

# Newsletter



02/21/2025

## February's TRUE SPORT Principle of the Month

### STAY HEALTHY!

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

## CLUB NEWS

### OGC Turns 65!

2025 is the Ottawa Gymnastics Centre's 65th year in operation. To mark and celebrate this incredible achievement there will be various activities throughout the year to highlight and involve our alumni. Continue to follow us on social media for additional news and upcoming announcements.

[Click here to register as an alumnus and be a part of OGC's 65th anniversary!](#)

## OPPORTUNITY TO GIVE BACK

### WAG 65th Anniversary Qualifier: MANY volunteers are needed to make this event a success!

We are excited to announce that the Ottawa Gymnastics Centre has been chosen to host the Women's Artistic Gymnastics (WAG) 65th Anniversary Qualifier from February 27th to March 2nd, 2025, and we need your help to make it a success!

[Sign up here!](#)

### Donate Items to the OGC

If you have any of these items hanging around in the basement or garage not being used, we can make great use of them to improve our warm-up spaces and workspaces for admin staff and coaches.

- IKEA Kallax shelves (cubby style, any colour)
- IKEA desks or tables
- Small shoe racks
- Office chairs
- Athletic bands
- Bosu balls
- Ballet bars
- Gym mirrors
- Other small fitness equipment

# ATHLETE HIGHLIGHTS

## Agnes Laing Classic Results

### **Silver 10/11**

Taylin - 2nd VT, 2nd UB, 8th BB, 3rd FX, 1st AA

Ruby - 5th VT, 1st UB, 5th BB, 4th FX, 2nd AA

Lyla - 7th VT, 4th UB, 1st BB, 6th FX, 3rd AA

Kentakè - 3rd VT, 6th UB, 8th FX, 7th AA

Mila - 2nd VT, 7th UB, 4th FX, 8th AA

### **Silver 12A**

Miriam - 7th VT, 3rd UB, 4th BB, 4th FX, 4th AA

Valentina - 2nd VT, 1st B, 7th BB, 3rd FX, 5th AA

### **Silver 12B**

Salima - 3rd VT, 7th UB, 8th BB, 8th FX, 8th AA

### **Silver 13**

Clara P. - 3rd VT, 1st UB, 3rd BB, 1st FX, 1st AA

Emma - 5th VT, 4th UB, 1st BB, 4th FX, 2nd AA

Kannya - 1st VT, 4th UB, 4th BB, 6th FX, 4th AA

Zoe - 3rd VT, 3rd UB, 7th BB, 6th FX, 6th AA

Asha - 6th VT, 6th UB, 8th FX

### **Silver 14**

Sasha S. - 1st VT, 2nd UB, 5th BB, 3rd FX, 3rd AA

Simone - 6th VT, 3rd UB, 6th BB, 5th AA

### **Silver 15+**

Sophie - 3rd VT, 5th UB, 1st BB, 3rd FX, 1st AA

Lindsey - 2nd VT, 6th UB, 4th BB, 8th FX, 6th AA

### **Gold 12-13**

Sophia - 1st VT, 3rd UB, 2nd BB, 1st FX, 1st AA

### **Gold 14-15**

Sasha B. - 4th VT, 2nd UB, 1st BB, 1st FX, 1st AA

Kaitlyn - 1st VT, 1st UB, 8th BB, 6th FX, 7th AA

### **Gold 16+**

Katherine - 3rd VT, 4th UB, 2nd BB, 4th FX, 2nd AA

### ⚠️ **High Score Alerts** ⚠️

Sasha B. 9.725 FX

Sophie 9.7 VT & BB

Lindsey 9.75 VT

Sasha S. 9.85 VT

Clara P. 9.85 UB

Emma 9.725 UB

Kannya 9.725 VT

Taylin 9.7 UB

Ruby 9.75 UB

### 🏆 **Special Awards** 🎉

Emma - Floor & Best Legs

Sophia - Vault & Award of Excellence

### **Bronze Age 10**

Heaven - VT 3rd, UB 6th, BB 3rd, FX 5th, AA 2nd

Clara L. - VT 5th, UB 8th, BB 2nd, FX 2nd, AA 3rd

Abby A. - VT 5th, UB 6th, BB 4th, FX 3rd, AA 4th

Roksana - VT 6th, UB 3rd, BB 6th, FX 4th, AA 5th

Sari - VT 7th, BB 7th, FX 6th

Harmony - BB 5th, FX 7th

### **Bronze Age 11**

Rosalie - VT 3rd, UB 1st, BB 8th, FX 2nd, AA 3rd

### **Bronze Age 12A**

Rose - VT 3rd, UB 4th, BB 7th, FX 4th, AA 4th

Noralyn - VT 6th, UB 3rd, BB 3rd, AA 6th

### **Bronze Age 12B**

Cassandra - VT 5th, UB 7th, BB 1st, FX 6th, AA 4th

Ava - VT 7th, UB 2nd, BB 7th, FX 4th, AA 6th

Maeve - VT 6th, UB 6th, BB 4th, FX 7th, AA 7th

Ariel - VT 5th, UB 8th, FX 2nd

### **Bronze 13+**

Sonakshi - VT 6th, UB 8th, BB 7th, FX 4th, AA 7th

Madi - UB 5th, FX 3rd, AA 8th

Maureen - VT 8th, FX 7th

**⚠️ High Score Alert ⚠️**

Heaven 9.8 VT

Sonakshi 9.7 VT

Clara L. 9.725 VT

Rose 9.75 VT

Abby A. 9.725 VT

**🏆 Special Awards 🎉**

Ariel - Best Artistry & Floor

Rose - Best Dismount & Bars

**Simone Biles Competition Results**

Two OGC WAG athletes represented Team Ontario: Alex Reddick of the level 10 Team Ontario placed 5th on beam. Dalia Weisz of the level 9 Team Ontario placed 1st on beam, 2nd on floor, 4th all around, 8th on vault, and 8th on bars. Having acquired the highest AA score of Team Ontario Dalia got to bring home to OGC the 2nd Place Team Banner won by Team Ontario. Congratulations!

