

2005 - 2006 REGISTRATION FORM – SAMPO RHYTHMIC GYMNASTICS CLUB

CLASS # & DAY	AMOUNT PAID	FUNDRAISING YES (___) NO (___)	CHEQUE # CASH
LAST NAME:		FIRST NAME:	
ADDRESS:		CITY:	POSTAL CODE:
TELEPHONE HOME:		TELEPHONE WORK:	
BIRTHDATE (d/m/yr):		AGE (on Sept. 1/2005):	
PARENT #1 FIRST & LAST NAME:		RELATIONSHIP:	
PARENT #2 FIRST & LAST NAME:		RELATIONSHIP:	
PARENTS' TELEPHONE: HOME #1 #2		PARENTS' TELEPHONE: OFFICE #1 #2	
PARENTS' E-MAIL ADDRESS #1 #2		GO NUMBER: (office use only)	

Please list any allergies, medical problems or disabilities of which the club should be aware:

Have you registered with Sampo previously? Yes (___) No (___). If yes indicate number of years of prior registration _____

How did you hear about Sampo? Newspaper (___), Media (___), Friend (___), Other (___).

WAIVER: I hereby agree that Sampo Rhythmic Gymnastics Club will not be held responsible for any accident, however caused and I agree to release the Club from all claims which may arise as a result of or by reason of such accident. I also understand that the Club is not responsible for any lost or stolen property.

_____ Date

_____ Signature of adult member or parent / guardian

(cut below and return above)

2005 - 2006 CLASS SCHEDULE – SAMPO RHYTHMIC GYMNASTICS CLUB

CLASS NUMBER	AGE	DAY	TIME	LOCATION	COACH	ASST. COACHES
1-Girls	3-4 years	Wednesday	6:00-7:00 pm	Sud. Sec. School	Susanne Neufeld	Laurie Lukkarila
2-Girls	5-7 years	Wednesday	6:00-7:00 pm	Sud. Sec. School	Karen Lukkarila	Liija Cassidy Eskola
3-Girls	8-10 years	Wednesday	7:00-8:00 pm	Sud. Sec. School	Liisa Kovala Karen Lukkarila	
4-Girls	4-6 years	Tuesday	6:00-7:00 pm	Sud. Sec. School	Jeanne Jakubo	Lacey Crowe
5-Girls	7-8 years	Tuesday	6:00-7:00 pm	Sud. Sec. School	Tanja Ceming	Alisa Scagnetti
6-1.5 hrs.	7-10 years	Tuesday	7:00-8:30 pm	Sud. Sec. School	Tanja Ceming	
7-1.5 hrs.	11 years & over	Tuesday	7:00-8:30 pm	Sud. Sec. School	Jeanne Jakubo	Lacey Crowe
8 –Ladies	18 & over	Monday	7:00-8:00 pm	Lockerby	Maija Ceming	Heini Heinonen-Kari
9-Ladies perform	18 & over	Monday	8:00-9:00 pm	Lockerby	Liisa Kovala	
10- Ladies ¹	18 & over	Tues & Thurs	12:10 – 1:00 pm	Church of the Epiphany	Maija Ceming	Liz Simms Deb Tincombe

(1) For class 10 see Maija Ceming for fee.

Classes begin Mon. September 19th. The Fall session ends December 14th. Classes resume for the New Year the week of January 9th. The last class is in the week of May 8th. Dress rehearsal will be on Wed. April 26.

Entry to the **Elite Programme** is by audition only. New gymnasts wishing to audition must be recommended by a coach or have previous involvement in a related discipline. The audition is at 7:00 PM on Mon. Sept. 19 at Lockerby. Elite gymnasts must attend 4 hours per week. Fees and exact times will be available at registration. Coaches, assistants, and replacements are Cristina Roque, Jessica Crowe, Maija Ceming, Mardi Denniston & Julie Ceming



SAMPO RHYTHMIC GYMNASTICS CLUB

2005 - 2006 RECREATIONAL AND ELITE PROGRAM INFORMATION AND REGISTRATION FORM

SEPTEMBER 13, 2005 - MAY 10, 2006

SAMPO RHYTHMIC GYMNASTICS CLUB IS AFFILIATED WITH THE CITY OF GREATER SUDBURY, COMMUNITY DEVELOPMENT.

