

# TRAIL GYMNASTICS CLUB

Spring 2024 Newsletter

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## Spring Session Dates

Monday Girls Recreational: April 8 - June 17

Tuesday Parent & Tot/Preschool: April 9 - June 11

Tuesday Girls Advanced Rec: April 9 - June 18

Wednesday (all programs): April 3 - June 12

Thursday Girls Advanced Rec: April 4 - June 20

Friday Recreational: April 5 - June 14

## Absence Reporting

Please keep all sick kids at home, this includes runny noses and coughs. Sick staff means cancelled classes for everyone. We reserve the right to send sick kids home from class; if a parent is not available, they will be asked to wear a mask and wait at the lobby desk until someone can pick them up. If you are keeping a sick/injured child home, or they are away for other reasons, please fill in our Absent Reporting Form so that the coaches are not waiting at the door for kids. [FORM LINK HERE](#) and on Uplifter Main Page at <https://trailgymnastics.uplifterinc.com/>

**What to Bring To Class:** Come fully dressed, ready for practice, having used the washroom at home/before class, filled water bottle, **small snack for 2hr+ classes**

**What to Wear to Class:** Children should wear Lycra or cotton shorts and a properly sized T-shirt. We have a number of brand new and previously loved gym suits for sale in our lobby. All long hair needs to be up in a ponytail, no dangly jewelry and bare feet only.

**What to Expect:** • Drop off and pick up of athletes will be at the main entrance • Please be on time for classes as well as pick up. There will be an overlap and coaches cannot wait for late students as it delays the class for everyone. If you are running late for drop off, knock on the street level window to get someone to open up the door for you • Parents are not permitted to watch from the lobby or on the floor, except in cases where their kids require this for safety reasons.

**Class Routines:** • Entrance doors will open at class start time • Sanitize hands at the entrance door • Remove shoes, socks, jackets and hats • Bring your water bottle into the gym and place on the white shelf, sit on the carpet where directed by the coach • We will do attendance and then start off with a warm-up game and stretch • We will break into smaller groups and start events. Each day you will do 3 circuits on the gym apparatus which includes tumble track, vault, bars, beam & floor • We will gather back together at the circle at the end of class and then do high fives • Once you're dressed in your outside gear, you can make your way upstairs to the exit. Children are asked to NOT run out to the street and that all parents MUST come to the pick up area, and not be waiting in cars as we cannot keep track of everyone leaving and entering if kids are running away.

**Preschool/Parent & Tot Specific:** • Mobile siblings are not permitted in any class. • Parents are not allowed on the floor except in parent and tot programs • In parent & tot classes, all babies must be carriers or car seats to maintain hands free to assist your tot in the class. All parents must remain within arms reach of their tot. Parents are allowed to view from the bleachers in the preschool program as it helps kids to develop separation awareness. If your child is more concerned about you watching than they are participating, it would be better to leave.

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## Weekends at Trail Gymnastics

We are not currently running birthday parties or Saturday programs this year due to a lack of qualified staff available for weekends.

## Parent and Athlete Satisfaction Survey:

[Link Here](#)

## Viewing Week

June 3-7, 2024

An email will go out in February with sign up information for viewers and door volunteers. The November viewing week was a success and we are excited for the next one! We do hope to run more than one during the session, but this does rely on parent volunteers and excellent spectators.

## Road Safety

The road around Selkirk is a One Way street. To avoid any accidents, please drive into the road through Bay Ave. and exit through Cedar Ave. (many will enter on Cedar which is the wrong way)

Please watch for kids crossing the street and loading and unloading vehicles at class times.

Please do not back into the spaces across from our entrance, the headlights are blinding for everyone entering the street.

Drive slowly through the area, there are children present that are not always paying full attention to traffic.

## Spring Fundraiser

Ferraro Foods Gift Cards:  
Order Due May 20th. [Order using the form](#) and watch for emails.



## Competition Schedule

Kootenay Cup February 2-4  
Key City Invitational February 22-24  
Women's Artistic Provincials March 29-30  
Kootenay Zone Championships April 26-28  
Grizzly Classic May 9-12  
Rocky Mountain Tumble May 31-June 2

## Fundamental Testing Week

May 27-31, 2024

As many experienced in December, we will once again be running our fundamental testing for all recreational programs in February. This is a fun way for gymnasts to see where they're at with a variety of basic skills, and they get a fun report card and ribbon.