



Attention Parents!!!!

Shop Till You Drop Christmas Camps are back! And they are bigger and better than ever!

Dec 20 - 23rd ... let the kids play while you finish up your Christmas shopping!

Dec 28 - 30 ... More Exciting Fun Camps!

Time for the kids to burn off some of that extra holiday energy!!

10% sibling discounts, 5% online discounts!



[Register Online](#) **go!**



Mission Statement

KGTC is a family orientated, not for profit organization whose mission is to provide accessible gymnastics, trampoline and related sports programs to all participants in Kamloops and surrounding communities by encouraging health, fitness and personal excellence in a safe and fun environment.

A MESSAGE FROM OUR HEAD COACH - VIV HUGHAN

The air is crisp and the snowflakes are falling...which means holidays are on their way and with it comes all sorts of news and congratulations from KGTC!!

Congrats to Jade Wood, Shayla Gifford, Kassia Gifford and Britney DePalma for their performance at Judges Cup in Coquitlam in November! **Congrats** to our Competitive Trampoline Team for their performance at Shasta Invitational this past weekend! **And congrats** to all our NEW Double Mini, Trampoline and Women's Artistic Gymnastics Judges!!

A BIG THANKS to all of the little gymnasts and volunteers who came out, bundled up and tumbled down the road for the Santa Claus Parade!

Keep your kids busy and active over the holidays with our popular "**Shop Till You Drop**" **Christmas Camps!!** Drop them off while you head off to get all those last minute shopping errands done! Also don't forget to check out our **NEW YEARS EVE Party!** Save on the money and hassel of finding a babysitter for the evening; bring them here for their own New Years Eve party while you head out worry-free!

Wishing you the best of the season and Happy Holidays from all of us here at KGTC!!!

Viv Hughan

UP COMING EVENTS AT KGTC

Dec 17th - KGTC Board Meeting

Board meeting starts at 6pm in KGTC staff room.
Childminding and pizza available on request.

Dec 19th LAST DAY of Fall Session

Last Day for recreational programs, new session starts Jan 4th.

ALL pre-school classes finish in FEB.

Dec 20 - 23rd & Dec 28th - 30th

Shop Till You Drop Christmas Camps

Dec 31st - New Years Eve Party

Jan 4th - Winter/Spring Session Starts
for Recreational programs

Jan 18 - 24th - Gymnastics Awareness Week**Jan 23rd - KGTC Fitness Challenge****Feb 8th - Session 3 Pre-school Programs start****JAN 4th - Regular Programs Start!**

Lots of fun exciting programs for all ages.

Drop In - Pre-school, School Age, Adult & Family

Pre-School & Recreational Gymnastics, Trampoline and Cheer leading!

NEW! Parcours Fitness Program

-check out Free Running on You Tube ... then sign up for 5 week introduction at KGTC!!!!

For schedules and registration go to

www.kgtc.ca

New Years Eve Party!

Parents head out for a nice dinner and celebration while the kids jump and fly into the New Year!!

5:30pm - 1am

Supper and light snacks provided

Ages 6 - 13 yrs (Kindergarten - grade 7)

\$60 members

\$65 non members

www.kgtc.ca

KGTC Competitive Trampoline Team attended Shasta Invitational this past weekend. This was the first of 4 trials to qualify for Team BC at the Western Canadian Championships.

Results:

Lauren Hoot: 3rd Trampoline & 7th Double Mini - both in Women's A

Sam Inouye: 5th Trampoline & 8th Double Mini - both in Women's A

Danica Hart: 4th Trampoline - Women's B & 3rd Double Mini - Women's C

Emily Schmidt: 5th Trampoline - Women's B & 5th Double Mini - Women's C

Chase Kirstien: 2nd Trampoline & 5th Double Mini - Men's B

Mario Bruno: 5th Trampoline & 6th Double Mini - Men's B

Rachel Beauchamp: 12th Trampoline - Women's B & 4th Double Mini-Women's C

Congrats to everyone!

Gail Salmon

Wow!
What a great party ... better book early for the next one!!!

BIRTHDAY PARTIES!!!

