

HHGC Connections

December 2019



Happy Holidays!

As we continue with registration for our Winter Session I would like to take a moment to look back at our Fall Session.

This past Fall was a great success! Our evening classes had some of the highest number of registrations from programs so far and have been thoroughly enjoyed by kids and coaches alike. We're eager to grow the daytime programs so we're excited to announce some amazing new changes for the 2020 new year. All of our HHGC coaches who work with children 12 months-6 years will be completing their Active Start Coaching course. This certification is recognized by the National Coaching Certification Program and will give our coaches the tools to develop unique skills so that they may be able to deliver the very best experience for the kids in this age group. Daytime programs provide the opportunity for children within these age ranges to come in at a time where our gym space is dedicated to them.

We really look forward to continuing to provide you and your children with exciting programs that teach them valuable gymnastics and life skills. Also, thank you all our members who continue to register with us session after session, and year after year – we appreciate your continued support!

"We are happy to see so many parents staying and watching their gymnasts train however we would like to remind everyone that the gym doors must remain closed and viewing be done from the lounge only"

Looking forward, we have March Break Camp which is quickly approaching, followed by our Spring Session. We will start taking registrations for these programs throughout the Winter Session, so keep your eyes open for registration dates!

Classes for the Fall officially end Fri Dec 13th and the Winter session will commence on Sat Jan 4th.

Have a Merry Christmas and see you in January!



Important Dates:

- Dec. 2— Gym Suit Sale at HHGC
- Dec. 2— Holiday Raffle begins
- Dec. 7—Gym Suit Sale at HHGC
- Dec. 7-13—Last Week of Fall Rec Classes
- Dec. 16-21—Comp, Interclub, Trampoline Holiday Parties
- Dec. 24-Jan. 2—HHGC Closed
- Jan. 4—Winter Rec Session begins

Gym Suit Sale Saturday Dec. 7th



Athletes of the Month



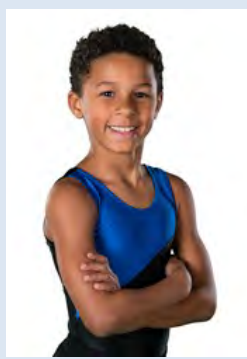
Cora Evans

Cora is always excited for her Wednesday night class. Her coaches describe her as engaged, friendly, active and just lovely. She is enthusiastic each class, is always encouraging her peers and has progressed significantly since the start



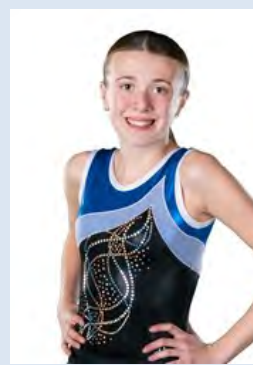
Isabella Huxtable

Isabella is achieving a lot of new skill and going for higher level this year. Isabella is a great listener and example for the group, she is looking forward for her first competition in Las Vegas.



Noah Barton Cherry

On his second year Noah's skills are sky rocketing, he enjoys our boys competitive program and sets the tone for the team being a great role model.



Sydney Croll

Sydney is excited to be in the gym every practice, overcoming her fear she reaches for new skills on trampoline. The benefits of trampolines outcomes the fear of heights.

Competitive /Interclub/ T &T Update



While the month of December is busy with the Christmas Holidays it is also a very important one for the pre-competition phase for all our competitive groups. Our gymnasts are working hard on routines and skills as they ramp up to the competition season that begins in January for many of our groups.

Our Provincial Trampoline team had their first competition at the beginning of the month and already we

have 2 athletes qualified for Provincial Championships. Trampoline athletes have 3 Provincial Cups where in one of these meets they need to meet a qualifying score. Congratulations to all of our athletes who did great and a shout out to Jessica and Amber for qualifying for Championships.

Our Rising Stars A and B are the next group to compete in January at an ODP competition in St Catharines and we know they will do great as they have been working hard for Coaches Xhosa and Katelyn.

Just a reminder that our Holiday Parties will be taking place the week of Dec. 16-21. See the bulletin board for dates and times.

Thank you for your support!





Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity.

Snacks are an important part of your child's day and overall daily nutrition habits. Ensuring your children are equipped with healthy snacks for the day, school, sports etc... is critical to the longevity of healthy eating habits.

What's in their lunch-pack? Be aware of food labels and product ingredients. Avoid sending kids with snacks that are processed, packaged and strictly high in carbohydrates and fats.

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, and other refined grains that are high in sugars or saturated fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to limit added sugars to less than 35% by weight. Eliminate trans fats, and keep the saturated and trans fat low.

Ensure their snacks are macro and micro nutrient rich, and fresh is always better. Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended number of servings fruits and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber.

Some great snack ideas include:

Fruits

Veggies (low fat dips, hummus)

Small slices of pita, whole wheat crackers, rice cakes, pretzels

Small cubes of cheese

Child-friendly nut-free granola and protein bars

Popcorn

Yogurt

Oatmeal

Eggs

Small portions of protein sources such as cubes of chicken, fish etc.

Happy Holidays!

FROM HHGC

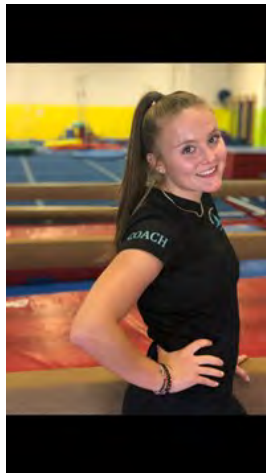


Celebrating Excellence in Coaching

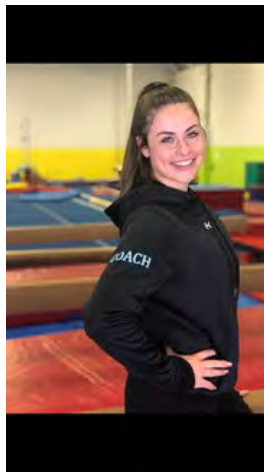
We would like to acknowledge some of our former Competitive Gymnasts who have now moved into the role of mentoring and coaching the next generation. These coaches started out in our pre-school programs and worked their way up into high level Interclub and Provincial gymnastics. Now they are now giving back to the sport they love so much! ***We are so proud to call you our own.***



Natasha Brooks
Provincial L9



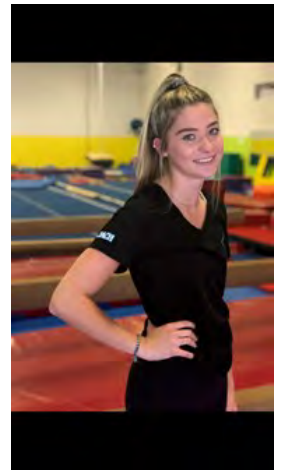
Alana Mortimer
Provincial L8



Emma Keough
Provincial L6



Taylor McLaughlin
Interclub L4



Kealey Butler
Interclub L4



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