

Summer Camp at HHGC



Our Spring session is off to a wonderful start—heading into week 5! I hope everyone is enjoying their HHGC experience. Our Kinder Gym, Girls Gym and Boys Gym athletes can expect for testing to begin May 30th and go through until June 17th.

Please note: The Spring Session will end on Monday, June 24th. All regularly scheduled classes will run until then with one exception. The last day for **Thursday** classes will be Thursday, June 13th.

Summer will be here before we know it and your gymnasts will LOVE our summer camp. A whole day of gymnastics, crafts & games—who wouldn't love it?! We offer structured gymnastics with weekly themes spending time on all Olympic apparatus, as well as our Tumble Trak, rope climb, foam pit time, parachute play, as

well as other activities that include fun games and exciting crafts. HHGC creates a supportive and safe place for campers to have fun and learn new skills. No previous experience is necessary—so ask a friend to join as well!

Important Dates:

May 3-5—Burlington Spring Cup Competition

May 8—Petite Elite / Star Fire Tryouts 6:30-7:30

May 10—Vaughn Gymnastics Boys Invitational

May 13—Rising Stars Parent Interviews

May 14—Petite Elite A Interviews

May 15—Comp 3 Parent Interviews

May 16—Comp 1 & 2 Parent Interviews

May 17—Petite Elite B Parent Interviews

May 20—HHGC Closed for Victoria Day

May 21—Competitive Parents Meeting

May 24—26 Provincial Championships for Trampoline

May 25 — Girls Interclub and Power Tumbling Tryouts

May 29th—Trampoline Tryouts



Athletes of the Month

Recreational



Myla Larouque

Myla always comes to class prepared and eager to learn. She is very respectful to her coach and teammates. She is always giving it her all and improving her skills. Way to go Myla!

Competitive



Addyson Morreira

Addyson – with great fun and hard work comes great learning skills and results. Her last competition was a blast, reflecting the energy and atmosphere they have at practice. Enthusiastic and energetic she brings a lot of smile and fun in the gym.

Interclub



Olivia Dupuis

Olivia showed us her determination and hard work to bounce back after an injury,. Being a great example for the team and the interclub level she is ready to excel her abilities at the next competition in Burlington!

T&T



Emily Tessaro

Emily is with our Trampoline program for the last 5 years. She climbed to get to Provincial 3 level, recently qualified for the Provincial Championship. Great determination and focus is paid off. Awesome!

Thank you for your support!

















Competitive, Interclub and T & T Update:



Congratulations Emily, Camryn and Jessica on qualifying for Provincial Championships in Oshawa on May 24-26. Way to go girls! We are waiting on the list from Gymnastics Ontario to see which gymnasts qualified for the Women's Artistic Championships. We will announce as soon as we hear!

It's going to be a very busy month of May with 6 more competitions, Tryouts, Parent Interviews and the Competitive Parents Meeting. We will be sending out the information early next week so watch your emails.

Congratulations to the following gymnasts who did very well at the last 2 competitions. Isabella H 2nd AA, Abbie T 2nd AA, Jasmine 2nd AA, Leah 3rd AA, Madison 2nd on

beam, Addyson M and the rest of the Rising Stars group did very well. Our Boys did great at their first competition of the season. Congratulations Spencer, Jacob, Gray, Noah and Nicholas! Our Trampoline A group competed in Cambridge and did our club proud. Special shout out to Julia, Declan and Krystina!





Don't miss out...tickets will be on sale starting May 27th.







2019 - 2020 Competitive Gymnastics and Trampoline Try-out Schedule

FIRE STAR & PETITE ELITE

Girls 4 & 5 years of age

Wednesday May 8

6:30 - 7:30 pm

This is an open try out to anyone interested in competitive gymnastics. This try out is for the Girls Competitive Program and groups will train 2-4 hours per week beginning July 15th and is a full year program July – June. Fees and training schedules will be available after tryouts and given to those gymnasts selected.

TRAMPOLINE "A"

7+ boys and girls

Wednesday May 29

6:30 - 7:30pm

This is an open tryout for anyone interested in the Competitive Trampoline Program. "A" Group will train 4 hrs per week beginning July 15th and is a full year program July –June. 8 spots are available for the tryout. Current Trampoline"A" gymnasts will need to try out for next year for placement.

GIRLS INTERCLUB GYMNASTICS

7-10 years of age

Saturday May 25 OR Saturday June 1

12:00 - 1:30 pm

11-15 years of age

Saturday May 25 OR Saturday June 1

2:15 - 3:45pm

This is an open tryout for anyone interested in the Interclub Program. Groups will train 3 hrs to 8 hours per week and participate in 2 competitions. This is a year round program. Summer training will begin July 15th (reduced summer hours) 9 spots available at each time slot. Current Interclub gymnasts will need to try out for next year for placement.

BOYS INTERCLUB GYMNASTICS

ages 6+ years of age

Saturday June 1

1:30 - 3:00pm

This is an open tryout for boys interested in an Advanced/Competitive Program. Gymnasts will train 4-6 hrs per week and participate in 1-2 competitions. This is a year round program. Summer training begins July 15th (reduced summer hours). 14 spots are available for this tryout.

COMPETITIVE POWER TUMBLING

ages 8+ boys and girls

Saturday May 25

1:45 - 2:45pm

This is an open tryout for boys and girls interested in a Competitive Tumbling Program. Gymnasts will train 4-6 hrs per week and participate in 1-2 competitions. This is a year round program and season begins July 15th (reduced hours in summer). 8 spots are available for this tryout.

Cost of try-outs is \$20.00 and gymnasts must be pre-registered with the office.

Gymnasts will be notified the week after tryout regarding placement.

Program fees and schedules will be given to successful gymnasts.

Registration for gymnasts selected will need to be completed by June 19th with forms and payment.

