



# Burlington Bg's Newsletter

**EXCELLENCE IN GYMNASTICS, TUMBLING, TRAMPOLINE AND MORE!!**

680 Maple Ave, Burlington L7S 1M8 905 634 0310

admin@burlingtonbgsgymnastics.com

www.burlingtonbgsgymnastics.com

Recreational classes begin April 17, 2010. Don't miss out...sign up today!

**February 14th, 2010**

**Issue 2**

## MAG Report - Robert Ene

We are very proud of our athletes that compete for their first time in an Level 1 category artistic gymnastics competition.

Those athletes are:

### Level: 1, 10 and under years old

- Romano Watt place 15 all around and best place 4th on parallel bars out of 88 athletes.

- Jameel Aly place 15 all around and best place 11th on Vault out of 88 athletes.

- Ghen Namae place 16 all around and best place was 13th on Floor out of 88 athletes.

- Travis Irvine place 13 all around and best place was 8th on parallel bars out of 88 athletes.

### Level: 1, 10-12 years old

- Colin Kew place 11 all around and his best place was 6th on pommel horse

### Level: 2, 10-12 years old

- Thomas Bowles place 4th all around and best place was 3rd on pommel horse, 4th on high bar.

- Zachary Jeffery Morrison place 8th all around and best place was 2 floor, 2 parallel bars, 4th vault.

### Level: 2, 13+

- Ryan Romanoski place 10th all around best place was 4th floor and vault.

### Level 3 10-12 years old

- Jacob Bonnay-Platt place Second all around, First on Floor and Vault, Second on Pommel horse and parallel bars, third on high bar

- Brian Lee place 5th all around, second on high bar and third on floor.

### Level: 3 13+

- Alex Lang place 8th all around best place was 6th on pommel horse.

### Level: National Open

Matthew Mascola due an unfortunate injury Matthew competed only 4

events out of six and he place third on Rings.

## TUM and TRI Report Denis Vachon

### 1st Ontario Cup!

Our Trampoline, Double mini trampoline and Tumbling Program took part in their first meet of the 2010 season and had some soaring results. We walked away with 18 medals, some new personal best as well as some great highlights!

#### Gold Medalist:

Tumbling – Catherine McNutt, Sean Robertson, David Findlay, Alicia Russell, Sydney Brown  
DMT – Sean Robertson  
Trampoline – Josh Haibach

#### Silver Medalist:

Tumbling – Jaclyn Sicard, Meghan Hefford, Madeline Milne  
DMT – Matthew Marson, Jelisa Joncas  
Trampoline – Cameron Lange-gar

#### Bronze Medalist:

Tumbling – Colin Bassett, Scott Jenkins, Naomi Suzuki, Michael Zeuner

DMT – Michael Zeuner

#### Highlights:

- Sean Robertson compete a triple back salto!

- Rhett General, Ahren Mahler, Nick Platt-Bonnay, Victoria Ivankovic and Rachael Hills competed in their first ever competitions!

INSIDE THIS ISSUE	
MAG Report	1
Tumbling AND Trampoline Report	1 2
Recreational Report	2

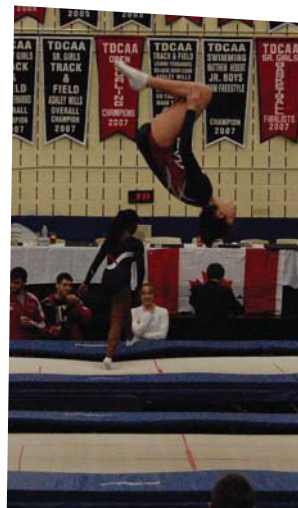
**HAPPY Valentines Day**



### Ontario Winter Games!

Jelisa Joncas, Josh Haibach, Alicia Russell and Rebecca Zachar qualified to compete in the 2010 Ontario Winter Games! The event is considered a stepping stone towards National Championships and the Canada Games! The

competition will be held in the Muskoka's in early March. Congratulations!



### Athletes of the month

November 2009 –

Sydney Brown, Nick Platt-Bonnay

December 2009 –

Jasmine Ellis, Ian Phillips, Jelisa Joncas

January 2010 –  
Samantha Zachar, Brandon Tumber, Sean Robertson



# Burlington Bg's Newsletter

**EXCELLENCE IN GYMNASTICS, TUMBLING, TRAMPOLINE AND MORE!!**

680 Maple Ave, Burlington L7S 1M8 905 634 0310

admin@burlingtonbgsgymnastics.com

www.burlingtonbgsgymnastics.com

Recreational classes begin April 17, 2010. Don't miss out...sign up TODAY!!



**NEW  
THIS  
SPRING!!**

Check out the new Trampoline and Tumbling Programs being offered this spring.

#### TINY TUMBLERS

Boys & Girls 4-6 years

Children will hop and roll their way through the session while learning proper tumbling techniques and fundamentals. Classes will focus on skills using the spring floor, rod floor and fast track apparatus.

#### YOUTH TUMBLING or TRAMPOLINE

Co-ed youth 12-17 years

No experience required. Classes focus on basic tumbling or trampoline skills, body alignment, and conditioning drills in a fun and safe environment.

#### KEENER TUMBLING or KEENER TRAMPOLINE

Boys & Girls 10 + years

These programs are designed for boys & girls wishing to continue trampoline or tumbling at a more advanced level of training in a non-competitive format. Current recreational athletes must obtain a written recommendation card from a B.G.'s staff member to participate in the Kenner program. New members will be required to pass an entrance test.

#### ADULT TRAMPOLINE

Men & Women 18 and older

No experience required. Whether you're coming back to trampolining to keep fit or taking up trampolining for the first time, this relaxed, go at your own pace program is guaranteed to meet all your goals! Fun for all fitness levels!

Spring 2010 recreational schedule is now available at the main office. Look carefully. New class times to suit you better!

Register your child for a 2nd class & receive 10% off the 2nd class price.

## MARCH BREAK GYM BLAST!!

Spend your March Break with the Burlington B.G.'s!

Each day athletes will enjoy combined gymnastics and trampoline instruction for all recreational levels. Crafts, organized games and other recreational activities are also included in the camp program.

Boys and Girls 3-12 years old

Monday March 15th- Friday March 19th

Half-Day and Full-Day programs available

Please visit the main office for more information

Registration now open.

#### GET READY TO LAUGH!!

B.G.'s 2nd Annual Club 54 Fundraiser is quickly approaching. Mark Friday March 26th on your calendars and get ready to help support your club.

More information coming soon.



Burlington B.G.'s T-shirts now available in the main office.

**Pick yours up**

**today** for only \$12.00

Only while supplies/sizes last so act now!