



Home of the Ottawa Gymnastics Club
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Dear Mens Competitive Parents,

We have been invited by Tumblers gymnastics to head over to their gym for a "mock" competition and training session next Sunday Jan 29th from 16:00 to 20:30.

This will be a great opportunity for our boys, especially the 1st timers, to get there competitive Uniforms and Tracksuits on and practice actual competition Warm Up and Simulated competition environment with other kids from another club. It will also be a great benefit to our more experienced competitors who are doing new or different skills and levels this year as it will give them a great opportunity to prepare on unfamiliar apparatus and a different environment. All in all it will be a fantastic opportunity. Our competitive uniforms should be arriving early this week, hopefully Monday or Tuesday and we will try and make sure invoices are sent out in mail boxes and emails as quickly as possible. There are still some boys tracksuits here in the office and ready to be paid for and picked up.

Everyone competing is expected to attend and if there is driving challenges we can certainly help out or point you towards someone traveling from the same place.

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

Colin Richardson
Men's Head Coach and Program Director.