



## Gymnastics Awareness Week Jan 18 - 24th

**Fun events and activities all week!**

- o **Bring a friend week** (bring a friend of similar age to your class!) Rec and pre-school programs only.
- o **Coloring contest** – pick up your coloring sheet at the front office! Return to the office by Jan 25<sup>th</sup>
- o **Essay Contest** – information available from your coach/at the front office
- o **Free Cheer leading clinic** – Sunday Jan 24<sup>th</sup> – 4 – 5:00pm
- o **Fitness Challenge** – Saturday Jan 23<sup>rd</sup> – 12:30 – 3pm  
anyone can enter, get 4 people together and test yourself against some of our gymnasts!
- o **BC Hydro Smart Team & Open House** – Saturday Jan 23<sup>rd</sup>  
3:30 – 5pm
- o Come on out and enjoy the fun!!!

### 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

Good luck to Hannah, Kassia and Britney as they head to BC Games trials this weekend in Kelowna! If they qualify to make the Zone 2 team, they will head up to Terrace in March for the 2010 BC Winter Games.

Also a big **GOOD LUCK** to our other Women's Artistic Athletes who will be competing at Cobweb Invitational this weekend. Later this month our Pre Comp & GAP Elite girls who will attend Gymstart testing in Coquitlam and our Comp Tramp and Comp Women's Artistic Athletes will compete at Flip City Invitational later this month in Abbotsford!

This is a big month for Gymnastics as this month is host to Gymnastics Awareness Week! Help celebrate and spread the word of how beneficial gymnastics can be for development! Gymnastics is one of the grassroots foundation sports for young athletes. Early exposure to gymnastics activities should be one of the first steps for all children on the road to physical literacy. Good gymnastics skills will provide excellent foundations for almost any other sport. Check out our numerous Gymnastics Awareness Week Activities!

KGTC –putting spring in your step!

*Viv Hughan*

**UP COMING EVENTS AT KGTC**

**Jan 16th - Foundations Part 3 Trampoline Course**  
Coaching course for Trampoline Gymnastics

**Jan 18 - 24th - Gymnastics Awareness Week**  
Watch for fun activities, contests and more!

**Jan 21st - Board Meeting**

Meeting starts at 6:00 pm TCC Meeting room  
2nd floor

**Jan 23rd - KGTC Fitness Challenge****Jan 17th - COBWEB Invitational**

First WAG competition of 2010 hosted by  
OGC in Kelowna

**Jan 23 - 24 - Flip City Invitational**

Both Women's Artistic and our Trampoline Team  
will be heading to the lower mainland to compete.

**Feb 8th - Session 3 Pre-school Programs start****NEW for 2010!****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](http://www.kgtc.ca)

**NEW Teen Programs** ... 5 week programs with fun unique focus  
each session! Tumbling and Trampoline, Fun and Fitness and more!

**Exciting  
Competitions  
coming to KGTC!!!**

**Feb 26 - 28 Wild West  
Fest**

**May 24 - 30 Canadian  
National Gymnastics  
Championships**

**Get involved and  
Volunteer today!**

[www.kgtc.ca](http://www.kgtc.ca)

**BIRTHDAY  
PARTIES!!!**

\$125 base price (up to 12 kids)  
call for rates for larger  
groups

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

**THANK YOU, THANK YOU, THANK YOU!**

**Thanks to everyone for their generous  
donation of food and toys for Christmas  
Amalgamated, the Food Bank and New Life  
Mission. Your kindness and generosity is very  
much appreciated.**

**Thank you also to Gail Salmon for organizing  
this again this year.**

**FROM THE FRONT DESK AT KGTC****FAMILY DROP IN**  
**New Changes Effective Immediately!****New Fees: \$3/person**

**Reminder** that the Registration Insurance Fee is required for EACH person attending Family Drop In on FIRST VISIT. Registration Insurance fee is \$25/person and is valid from Sept 1 - Aug 31.

**Sundays 4 - 5:30**

**NEW, \*\*last Sunday of each month is Food Bank Day. Bring the family and a donation to the food bank and try out our great facility. Great fun for the whole family!!!!**

**(recommended 1 item / person)**

Jan 31, Feb 21, March 28, April 25, May 16, June 20

(\*\*Note dates are based on Last Sunday of each month that KGTC is open)

**REGULAR OFFICE HOURS****MON & WED & FRI 9 - 8pm****TUES & THURS 9 - 6pm****SAT 9 - noon****QUICK!**

Our programs are filling fast!  
Avoid disappointment and sign up  
today!!!

[www.kgtc.ca](http://www.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](http://www.kgtc.ca) and [www.kattsgymbc.com](http://www.kattsgymbc.com).

**910 McGill Rd. Kamloops, BC V2C 6N6** (beside Canada Games Pool)

**250-374-6424 ph**

**[www.kgtc.ca](http://www.kgtc.ca)**

**250-374-6425 fx**