



SAMPO RHYTHMIC GYMNASTICS CLUB

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NEWSLETTER

NOVEMBER 2004



As the holiday season approaches, the Coaches and Executive of Sampo Rhythmic Gymnastics Club hope that all gymnasts have enjoyed their classes this fall session and will be anxious to return after the Christmas holiday.

The last classes for the fall segment of the recreational and elite program and ladies' classes will be held on Monday December 6th, Tuesday December 7th and Wednesday December 8th.

The Coaches and Executive extend their best wishes to all gymnasts and their families for a safe and happy holiday season.

SAMPO DAY CAMP – FRIDAY NOVEMBER 26TH

Sampo is offering a full-day of gymnastics fun on Friday November 26th at Sudbury Secondary School. This exciting day filled with rhythmic gymnastics, face painting, games and a scavenger hunt will be held on school boards' next Professional Development Day. For a cost of \$30, Sampo gymnasts between the ages of five and sixteen can spend the whole day having gymnastics fun. Non-members can participate for \$40. For more information, contact Cristina Roque at 524-3316 or by e-mail at cristina_roque@yahoo.ca

HERE COMES SANTA CLAUS! – SATURDAY NOVEMBER 20TH

Sampo's Elite Gymnasts will once again be participating in this year's Santa Claus Parade on Saturday November 20th. The parade starts at 5:30 p.m. and winds its way down Paris Street to Science North. Come on out and cheer on our gymnasts!

MCTV LIONS TELETHON – SATURDAY DECEMBER 4TH

Once again, Sampo's Elite gymnasts will be performing on the MCTV Lions Telethon and bringing along with them contributions from Sampo gymnasts, coaches and friends. Bring your donation in to your Coach by Wednesday December 1st and don't forget to watch this talented group of young ladies proudly represent our Club.

WINTER SESSION

Classes resume in the new year during the week of January 3rd and will end on Wednesday May 11th, 2005.

CHOCOLATE-COVERED ALMOND SALES

Thanks to all of you who sold chocolate-covered almonds! If you haven't handed in your money to your Coach, please do so by December 8th. Your help with our fundraiser is greatly appreciated.

NEXT COACHES' MEETING

Coaches are reminded that the next Coaches' meeting will be held on Tuesday January 18th, 2005, at 9:00 p.m., just after the Annual General Meeting in Room C-12 at Tom Davies Square.

Please turn over >>>

ANNUAL GENERAL MEETING

The Club's Annual General Meeting will be held on *TUESDAY JANUARY 18th* 2005 at 8:00 p.m. in room C-12, Tom Davies Square (200 Brady Street). All voting members of the Club are invited to attend. Voting members include: Parents or guardians of member gymnasts, under the age of sixteen years, enrolled in rhythmic gymnastics classes, adult member gymnasts enrolled in rhythmic gymnastics classes and any adult sixteen years of age and over who is interested in the growth and development of rhythmic gymnastics.

Agenda items include: Review of previous AGM minutes, Treasurer's Report and Committee Reports.

"I LOVE GYMNASTICS" WEEK AND GYMNAESTRADA – FEBRUARY 2005

Sampo will be celebrating **"I LOVE GYMNASTICS" WEEK** with special performances on **SUNDAY FEBRUARY 13TH** at Lockerby Composite School beginning at 1:00 p.m. Gymnasts of all ages – including the Ladies' Performing Group – will be participating. Tickets are \$2 and will be available at the door. Bring your family and friends!

SPRING SPIRIT 2005

Sampo will be presenting its 34th Annual Spring Spirit performance on **WEDNESDAY MAY 11th, 2005** at Sudbury Secondary School's Sheridan Auditorium. All gymnasts have an opportunity to participate in this display of rhythmic gymnastics. Performance gym suits will be ordered early in the new year. The dress rehearsal will be held on **TUESDAY APRIL 19TH**. More details on Spring Spirit and the time of the dress rehearsal in the Spring newsletter.

SAMPO STILL ACCEPTING REGISTRATIONS

Sampo continues to accept registrations for classes. If you know of any girls or women who are interested in the graceful movement discipline of rhythmic gymnastics, please have them contact Maija Ceming (671-2922), Jeanne Jakubo (566-8804) or Deborah Tincombe (675-2896).

SPONSORSHIP

Sponsorship packages are available to individuals, organizations and businesses that would like to support the Club's activities. If you know of any organization or business that would like to become a Sponsor of Sampo Rhythmic Gymnastics Club, please contact Maija Ceming (671-2922) or Deborah Tincombe (675-2896).

HOUSEKEEPING ITEMS

With the arrival of winter, gymnasts and coaches are asked to remove their wet footwear outside of the gym doors, place them in a plastic grocery bag and bring them into the gymnasium while participating in gym class. Parents are also asked to not walk on the gym floors with wet boots – please remove them before walking on the gym floor. This will ensure that the gym floors are kept clean and safe for use by all gymnasts and boots will not be misplaced.

POLICY ON LOST ITEMS

Gymnasts are responsible for their personal property which should be kept with them inside the gym. The Club cannot assume responsibility for lost or stolen clothing and equipment. The Club maintains a Lost and Found box at the schools where the Club's programs are held. Gymnasts or their parents are advised to check with the respective coach regarding lost or found items.

HAPPY HOLIDAYS!

SEE YOU IN JANUARY!