

# HHGC Connections

February 2022



HHGC community, the Winter session is well on its way and it is great to see how much fun the kids and coaches alike are having! It is so wonderful to see the athletes accomplishing new skills and to see how much of an impact this has on building their self-confidence. These past few years have been truly adversarial, so it is really great to see the children back in action.

Our philosophy at HHGC, is for every child to focus just on doing their very best, not to focus on winning or other people, just to be the very best versions of themselves.

This is what gives us the most joy as an organization and what separates us from others.



As a reminder due to the late start, our Winter Session commenced on Feb 5<sup>th</sup> and will end on April 29<sup>th</sup>. This is a full 12-week session. The gym will be closed only on Family Day Monday and Good Friday. We will be running regular programming through March Break. The coaches will commence the winter session progress report testing on March 20<sup>th</sup>-April 3<sup>rd</sup>, and the report cards will be dispersed Saturday April 23<sup>rd</sup> - Friday April 29<sup>th</sup>.

We hope everyone has a fantastic February, hang in there, Spring is blooming just around the corner!

Sincerely,

Alyssa J. Lopez

Recreational Director



## Important Dates:

Feb 5—Winter Rec Programs begin

Feb 21—HHGC closed for Family Day

Feb 25—Comp 1 & 2 1st Provincial Qualifier at Milton Springs

February 28- Spring Registration Opens

March 24-27— Comp 1 & 2 2nd Provincial Qualifier at Orangeville

April 2—Kids Night at HHGC (Easter Theme)

April 8-10—1st Cup for Provincial Trampoline in Pickering

April 15—HHGC closed for Good Friday

April 23 -29- Last week of Winter Classes



# What's Happening around the Gym.....

Welcome back gymnasts! We are pleased to be reopened for 2022, with what we hope will be a fun-filled year of gymnastics for all!

HHGC has committed to ongoing health and safety measures for the 2022 Winter season, which includes keeping the gyms capacity at 50% all season, having extra staff on site to help with social distancing and check-in measures (including the provincial 'go to school' check mark system) and continuing our high cleaning frequencies. For the Spring 2022 session, we will be ramping back up to pre-covid levels, with more class offerings, while ensuring the utmost in health and safety protocols are still being followed. We can't wait to welcome you back into the gym very soon!

A few other notes about exciting things happening here at HHGC. We are happy to have partnered with HH Vending who has provided a brand new, state of the art vending machine stocked with fresh, healthy options. So fear not if you couldn't pack a snack for gymnastics; the new machine accepts cash, debit and credit and will keep gymnasts fueled for optimum fun and performance! Also, we are very pleased to announce, due to popular demand, another Terra Cotta Cookie Fundraising happening for Easter 2022. More details will be out in the coming months, but be prepared to place your online orders in April and enjoy fresh baked, local cookies! Lastly, our HHGC Swag Shop is constantly growing and changing and orders are flying out the door! We are thrilled to unveil a new HHGC water bottle available for all athletes and their families, as well as our new line of clothing (which will be available in the spring). For now, the winter line – sweater, sweat pants and toques - are on a LAST CALL, as they will be rotated out of the shop very soon. So place your orders now for the great gear at <https://www.inkpoint.ca/hhgc>, while supplies last.

Halton Hills Gymnastics Centre would like to thank all of you athletes and parents for your support over the past 2 years. It's been trying times for a youth, non-profit sports organization during a global pandemic, but seeing you all come back stronger than ever is very encouraging for our future as we continue to adapt and grow. If you are interested in supporting the club further (sponsorships, etc) please feel free to contact me, as there are multiple options available now that gymnasts are physically back in the facility.



Thanks again and see you at HHGC soon!

Alex Bitterman  
Executive Director



## VALUES

HHGC was founded on the principles of empowering young individuals to improve their lives through physical fitness, professional gymnastics education, and leadership training. HHGC is a registered non-profit committed to:

### Collaboration

Collaboration and partnership with children and their families.

### Inclusiveness

Inclusiveness - HHGC welcomes and fosters a sense of belonging for all.

### Respect

Respect - HHGC treats all persons with dignity and acceptance.

### Social Equity

Social equity by serving vulnerable communities and at-risk populations.

### Accountability

Accountability and transparency throughout the organization.

### Innovation

Dedication to innovation, learning, evaluation and continuous improvement.





# Spot light on Athletes

## Competitive



**Avery Cook**

Avery from comp 2 has been hard at work getting ready for her first competition of the season! She's a great team mate and role model for those in her group as she is very supportive and is always cheering everyone on! We're very excited to see Avery and the rest of her group compete in the coming weekend .

## Interclub

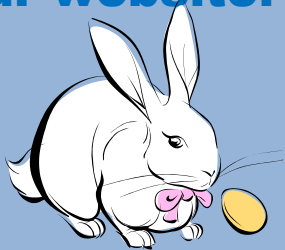


**Mackenzie Young**

This past week Mackenzie from interclub C started to learn her Xcel bronze floor routine. She has been working hard to get all of her dance elements and skills just right so everything will fit into the routine perfectly! We're so excited to see Mackenzie at her first competition ever as a competitive gymnast this May!

**DON'T MISS  
OUT!**

**Registration is  
available from  
our website!**



 **SAVE THE DATE**  
*Saturday April 2nd*  
HALTON HILLS GYMNASTICS CENTRE 4-6pm

**EASTER  
PARENTS  
NIGHT OUT**

We are planning another  
**Egg-citing Parents Night Out!**

- Gymnastics
- Games
- Craft
- Easter Egg Hunt
- Pizza & Treats



# Competitive, Interclub and T & T

Hello HHGC families,

We are so glad to be back in the gym, continuing training and learning routines as we get ready for what we love. Competitions! We want to thank all our athletes for working so hard at home while we were not able to be in the facility training. We had great participation in all our zoom classes but nothing beats being in the gym!

After 2 long years of interrupted training and no competitions this February our athletes will get back to competing. Our first competition will be in Milton for our Provincial gymnasts followed by another competition at the end of March in Orangeville. Our Provincial Trampoline Athletes will be competing in the 1<sup>st</sup> Ontario Cup April 8-10 in Pickering and will follow that up at the 2<sup>nd</sup> Cup April 29-May 1.

Comp 3, 4, Rising Stars, Interclub A,B,C and Interclub Trampoline Groups are now learning routines and perfecting skills for their first competitions in early May.

We all want your kids to be successful, please have a talk with your child explaining what success is in your view and how we would like them to be successful. This is how we define success:

**Success** is the peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.

If our goal for each practice and each competition is to learn something, then, each practice and competition will get us closer to our goal.

## Here are a few tips for the competitions this season:

- Healthy diet
- Visualize the routine
- Positive thinking

## Don't Forget:

- Hair done in a bun and have Competition Suit and Club Jackets and grips,
- White socks or shoes for Trampoline competitions
- Once we start the competition please don't talk to your child or distract them from the stands although we do encourage cheering for them. Athletes are not allowed to leave the competition floor. Let them focus and be responsible for those moments.
- Have a snack for them
- No ear rings or nail polish.
- Be on time (or earlier) so you are not stressed out to find location and be late for the competition

The best way to support your child at the competition is to say that you are proud of their effort and that you enjoy watching them perform.

Our goal is not just to win but is to grow into a stronger person and character, overcoming the obstacles that we face every day.

Competitions are in our life to reveal what we have become during the training. It is not the competitions that makes us strong but is the consistent training that helps us to grow

Can't wait to cheer for your child at the competition!

