



# Welcome back families!

Fall recreational programs are back in full swing here at HHGC! And our coaching team is so excited to take on another fantastic session filled with the Fun, Fitness, and Fundamentals of gymnastics, with all of our new and returning athletes! It has only been a few weeks, but we are already seeing lots of new skills, and big improvements from our athletes, and cannot wait to see where this session will take them!

We have so much going on at HHGC in the next few weeks so here are a few important dates to remember:

We are hosting a Thanksgiving Food Drive in collaboration with the Georgetown Bread Basket, and it is running from September 24<sup>th</sup>-October 7<sup>th</sup>, please help us support our local community by bringing in non-perishable food-items and goods!

HHGC is having a leotard sale on Wednesday, October 4<sup>th</sup> from 4:00pm-7:00pm, where you will be able to purchase leotards, shorts, scrunchies, and gymnastics tops for your athletes!

We will be closed on Monday October 9<sup>th</sup> (Thanksgiving Monday) but will be open for the rest of the weekend as usual, and Monday classes have already been prorated to account for this missed class.

HHGC will be having a professional photographer come in to take photos for our recreational athletes on Friday October 20<sup>th</sup> from 4:30pm-8:00pm. This is completely optional and photo packages start at around \$40 (photos are not included in the athletes' class fees and are an additional cost). If you would like to have your athlete(s) photos taken please email Emily at

[emily@haltonhillsgymnastics.com](mailto:emily@haltonhillsgymnastics.com) with your top 3 preferred 5-minute timeslots, and you will be scheduled in for an appointment with the photographer!

Recreational athletes in the following programs: Kindergym, Advanced Kindergym, Aspire, Girls Gym, Advanced Girls Gym, Sr. Girls Gym, Sr. Advanced Girls Gym, Developmental, Boys Gym, and all Tumbling and Trampoline classes, will receive a progress report after their class during the week of October 21<sup>st</sup>-October 27<sup>th</sup>. These progress reports will have important information about what class we recommend the athletes are registered for in the winter session!

Our Halloween Kidz Night is scheduled for October 28<sup>th</sup>, and it will be an exciting night full of gymnastics, games, crafts, activities, pizza, and a movie, and you won't want to miss out! Registration will open for this spooktacular evening on October 10<sup>th</sup>!

Registration for our upcoming winter recreational session will open at 12:00 AM on Monday, October 30<sup>th</sup>!

We'd also like to give a BIG SHOUT OUT to our newly certified coaches; Ethan, Isabella, Chloe, Brooke, Lexi, and Rowan, who are excited to take on their first full session as coaches!



## Important Dates:

Oct 4—Gym suit Sale 4:00 –8:00

Oct 9—HHGC Closed—Happy Thanksgiving

Oct 28— Halloween Kids Night

Oct 30— Winter Registration begins

## Winter Registration begins

## October 30th!

## Competitive, Interclub and T & T Update:

Hello HHGC families,

We have had a busy start to our fall session and are very excited for the upcoming competition season.

Athletes have started coming in for additional training to learn their floor routines! This year, we have roughly 35 new floor routines to choreograph for our Xcel and Provincial-optional programs.

If your athletes are in JO Levels 1 through 5, they will not need to come in for additional time to learn their routine, as their coach will allot some of their practice time for the routine. All other athletes must have a custom routine and music for their competitions.

Fear not if you have yet received an email to schedule your child's routine timeslot. We are slowly making our way down the list!

This past month, we had the privilege of having an Athletic Therapist -Azaria- come and do a house visit with us. It went unbelievably well! We had four athletes book sessions with Azaria. She has also been working alongside the rest of the competitive staff to instruct us on ensuring our athletes' safety and longevity.

We plan to have her come again next month! More details on that to come soon.

We are also very excited about the arrival of some new equipment! The athletes and coaches have been eager to use them!

We also have big news for our MAG team.

