

Burlington B.G.'s Newsletter

Fall 2007



Happy Holidays

* Congratulations to Denis Vachon, Kevin Perkins and Emily Smith who attended the T & T World Championships in Quebec Nov 1-3, 2007. **Denis Vachon achieved the Silver Medal** for Double Mini Tramp. Emily placed 4th with Team Canada in the Team competition. Way to go!!

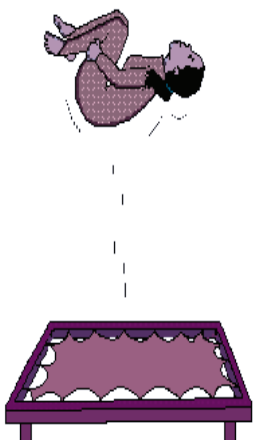
2007 has been a great year for BG's. The recreational program has had a very successful year. It is great to see so many children enjoying gymnastics and participating in physical fitness! The athletes in the competitive programs have improved their skill levels dramatically over the last year and this has been demonstrated by the fantastic results achieved in the 2007 competitive year.

Some exciting changes have been occurring at BG's, thanks to the efforts of many parent volunteers. The newsletter will now be a regular means of communication for all athletes. **All competitive athletes should communicate with their coaches to receive their holiday training schedule.**

Wishing all athletes and their families a wonderful holiday season!

Trampoline and Tumbling

Trampoline News



It's a very exciting year for the trampoline program, with **Gen Roberts** as the Head Coach of the Trampoline Program.

Denis Vachon represented BG's at T&T World Championships, Nov 1-3, and achieved the *Silver Medal* for Double Mini!

There are 5 athletes that will be competing at the National Level, 14 athletes at the Provincial Level, and 4

athletes will be competing at the Interclub Level. Double Mini has 4 athletes that will be competing at the National Level and 4 athletes at the Provincial Level.

Congratulations to our athletes that attended the Canada Cup competition in Hamilton, Aug. 16-19, 2007 (Dennis Vachon, Kevin Perkins, Colman Ladoucer, Sean Robertson, Max White and Michelle Blanchard).

Tumbling News

B.G.'s is anticipating another successful year from the tumbling program under Head Coach, **Denis Vachon**.

Members of tumbling program have returned from the World Championships (Nov 1-3, 2007) and World Age Group Championships (Nov. 4-11, 2007) with very impressive results!

Senior Women - Emily Smith placed 13th with a new pass that reset the Canadian Record for highest difficulty for a woman. She also led the Women's Team in the Team final (first time in over 10 years) and had the highest scoring pass of her career! They placed 4th!

15-16 Women - Jordan Sugrim qualified into the finals in 4th place. She then nailed an awesome pass to place 2nd for Canada's only tumbling medal in both World competitions. She also scored a new personal best and competed a new pass. Meghan Hefford competed two brand new passes and placed 8th missing the final by only 0.3! She beat her old personal best score by over 3 points.

11-12 Women - Jaclyn Sicard hit a new personal best in the preliminary round to place 6th! She then nailed her pass in finals and moved up to 5th becoming Canada's first 11-12 finalist in just over 10 years!

17-18 Men - Markus Laczko hit 2 great passes and placed 10th! It was his first international meet and looked awesome!

Way to go B. G.'s Tumbling Team!!

This year there are 12 Interclub/pre-competitive athletes, 20 Provincial Level athletes and 18 National Athletes participating in the tumbling program.



Trampoline and Tumbling Qualifiers

Upcoming Trampoline Competitions:

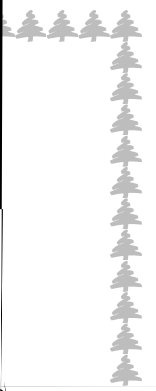
First Qualifier – Jan 26 & 27, 2008 – Oshawa
Second Qualifier – Feb 23 & 24 – Scarborough
Third Qualifier – April 5 & 6 – Ottawa
Provincial Trampoline Championships – April 25-27- Seneca College, Toronto

Upcoming Tumbling Competitions:

First Qualifier – Jan 26 & 27, 2008 - Oshawa
Second Qualifier – Feb 16 & 17 – Barrie
Third Qualifier – Mar 29 & 30 - Sudbury
Provincial Tumbling Championships – April 25-27- Seneca College, Toronto



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BOY'S ARTISTIC GYMNASTICS UPDATE

B.G.'s Welcomes Coach Tudor Mereuta to the Artistic Program



Tudor attended The National Academy of Physical Education and Sports of Bucharest specializing in Artistic gymnastics (2000-2005). Tudor has also coached for 4 years at Lugoj Gymnastics Club, Romania. Highlights from Tudor's competitive years in artistic gymnastics include second place at men's all around competition and first place at high bar at The National Finals Ploiesti, Romania (1997). He spent three years as member of The Romanian Gymnastics Junior's National Team. Most recently he was a member of the Cirneanu-Platinum troupe, in which he achieved the title of The Bronze Clown at the 31st edition of The Monte-Carlo International Circus Festival.

