

Spartans News



Monthly Athletes

September 2009

SPARTAN MISSION

“Our mission is to provide opportunities for children and youth to participate in the sport of gymnastics by offering fun, skill-building programs in an environment that enhances the physical, social and emotional well-being of athletes, coaches and club members.”

We would like to welcome all new members as well as returning members back to another new and exciting year. We are introducing a monthly newsletter for all members to keep you informed on what is happening at the gym. This year we will have a coordinator for each program type. They are as follows:

Program Coordinators:

Competitive Program Coordinator
Boys Program
Trampoline Program Coordinator
Office Manager

Kim Bernard
Erin Simpson
Krista Henderson
Tanya MacKenzie

If you have a concern regarding any of these programs please speak to that coordinator or leave a message at the gym **895-7727**

Gymnastics & Trampoline are both physically demanding sports. You will suffer setbacks, frustration, fear and defeat. Expect those things, learn from them, face and overcome them. Set high goals and strive to achieve them step by step. Maintaining a positive attitude will help you defeat obstacles. For athletes to get the most out of their training session it is important to get the proper nutrition. Your role as parents is very important to the success of your child. Please help them make healthy choices and see that they are well rested on training days. If your child will be absent please call the gym and let us know. We may not always pick up the phone but please do leave a message.

We will be holding parent/coach conferences throughout the year. These dates will be posted as they arise, however, if you have any questions or concerns before these meeting times please speak to the office manager (Tanya MacKenzie) and she will arrange a meeting time for you and your child's coach.

Respect your body, coach, teammates and the gym. You show your respect by the way you act.

The following actions show your respect and also what is expected of the Spartans Gymnastic and Trampoline teams:

1. Attend all practices, competitions and special events.
2. Call the gym to alert your coach if you be absent for any reason (Leave a message if no answer).
3. Arrive on time and stay until practice is over.
4. Work hard and try your best. This is ALL the club will ever ask of you .
5. Arrive at the gym ready to participate in proper attire, hair pulled back, jewelry off, gum out, well rested, hydrated and nourished.
6. Treat all other athletes with respect. Everyone has different strengths and weaknesses.
7. Always ask permission to leave the gym so your coach will know where you are.
8. Show respect to yourself and to the gym by not being rude or show inappropriate behaviors. Follow the **FAIR PLAY CODE OF ETHICS** as stated in your handbook

Important Reminders: (Please refer to your “Athlete / Parent Handbook” for a more detailed explanation)

- 1. Mailboxes:** Each monthly athlete has a **mailbox** with their name on it in the main lobby. This is our main form of communication so it is important that you check it each day you are in.
- 2. Drop off & Pick up:** Athletes please arrive on time and be ready to practice and parents please try not to be late to pick up your child.
- 3. Lockers** Each monthly athlete has now been assigned to your child so please make sure that they have the required supplies (ie: Tape, elastics, wristbands clips, kleenex , etc). **Some people still have not brought in their hand sanitizer and Kleenex. Flu season is upon us!!**
- 4. Nutrition breaks:** Any class 3 hours in length or more will be allowed a short snack break. Please **DO NOT** send food that needs to be heated. We will no longer be extending break to accommodate those who are waiting for the microwave. Remember to send healthy, nutritious snacks (ie: fruit, crackers, cheese and water, etc.). We realize that many children are coming to gym directly from school, however, it is very important that the kids take the time to eat a small snack before gym to keep their energy level up. **JUNK FOOD IS NOT PERMITTED and remember that we are a PEANUT FREE ZONE.**
- 5. Viewing policy:** *Parents and relatives may view their children at all times from the viewing area. However, for the safety of the children, we ask that you do not do anything that may distract the children such as communicating to your child, other children, or coaches in the gym during class time. If you wish to speak to your child or to a coach, please do so either before or after class. Your cooperation is much appreciated. We also ask that if you bring small children that you tidy up the toys before you leave.*

Team Uniforms

We will be sizing athletes for our club uniforms. All club clothing will remain the same as last year. We will be asking everyone to bring in their suits for sizing. We will do a swap later in October.

Approximate costs:

Club Uniforms

Tank suit	\$ 60.00	Intermediate
Club tracksuit (same as 2008/09)	\$175.00	Provincial athletes (Boys & Girls)
Club Singlets (boys)	\$ 50.00-\$60.00	Provincial boys

Club orders will be placed in October with a 50% deposit due at time of ordering

Provincial Team Uniforms

Bodysuit	\$120.00	All Provincial artistic & T&T girls
Tracksuit (new for 09/10)		All provincial boys & girls Artistic & T&T
Provincial Whites (boys) (new for 2009/10)	\$ 50.00- \$60.00	Provincial boys

Provincial uniforms orders will be placed in February. 50% deposit required

OFFICE & PRO SHOP HOURS

Monday	6:00pm - 8:00pm
Wednesday	6-00pm -8:00pm
Thursday	6:00pm - 8:00pm

IMPORTANT DATES TO REMEMBER

October 1 st	Kidsport application deadline
October 11 th	Thanksgiving Gym Closed
October 12 th	Thanksgiving Monday Gym closed
October 31 st	Halloween (Gym closes at 1:00pm)

Gymnastics and trampolene are considered individual sports however, here at Cobequid Spartans we are a **TEAM** effort. We look forward to a safe and exciting year with both you and your child involved in it.

www.cobequidspartans.com



