

Spartans News



Recreational Athlete Programs

March 2010

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

The cold weather is here and our lounge can become a bit chilly. If you are planing 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 imitative 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

WINTER STORM CANCELLATIONS

Please be aware of the storm policy. Check for cancellations on Big Dog 100.9 or Cat Country 99.5. You may also call the gym for a recorded message 895-7727. Please check your local weather conditions before to venture to class.

RECYCLE DROP OFF

Remember if you have cans or bottles at home /work they can be dropped of 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

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

Congratulations to all intermediate competitors who took part in the Taiso Cup in Lower Sackville

_____ Emily Bailey	Cassandra Beslett
Jensen Patton	Haylea Dollimont
Emily Stewart	Emily Gowan

SUMMER CAMP

Information will be available in the April newsletter. Watch for exciting theme weeks. Camp runs July 3- Aug 6

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:

\$12.00 single sided

\$15.00 double sided

Please make cheques payable to 911 signs

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Important Dates (Competitive)

Artistic Gymnastics

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

T&T Provincials	Apr 17 th
Eastern Championships	May 7-9th

GRIPS

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

HAITI FUND-RAISER

Please remember to help support the "change for Haiti" fund-raiser
THE DROP BOX IS LOCATED AT THE OFFICE

LOUNGE / VIEWING AREA

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

MARCH BREAK TRAINING

March break training schedule has been distributed to all athletes. Please see the sheet posted outside the office for your day and times

RECENT MEET RESULTS

Taiso Cup

Argo 2

Hannah Lynds 6th bars, 3rd beam
Alysha MacSwain 4th beam, 6th floor, 6th AA
Erin MacCavour 4th bars, 5th floor, 5th AA
Jordyn Henderson
Abby Bernard

Tyro 2

Ashley Higgins 5th beam, 1st floor, 4th AA
Brooklyn Brown

Novice 2

Jennifer Cooke 3rd bars
Bailee Keizer 1st floor

Tyro 3

December Sampson 5th vault, 3rd beam, 6th floor
Madeline Bernard

Novice 3

Janelle White 4th beam
Rebecca Green 6th beam
Clare Matheson 2nd vault, 4th floor
Brittany Pettigrew 1st bars, 1st beam, 5th floor, 1st AA

Open 3

Brittany Green 4th vault, 4th beam, 4th floor, 6th AA

Novice 4

Jessica Gallant 2nd vault, 3rd bars, 2nd beam, 1st floor, 2nd AA

Open 4

April MacHattie 4th vault, 3rd bars, 5th beam, 4th floor, 3rd AA

Titans Winter Classic T&T

Regional 2

Cheyla Rogers 1st Tramp, 2nd DMT

Prov C 12-

Emma Henderson 4th T&T, 2nd DMT

Prov C 13+

Michelle Totten 2nd T&T,
Samantha Johnson 7th T&T, 10th DMT
Lauren Mills 10th T&T, 3rd DMT

Prov B

Jeff Ramsay 1st T&T, 1st DMT
Michelle Totten 1st DMT

TEAM NOVA SCOTIA

There will be a meeting / info session for all 2010 team hopefuls on **Tuesday March 2nd @ 7pm** in the gym lounge.

Team uniform orders have been placed. Balance is due April 13th

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