I want to congratulate Nickolas, Mason, and Max, who will be our first Provincial athletes for our MAG team! They will compete at their first provincial qualifier this December, intending to qualify for the Provincial championships in April.

Lastly, I want to Welcome Coach Syan and Coach Shannon to our competitive staff.

Coach Shannon has been coaching with us at HHGC for several years and has recently taken on more responsibilities as a competitive coach after a very successful year with her competitive Trampoline athletes; she even had an athlete qualify for the Canadian Eastern Championships! Shannon is also coaching a NEW Competitive Tumbling Team here at HHGC.



Coach Xhosa

Coach Syan has been working with various Xcel and Provincial athletes; she has a long history in gymnastics, not only competing as an artistic and acrobatic athlete. She has spent time coaching WAG, MAG, and ACRO. She will also be responsible for most of the choreography this season.

Coach Xhosa



### 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.





## Executive Directors Update

We would like to start by welcoming you all to the Fall 2023 season! We have seen record numbers of Recreational athletes, as well as a huge resurgence in the Competitive program, to over 100 athletes again! It is exciting to see a sense of normalcy continue at HHGC, including parents actively visiting the center to watch their children practice the fantastic sport of gymnastics.

With the summer winding down, we would like to thank all our Summer Camp participants, coaches and volunteers in another successful Summer Camp season at HHGC. A special 'Thank You' to camp manager, Emma Keough, who ran her last summer season of programs at HHGC and did a fantastic job. You will be missed Emma!

Finally, we just want to remind all HHGC participants that our Winter 2023 registration will be commencing soon, **on our newly revamped website** – watch for it to be unveiled in the coming weeks!

### A few other notes about exciting things happening here at HHGC:

We are so incredibly excited to announce 'Academy of Music' as a major facility sponsor for the next 4 years! Much like HHGC, Academy of Music does an amazing job offering high quality programming to the youth of Halton Hills. Check them out at [musiclessonsgeorgetown.com](https://musiclessonsgeorgetown.com)

We'd like to welcome you all to our Fall Holiday fundraiser! We are raising money for some facility improvements and participating with Dieleman Fundraising to bring you Holiday gift wrap, cards, and gift ideas. Between October 2 - November 3, you can quickly and easily place orders, and share with all your friends and family, all online. More details will follow in October, but for a sneak peak of what we'll be offering, see here: <https://heyzine.com/flip-book/58b815dfec.html#page/1>

In conjunction with increased safety awareness in the gym, we had multiple inspections occur in the summer. As a result, you will all notice some very exciting updates and upgrades happening in the gym. All our fundraising, Bingo sessions and sponsorship funds went towards a purchase of over \$25,000 of new and improved equipment to increase the safety and training capabilities of the athletes at HHGC!

Also, with the holiday season coming up soon, what better gift for your gymnast than HHGC SWAG? Our HHGC Swag Shop is constantly growing and changing and orders are flying out the door! We are thrilled to unveil a new HHGC branded Sweat Pant and Youth Bucket Hat for all athletes and their families, as well as our new line of clothing. Check it out and place your orders now for the great gear at <https://www.inkpoint.ca/hhgc>, while supplies last.

We also want to take a minute to thank all of you who voted for us in the Reader's Choice Awards! HHGC was awarded 'Platinum Winner' for Family Activities, 'Diamond Winner' for Recreational Facility, and 'Gold Winner' for Kids Camps and Summer Camps. Thank you all again for your continued support of Halton Hills Gymnastics! Lastly, just a friendly reminder of the parking situation at HHGC. Weekdays **before 5:00 pm**, we **are not allowed** to park in The McNally or Quilt Source parking spaces. Please arrive no more than 5-10 minutes early for your class.

We appreciate your patience in the parking lot on our busy nights of gymnastics programming.

Halton Hills Gymnastics Centre would like to thank all of you athletes and parents for your continued support, and if you are interested in supporting the club further (sponsorships, volunteering, 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 Bittermann  
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## Happening in October at HHGC