SAMPO RHYTHMIC GYMNASTICS CLUB will be offering classes in rhythmic gymnastics for children and women from September 2005 to May 2006. Locations for classes will be:
Sudbury Secondary School, 85 Mackenzie St.;
Lockerby Composite School, 1391 Ramsey View Court; L'École St. Denis, 347 Hyland Dr.

SESSION DATES:

Classes begin Monday SEPTEMBER 19. Fall classes will end on Wednesday, DECEMBER 14. Classes will resume the week of JANUARY 9, 2006 and will end on Wednesday MAY 10, 2006.

REGISTRATION:

To avoid disappointment, please register by mail. To register by mail, complete the attached registration form and enclose it with a cheque or money order payable to SAMPO RHYTHMIC GYMNASTICS CLUB.

An in-person registration night will be held on TUESDAY, SEPTEMBER 13th at Sudbury Secondary School between 6:00 p.m. and 8:00 p.m. for those persons not able to register by mail. The registration form is on Sampo's web site (<http://www.geocities.com/samporgc>)

RECREATIONAL FEE:

Gymnasts registered in the recreational program have the option of participating in the Club's fund raising activities and receiving a reduction in registration fees. The fees for 2005 -2006 are as follows:

	FUND RAISING*	NO FUND RAISING
Classes 1-5	1 st child \$135 Additional child \$130	1 st child \$160 Additional child \$155
Classes 6 & 7	1 st child \$205 Additional child \$200	1 st child \$230 Additional child \$225

Two Spring Spirit tickets are included in the registration fee for each child.

** Gymnasts who register in the fund raising option must sell a full carton of chocolate covered almonds and participate in one other fund raising activity.*

Ladies (18 and over)

1 hr/wk - \$100, 2 hrs/wk - \$180.

What is Rhythmic Gymnastics?

Rhythmic Gymnastics is a sport where girls & ladies can develop total body fitness, including strength, flexibility, balance and endurance. It builds hand-eye coordination skill and further develops the gymnast's confidence. This sport combines the grace of ballet, the athleticism of gymnastics and the creative movement of dance while working with various apparatus such as ribbons, balls, hoops, ropes, scarves, and clubs, in time with music. Each movement interprets the music by following the rhythm and is choreographed according to several requirements of difficulties and patterns. It's somewhat like the floor routines in artistic gymnastics without the many flips and includes dancing, leaps, rolls and throws with apparatus. For further information see the [Sampo Rhythmic Gymnastics web site](http://www.geocities.com/samporgc/) (<http://www.geocities.com/samporgc/>)

Forward the registration forms and fees to:

SAMPO RHYTHMIC GYMNASTICS CLUB
982 Ramsey Lake Road
SUDBURY, Ontario
P3E 6J7

GYM SUITS:

Gymnasts are required to wear a Sampo t-shirt & a black bodysuit and black footless leggings to class. Some coaches may request that running shoes or gym slippers be worn in class. PLEASE, NO SOCKS ON THE GYM FLOOR AND NO CHEWING GUM.

EQUIPMENT:

Gymnasts must purchase equipment which will be used in classes and performances. Information and order forms will be provided early in the year.

SPRING SPIRIT:

Sampo's 36th Spring Spirit will be held at the Sheridan Auditorium on Tues. May 9, 2006. Dress rehearsal will be on April 26, 2006. Performance suits required for the Spring Spirit performance will be chosen in November. **Each gymnast must purchase a gym suit for Spring Spirit. Order forms will be provided. A \$50 deposit towards the purchase of the suit will be required in September.**

FURTHER INFORMATION:

Further information about Sampo Rhythmic Gymnastics Club may be obtained by contacting one of the following persons:

Jeanne Jakubo	566-8804
Deborah Tincombe	675-2896
Maija Ceming	671-2922

Class sizes will be limited! Please register early!