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○ May

○ 2010

Gymnastics *monthly*

BOWEN ISLAND GYMNASTICS CLUBS
MONTHLY NEWSLETTER

Frist Credit Union's 10K Giveaway

Bowen Island Gymnastics Club provides the community with gymnastics programs for children ages 14 months to adult. The role of the program in the community includes not only acting as a focus for gymnastics but also operating as a support mechanism for other sports and arts organizations. We have over 150 gymnasts that participate in our Preschool, Recreational, Special needs and Competitive classes on Bowen Island and have had several gymnasts qualify for Provincial Championships over the past five years.

BIGC is one of the few programs offered on-Island where children and youth can continue right up to Grade 12 and beyond. It is one of the few on-Island programs where children can progress beyond the beginner stages of a sport without travelling off-Island for coaching and training. BIGC offers on-Island opportunities for pre-teens and teens in terms of participating in an active sport, competing in their sport, mentoring younger athletes, leadership, volunteering and finally paid coaching opportunities. We support our youth by subsidizing Coach – In Training courses and National Certification courses.

Bowen Island Gymnastics is a set up, take down gym that limits storage and results in quite a bit of wear and tear on our equipment. We would like to support our expanding Preschool, Recreational, Special Needs and Competitive programming by purchasing new equipment which will enhance their particular needs, as well as promoting our policy to maintain safety in the gym by replacing our oldest pieces of worn out equipment.

In conclusion \$10,000 would be used by Bowen Island Gymnastics to replace old equipment and support our youth coaching mentorship program.

Please support us with your vote: www.10kgiveaway.ca

Zone 5 Championships

Below are the meet results of the 2010 Zone 5 Gymnastics Championships hosted by Bowen Island Gymnastics that featured seven different clubs and over 100 gymnasts from the Lower Mainland and Whistler/Squamish.

Provincial Level One Argo:

Tori Pearl-Dowler: 3rd on Vault & Floor: 6th All-Around
Aria Willis: 5th on Vault and 8th All-Around
Kylee Lightbody: 7th on Beam and 9th All-Around
Hannah Dua: 5th on Floor and 13th All-Around

Provincial Level One Novice:

Shilanne Steadman: 2nd on Vault, Beam, Bars, Floor and 2nd All - Around

Provincial Level Two Tyro:

Chelsea Hillhouse: Vault: 6th/ Bars: 7th / Beam: 10th/ Floor: 1st Place/ 7th All -Around
Katie Brougham: Vault: 2nd/ Bars:9th/ Beam: 7th/ Floor: 8th/ 8th Place All-Around
Gracie Faragher: Vault: 4th / Bars:10th/ Beam : 11/ Floor: 7th/ 11th Place All-Around

Provincial Level Two Novice:

Callie Brougham: Vault: 2nd/Bars: 3rd / Beam: 2nd / Floor:2nd /All-Around: 2nd Place
Ashley Murphy: Vault: 2nd/ Bars: 2nd / Beam: 3rd / Floor: 3rd / All Around: 3rd Place

Interclub Gymnasts:

Asha Dobson, Shira Essevia, Roma Gurney, Olivia Harding, Emma Honing, Katelyn Honing, Sovereign Norris, Chloe Thompson, Wynnie Tipton, Kassidy Wishart all received participant trophies for their performed routines on all four events

2010 Summer Camps



Dates:

August 9-13
August 16-20
August 23-27

Location:

BICS Gymnasium

Camps:

KINDERCAMP: 10 a.m. – 12 noon
3yrs – 5yrs Cost: \$20.00 per day
please bring a water bottle and snack

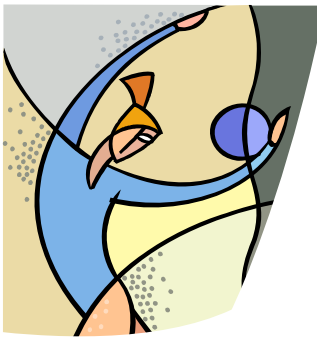
STICK IT CAMP! 12:30 p.m. – 4:00 p.m.
6yrs –14 yrs Cost: \$30.00 per day
please bring a water bottle and snack

Registration:

Registration Deadline: August 3rd, 2010

Pre-Registration is required: Contact Krista Peel at
kpeel@bowenlandgymnastics.com





Coaches in Training Course

**GYMNASTICS:
COACH –IN –TRAINING COURSE**
Bowen Island Gymnastics Club: Bowen Island School
Saturday June 26th, 2010
10:30 am – 3:30 pm Cost: \$45.00

CIT COURSE: a leadership-training course for youth
Ages 12 – 16 yrs interested in coaching gymnastics.
The course itinerary for the day includes:

- Equipment set-up and safety
- Foundations of Gymnastics (DMP's)
- Activity, challenge and success
- Warm-ups and games!!!
- Class and child management
- Teaching methods and learning Styles
- Role of the Coach –in –training
- Creative age appropriate circuits and skill progressions
- Active, supervised coaching experience with preschool and school-age recreational gymnasts

Coach-In-Training participants will get CIT course reference manual, a certificate recognizing course completion, and a lunch will be provided. Participants should come prepared wearing active wear (no jeans); bring a pen/pencil and a water bottle.

Please contact Lisa Brougham at: ljbrougham@look.ca or call 604-619-0834 to register by June 18th, 2010

Important Dates

May 12-25th: Gym – a –Thon (all gymnasts)

May 21-22: No classes for May long weekend

May 28-29: No classes for bookfest

June 4 – 6th: Ogoopogo Meet in Kelowna (Level 1 and 2 Gymnasts)

June 19th : Bowen Island Gymnastics Year End Show at 3:15 pm – 4:30 pm
(all gymnasts)

June 25-26th: Last day of classes (Makeup for May 28-29)



CONTACT INFORMATION

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