initiative on her own...Please help Madeline to help the people of Haiti .

LOUNGE/ VIEWING AREA

Please remember to remove your outdoor footwear as it make the floors wet and dirty.

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

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CANADA GAMES

Congratulations to **Alicia Stewart** and **Jared Goad** for qualifying for the **2011 CANADA GAMES** Core Team. We are very proud to have you both representing our club as members of the **NOVA SCOTIA Core Team**.

Prince Edward Classic Meet Results

Congratulations to all athletes. We are proud of all of you

ARGO 2

Jordyn Henderson	9 th floor
Hannah Lynds	2 nd beam, 7 th floor, 7 th overall
Erin MacCavour	1st beam, 9th floor, 3rd overall

Tyro 2

Brooklyn Brown	10 th floor
Ashley Higgins	3 rd bars, 7 th floor, 10 th overall

Tyro 3

December Sampson	3 rd beam
Madeline Bernard	1st beam

Novice 3

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

Open 3

Brittany Green	2 nd vault, 7 th bars, 2 nd beam, 9 th floor, 1st Overall
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Novice 4

Jessica Gallant	6 th vault, 5 th bars, 6 th beam, 5 th floor, 5 th overall
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Open 4

April MacHattie	7 th vault, 8 th bars, 3 rd , beam, 3 rd floor, 7 th overall
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Boys Level 1 (-10)

Zander Morris	7 th rings, 1st vault, 7th high bar
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Boys Level 3 (-10)

Liam Simpson	5 th P bars, 8 th high bar
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Level 4th (10+)

Matt Miller	8 th vault, 7 th p bars
Jared Goad	1 st floor, 7 th rings, 5 th p bars, 7 th overall

Over 300 athletes participated from all four provinces for this event

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