



*Home of the Ottawa Gymnastics Club*  
294 Elmgrove Ave  
Ottawa, ON, K1Z 6V1  
613-722-8698 ext:303(ph)  
[crichardson\\_ogc@rogers.com](mailto:crichardson_ogc@rogers.com)  
[ogc@rogers.com](mailto:ogc@rogers.com)  
[www.ottawagymnasticscentre.ca](http://www.ottawagymnasticscentre.ca)

**Dear Mens Competitive Program Parents,**

We have a busy month coming up with lots of activities for the boys in the program so I thought I would send out an update note of all the events and also will update the Mens Calendar.

- December 3-4<sup>th</sup>      Womens Qualifier OGC. No Practices for all groups Dec 4<sup>th</sup>.
- December 11<sup>th</sup>      Developmental Group Parents Day from 14:00-15:00. Come watch your boys in action in the gym.
- December 13<sup>th</sup>      Awstin Developmental Group Progress Reports to go Home.
- December 14<sup>th</sup>      Taylors Developmental and Pre Comp Progress Reports to go Home.
- December 16<sup>th</sup>      Pre Competitive Parents Night from 17:30-18:30. Come watch the boys in action in the gym.
- December 18<sup>th</sup>      Mens and Womens Programs Holiday Party, Information to come. All Mens program groups practices to start @ 12:30.
- December 19<sup>th</sup>      OGC Hosting a Provincial and Pre Comp training camp for athletes 8years and older. 16:30-21:00 with snack included. **See attached flyer and let Colin know if you wish to participate by December 11<sup>th</sup>.**
- December 20-22<sup>nd</sup>      Last Practices before the Holiday Break.
- December 23<sup>rd</sup> –January 1, 2012      Holiday Break, Happy Holidays/Happy New Years!
- January 2<sup>nd</sup>      Regular practice schedule resumes.

Should you have any questions please don't hesitate to ask.

Colin Richardson  
Men's Head Coach and Program Director.