**Elite Canada**

An unfortunate ankle injury prevented Connor Nguyen to compete in this prestigious event. However, we are looking forward toward the next National competition which is Canadian Championship in May 2025. Updates will follow.

**ACTIVE START & FOUNDATIONS UPDATES**

**Spring Session Updates**

The infographic is divided into two main sections: Active Start Programs and Foundations Programs. Both sections feature the OGC logo and a 'Happy 65 Years' banner. The Active Start Programs section is for ages 6 months to 4 years and includes 'Parent/Guardian Assisted' (with sub-levels BabyNastics and Tall & Small 1, 2 & 3) and 'Independent Programs' (with sub-levels Independent 3 & 4 and Totally Trampoline). The Foundations Programs section is for ages 5+ and includes 'Introductory Levels' (Purple and Turquoise), 'Foundations Levels' (Red and Bronze), 'Intermediate Levels' (White and Silver), and 'Advanced Levels' (Yellow and Gold).

Program Type	Level	Color
Active Start Programs (Ages 6 months to 4 years)	Parent/Guardian Assisted	
	BabyNastics	
	Tall & Small 1, 2 & 3	
	Independent Programs	
	Independent 3 & 4	
Totally Trampoline		
Foundations Programs (Ages 5+)	Introductory Levels	PURPLE
		TURQUOISE
	Foundations Levels	RED
		BRONZE
	Intermediate Levels	WHITE
		SILVER
	Advanced Levels	YELLOW
		GOLD

**Registration for Spring Session 1 is now open, and classes are filling up fast!**

Spring Session 1 will run from Monday March 17th – Sunday May 11th.

Follow [this link](#) to secure your spot!

### **Winter Session Reminders**

#### **No Classes**

Wednesday, February 26th – Sunday, March 2nd \*inclusive for OGC Meet

#### **Final Class Dates**

- Saturday Classes – February 22nd
  - Sunday Classes – March 9th
  - Monday Classes – March 3rd
  - Tuesday Classes – March 4th
- Wednesday Classes – March 5th
- Thursday Classes – March 13th
- Friday Classes – March 7th

#### **Make-Up Classes**

- Make up for Thursday February 13th will be Thursday March 13th
- Make up for Sunday February 16th will be Sunday March 9th

### **Ontario Gymnastics Week!**



February 8th - 14th we celebrated Ontario Gymnastics Week and Valentines' week at OGC! During the last 5 minutes of class, Foundations (ages 5-12) gymnasts were asked to write down their favorite things about gymnastics. As the week progressed, we added all their fun responses to our "Happy Gymnastics Week" wall. We will leave this up for the week so you can spot your child's heart the next time you come in!

# ADULT PROGRAM UPDATES

## Spring Adult Gymnastics Program!

We are offering both a Beginner and an Intermediate/Advanced adult gymnastics class from 7:30 - 9:00pm on Tuesdays.

Coach Olivia will be returning for our Spring Session and will be joined by Coach Laura who has a wealth of knowledge and experience leading adult programs!

[SIGN UP HERE!](#)

## COMING UP IN FEBRUARY & MARCH

February 27th - March 2nd: WAG 65th Anniversary Qualifier starts! ***\*No regular programming!***

February 27th - March 2nd: TG 2nd ON Cup at Burlington Trampoline Club

March 5th - 9th: WAG Gymnix International ***\*Optional athletes.***

March 7th - 9th: MAG ON 3rd Cup at Kitchener-Waterloo Gymnastics Club ***\*All of our MAG competitive athletes will participate!***

March 5th - 10th: TG Ontario Tour (Level 3) Winter Classic Invitational in Battle Creek, Michigan

March 10th - 14th: March Break Camp ***\*Limited spaces still available!***

March 20th - 24th: GO Tour Selection, Airdrie, AB

***\*Athletes qualified: Valdemar Coveny, Jamie Ghergari, and William Pokou.***

***Coach: Abigail Palmer.***

***This competition is an International Juniors event between Canada and U.S.A.***

***OGC is represented by Judge Florin Matei.***

March 27th - 30th: TG 3rd ON Cup at Burlington Trampoline Club

**From the Ottawa Gymnastics Centre Team**

**Check out our  
online boutique!**

294 Elmgrove Avenue, Ottawa, ON  
www.ottawagymnasticscentre.ca  
info@ottawagymnasticscentre.com