A warm welcome goes to Tudor from everyone at Burlington B.G.s. He is a wonderful addition to the Artistic Coaching staff.

Asahiseimei Cup, Japan - 2007



In November 2007, our boys in artistic gymnastics had a very exciting trip to an international competition in Tokyo, Japan. While taking in the sights, including Mount Fuji (see picture), the boys managed to find time to practice, and compete at the local arena. Results were impressive in this international competition. Adam Krystom came sixth on vault and Kevin Mlynarski was fifth on rings. William Albert was fifth on both floor and vault, while Olivier Zangao was sixth on parallel bars. Overall, William was eighth, Philippe Zangao was 14th and Olivier was 16th. Matt Mascola achieved a personal best result. We are proud of our artistic athletes and look forward to their upcoming provincial qualifiers in December.

Upcoming Artistic Competitions

Dates and locations for artistic qualifiers are as follows:

1st Provincial Cup and National Qualifier, December 7 - 8, 2007 Orleans, Ontario

2nd Provincial Cup and National Qualifier, February 1 - 2, 2008, Windsor, Ontario

3rd Provincial Cup and National Qualifier, March 1 - 2, 2008, Toronto, Ontario

Men's Artistic Provincial Championships, April 4 - 5, 2008, Mississauga, Ontario



Volunteer Teams - Update

Communications Team (Chair – Blair Sicard): The communications team is focusing on increasing both internal communication (within the club and external communication (to the community). This will be done through: 1. *Updating BG's website*; 2. Having *quarterly newsletters*, 3. Continuously *updating the bulletin boards* and using them as a communication tools; 4. Implementing a *Coaches' Corner* (with photos and bios) to keep all families up to date on our BG's coaches and their accomplishments; 5. Hanging *team photos* on the walls to introduce all of our competitive athletes (in their groups); 6. Initiating a *Wall of Fame*, where BG's recognizes our top athletes' achievements; and 7. Submitting the *accomplishments of our athletes to local papers* after each competition.

Fundraising Team (Chair – Steve Walsh): The Fundraising Team has rolled out the *Shop and Support program* that allows each Family to raise funds for the gym. Families of competitive athletes should have received the email earlier in November. Simply *purchase gift cards* from many retailers you already shop at and a percentage is put towards the gym. So, with no extra spending, money is raised for the gym, and for the competitive athletes, can help offset individual fundraising fees. The goal is to see each family get their whole \$200 reimbursed and continue to use the program to raise further funds for the club. For more information about the Shop and Support program, visit www.shopandsupport.ca and click on "Support a Cause Now". You can also click on the link on our club website: www.burlingtonbgsgymnastics.com to find out more about this program. The fundraising team is also planning a *young teen dance* in January to help raise further funds for our club. Details will follow later this month.

Aesthetics Team (Bronwyn Bee): The aesthetics team hopes to de-clutter the gym systematically. The focus for the next couple of months will be the foyer, washrooms and girls change room. The team plans to move some furniture around, paint and make the space more young adult and child friendly. The kitchen has had a new coat of white paint and if budget allows the team hopes to put in new kitchen counter tops and a tile backsplash.

Building Maintenance Team (Chair - Peter Lytwyn): This team is responsible for building maintenance, not including gym equipment and outside grounds. The team has broken tasks into categories and prioritized - safety, public washrooms, girls change room / washroom, boys change room / washroom, heating / air / electrical, and miscellaneous. Maintenance requests should be emailed throughout the year to Peter Lytwyn by staff, coaches, board members, etc, with any note of priority. The team plans to develop a schedule of items requiring preventative maintenance and include service providers for emergency or specialized repairs.

Club Spirit (Chair – Lesley Haibach): The goal of this team is to increase pride and spirit in the BG's gymnastics club. The spirit team would like to introduce events / activities that will assist families in getting to know one another better and to foster a sense of family and belonging within the club.

This team is working toward initiating:

1. *Welcome Committee* – A program will be initiated in which new competitive families are contacted and welcomed into the club by other families. Once our committee receives the contact information from the coaches, a member of the committee will contact the family to welcome them and to extend an invitation to get together (eg. take them for coffee). Useful information will be provided to these families to familiarize them with the program and make them feel welcomed to the club. This will also provide a point of contact if any questions arise in the future;
2. *Family feedback survey* – Surveys will be launched to both the recreational and competitive groups in order to gauge satisfaction with all aspects of the club. Ideally, this survey will be introduced with both an online and paper version. Recreational surveys will be conducted at the end of each session and the competitive families will be surveyed a minimum of once per year;
3. *Social events* – These may include a holiday party, a gym sleepover, group event nights, e.g. a night at a Hamilton Bulldogs game, etc. In addition, events during away competitions may be initiated, such as making dinner reservations for all families who wish to participate; and
4. *Spirit Wear* – A small team will be looking at designing and selling Burlington BG's attire to the club to assist in promoting club spirit and awareness. Additionally, a sale for used track suits, body suits, etc. is being discussed.

BG's would like to thank all the parent volunteers for making BG's a fabulous club!

Have a Happy Holiday Season!



Editor: Nancy Schottle (Langegger)