\$125 base price (up to 12 kids)

call for rates for larger groups

CHRISTMAS OFFICE HOURS**DEC 20 - 11am - 5pm****DEC 21, 22, 23 - 9am - 6pm****DEC 24 - 27 OFFICE CLOSED****DEC 28 - 30 9am - 4pm****DEC 31 - JAN 3 - OFFICE CLOSED****In the Spirit of Giving!**

Gail Salmon KGTC's Trampoline Coordinator has started a wonderful tradition at KGTC..... Join us this holiday season and help us fill a box with toys and non-perishable food items for Christmas Amalgamated! Lets work together to help those less fortunate. Donations can be dropped of at KGTC during regular hours

Mon - Fri 9 - 8pm

Sat 9 - noon

FAMILY DROP IN**LAST DAY FOR 2009 - DEC 13TH 4 - 6pm****ADMISSION BY DONATION TO KAMLOOPS FOOD BANK**

KGTC Coaches, Staff and Board of Directors wishes you all a Wonderful Holiday Season.

FROM THE DESK OF KGTC RECREATIONAL DIRECTOR**PENNY****ERICKSON****CAN GYM PROGRESS REPORTS for RECREATIONAL GYMNASTS**

CAN GYM is Canada's National skill development program for gymnastics. **CAN JUMP** is the National Program for trampoline. These programs were created by coaches to be used in recreational gymnastics for participants of all ages.

Gymnasts receive a progress report at the end of each session highlighting their achievements. They receive the level badge if they have mastered all but three of the skills. There is no pass or fail for these levels; they are a measure, at the time, on how your child is progressing. Each achievement level incorporates 4 levels that become progressively more challenging, thus it takes longer to achieve badges as they progress into the higher levels. A child's growth pattern will also affect their abilities at different times in the program.

The Bronze Achievement (Burgundy -Red -Tan and Bronze) concentrates on developing the fundamental movement patterns including landings, stationary positions, rotation, swing and spring. The Silver Achievement (Purple - Blue - Turquoise - Silver) works on combining the movement patterns to develop strong "building blocks" for skill advancement. The Gold Achievement (Orange - Tellow - Green -Gold) trains a gymnast to master skills.

At KGTC each program pertains to 2 badge levels. If you have any questions about the progress reports please feel free to contact me at recdirector@kgtc.ca.



**2010 Canadian Gymnastics Championships
May 24-30, 2010**

Sponsors needed! Why become a sponsor?

We frequently encounter the mistaken perception that contributing to sport events is like making a charitable donation. Naturally, people often prefer to make charitable contributions to causes like disease research and hospitals, and we support this – we are not competing for those charitable dollars.

We are asking businesses to invest in themselves, by promoting their own business while investing in an industry which increases the economic base that supports their business.

Sport Tourism is a whole-community industry which requires a partnership between (1) the non-profit organizations which contribute thousands of volunteer hours planning and staffing the event, and (2) local businesses which help support about 10% of the event costs.

Economic benefits of sport tourism:

- Sport Tourism raises the economic level of the entire community by bringing outside dollars into the local economy
- It is a year-round industry, and unlike other forms of tourism, Sport Tourism to a large extent does not depend upon the whims of the tourists. Sport participants have only one choice of destination.
- Sport events introduce our community to the rest of Canada and the world, showing visitors that Kamloops is so much more than a collection of individuals, because these events require many people from many facets of the community to work together on a common goal, in an extraordinary display of cooperation, commitment, generosity and spirit. Showing our community in the best light possible helps to attract tourists, new citizens and business investment.

Benefits for sponsors:

- It's an investment in advertising and promotion for your business (a tax-deductible expense) which targets a very large and rapidly-growing demographic – gymnastics families.
- Business advisor Angus Reid Strategies recommends sponsorship on the basis that it makes people think of you as a leader and good corporate citizen; this makes them more likely to recommend you, and recommendations drive business growth.
- The industry rewards your support by raising the economic level of the whole community, which will bring financial benefits to your business.
- Support for events happening now leads to more events in the future, so sponsorships have a long-term beneficial impact.

Many levels of sponsorship are available – how about an Apparatus Sponsorship?

There are 14 Apparatus Sponsorships at only \$1,000 each. Among many promotional benefits, you get a sign next to your apparatus. You choose the apparatus, but it's first come first served!

We welcome in-kind contributions, lists coming soon - examples:

Food businesses:	meals, snacks and beverages for Hospitality
Office supplies & equipment:	Copy paper and stationery supplies
	Photocopiers on loan

Sponsorship information packages:

For complete information, pick up some packages for yourself and others – these will be available in the KGTC and KATTS gyms, offices, and online at www.kgtc.ca and www.kattsgymbc.com.

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