



SAMPO RHYTHMIC GYMNASTICS CLUB

www.geocities.com/samporgc



NEWSLETTER

APRIL 2005

SPRING IS HERE! And it's nearly time for Sampo's 35th Annual Spring Spirit performance.

SPRING SPIRIT POSTER CONTEST

Calling all gymnasts! Your original artwork is needed to help promote Spring Spirit. Make a Spring Spirit poster with the paste-on information that your coach gave you to the Stage Rehearsal on Tuesday April 19th. You could win a neat prize! Prizes will be awarded at Spring Spirit.

SPRING SPIRIT STAGE REHEARSAL – TUESDAY APRIL 19TH

Stage rehearsal for Spring Spirit will be held at the Sheridan Auditorium on **TUESDAY APRIL 19TH**. The stage rehearsal provides gymnasts with an opportunity to become familiar with the stage on which they will be performing their routines. Please note that the time of the stage rehearsal might be different from the class' regularly scheduled time. Rehearsals last for approximately fifteen minutes. **Please ensure that you are wearing your performance suit to the stage rehearsal, if you have received it.**

STAGE REHEARSAL SCHEDULE – TUESDAY APRIL 19TH

<u>CLASS #</u>		<u>COACH</u>	<u>TIME (P.M.)</u>
1	(Wed. 6:00 p.m.)	Susanne Neufeld	6:00 - 6:15
2	(Wed. 6:00 p.m.)	Karen Lukkarila	6:15 - 6:30
3	(Wed. 7:00 p.m.)	Liisa Kovala / Karen Lukkarila	6:30 - 6:45
4	(Tues. 6:00 p.m.)	Jeanne Jakubo	6:45 - 7:00
5	(Tues. 6:00 p.m.)	Cristina Roque	7:00 - 7:15
6	(Tues. 7:00 p.m.)	Tanja Ceming	7:15 - 7:30
7	(Tues. 7:00 p.m.)	Jeanne Jakubo	7:30 - 7:45
Ladies' Performing Group		Liisa Kovala	7:45 - 8:00
Junior Elite		Cristina Roque / Jessica Crowe	8:00 - 8:20
Intermediate Elite		Mardi Denniston / Julie Ethier	8:20 - 8:40
Senior Elite		Julie Ethier / Maija Ceming	8:40 - 9:00

SPRING SPIRIT VIDEO

Videos of the Spring Spirit performance will be available for purchase. The cost is \$20. Order forms are available from coaches. Please return order forms and payments to coaches by **WEDNESDAY MAY 4TH**.

Please turn over >>>

SAMPO'S 35TH ANNUAL SPRING SPIRIT PERFORMANCE – WEDNESDAY MAY 11TH

Sampo Rhythmic Gymnastics Club's 34th Annual Spring Spirit performance will be held on **WEDNESDAY MAY 11TH** at 7:00 p.m. at Sudbury Secondary School's Sheridan Auditorium. All gymnasts are requested to arrive by 6:20 p.m. and to remember the following:

1. Proceed to the warm-up gym immediately (this is the gym where the Tuesday and Wednesday night classes are held);
2. Do not leave the warm-up gym until it is time for your performance and your coach or assistant coach brings you to the performance area;
3. Do not wear any jewellery while performing (including earrings, rings, watches etc.);
4. Hair should be clean and neat and tied back. Speak to your coach about appropriate hair ribbons etc. Some classes will be ordering scrunchies to match their performance suits.

**PLEASE REMEMBER TO ARRIVE AT THE SHERIDAN AUDITORIUM BY 6:20 P.M.
ON WEDNESDAY MAY 11TH**

SPRING SPIRIT TICKETS – \$6 EACH

Each gymnast will receive **two free tickets** for Spring Spirit and two additional tickets to sell. The Club has two major fundraisers during the year – chocolate almonds sales and Spring Spirit. The Executive of the Club asks that you do your best to sell these tickets to help with our fundraising efforts. Why not invite friends to see the performance who might be interested in joining the Club next year? And don't forget to bring along your parents, brothers, sisters, grandparents, aunts, uncles and cousins!

SAMPO'S ELITE COMPETING AT RED RIBBON

Sampo's Elite Gymnasts will be competing at the *Red Ribbon Competition* in Toronto on Saturday June 11th. The routines will be featured at this year's Spring Spirit performance. Best wishes to our gymnasts at this year's competition!

LOOKING FOR NEW GYMNASTS!

Sampo is always interested in recruiting new gymnasts for both its recreational and elite programs, so if you have friends who want to participate in rhythmic gymnastics for fun or for competition, bring them to Spring Spirit to see our gymnasts in action!

REGISTRATIONS FOR 2005-2006

Registration forms for the 2005-2006 season will be mailed to all current gymnasts in August. The registration form will also be posted on the Club's website. Go to www.geocities.com/samporgc

SEE YOU AT SPRING SPIRIT ON MAY 11TH!