

Newsletter



01/17/2025

January's TRUE SPORT Principle of the Month

GO FOR IT!

The willingness to learn, improve, and try new things are seen daily at Ottawa Gymnastics Centre, from all ages and stages, and in every discipline of gymnastics.

For OGC competitive athletes, competition season is ramping up in every discipline. A “GO FOR IT” approach to competition includes rising to the challenge and striving for excellence, while learning from both the ups and the downs of the competitive experience.

Learning and striving for a common goal and sharing a sport that we love makes competition meaningful and motivates us to keep improving and training long after the competition is over... looking forward to the next opportunity and the joy of GOING FOR IT!

For EVERYONE at OGC “GO FOR IT” means rising to the challenge, being persistent, and discovering how good you can be!

Believing that effort makes a difference is part of a growth mindset, and it is always amazing to find out what you can learn next. Listening and learning from amazing coaches, trying hard, and encouraging others to challenge themselves are all part of the True Sport “GO FOR IT” Principle.

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 alumni and be a part of OGC's 65th anniversary!](#)

Lost & Found

Winter is here! Our lost and found is growing faster than usual. Please check the lost and found regularly. All items remaining in the lost and found on Monday, January 27th will be donated to a local non-profit organization.

QuickBooks Payments

To our annual members: this is a friendly reminder that we have switched our payment system to QuickBooks. We no longer keep credit cards on file, providing you with a safer and more secure payment experience. You will receive an invoice on the 1st of every month to be paid by you by the 15th. Invoices can be paid by clicking the "Review & Pay" button in the email.

*We recognize that we are currently experiencing issues with the payment links. We expect QuickBooks to have this issue resolved by January 20th. We still accept payments by e-transfer (payments@ottawagymnasticscentre.ca) if this option works for you. We apologize for the inconvenience!

Online Boutique is LIVE!

Get ready to elevate your performance and your wardrobe with our collection designed for gymnasts of all levels. We blend fashion and function, offering everything from fun accessories to stylish training gear that helps your gymnast shine both in and out of the gym.

Stay tuned for more handpicked designs from Left on Friday and enjoy the perfect mix of comfort, durability, and style. From sleek and supportive leotards to accessories that make a statement, we have everything you need to turn your gymnastics journey into a fashionable one.

ATHLETE HIGHLIGHTS

It was brought to our attention that our last Newsletter did not accurately reflect the placements of the 1st WAG optional qualifier of the season at Burlington's Winter Wonderland 6th - 8th of December 2024. We apologize for this oversight and would like to highlight the following athletes for their hard work and achievements:

Level 10

Molly - 8th UB

Angelina - 2nd VT, 6th FX

Alexandra - 1st VT, 2nd UB, 6th FX, 3rd AA

Level 9

Dalia - 4th VT, 5th UB, 1st BB, 4th FX, 3rd AA

Level 8

Hailey - 7th VT, 5th UB, 5th BB, 8th FX, 8th AA

Cecilia - 4th VT 6th UB

Olivia - 7th VT, 2nd UB, 1st BB, 7th AA

Level 7

Violet - 7th VT, 8th BB, 4th FX

Nia - 8th VT, 8th UB, 3rd FX

Abby R - 8th UB, 7th BB, 4th FX

Kate - 7th VT, 5th FX

Level 6

Alice - 8th FX

Ella - 8th VT, 5th BB, 5th FX

Eva - 2nd VT, 5th UB, 6th BB, 7th AA

WAG Program Highlight

Alexandra Reddick and Dalia Weisz participated at the Team Ontario training camp hosted by Burlington Gymnastics in preparation for the Simone Biles competition in Houston, Texas later this month.

MAG Program Highlight

On February 13th - 16th, at the Markham Pan Am Centre, Gymnastics Ontario is hosting Elite Canada, a prestigious competition with participation of all the best MAG and WAG athletes from all over Canada.

OGC is honored to be represented by Connor Nguyen, in the Junior (15-16 years) category.

If you have the opportunity, it is a highly recommended and fun competition to watch. Best of luck to all our athletes, coaches, supportive parents, and staff!

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!

More information about this volunteer opportunity is coming soon.

IN THE COMMUNITY

Research Study Opportunity: Body Image in Young Female Athletes

Laurentian University researchers Karine Talbot (Graduate Student) & Dr. Chantal Arpin-Cribbie (Faculty Member in Psychology) have reached out to OGC. They are seeking **female athletes between the ages of 16-21 who live in Ontario** and are involved in sports at any level to participate in this study. This research project has been reviewed and approved by the Laurentian University Research Ethics Board.

PARTICIPATE IN A 4-WEEK ZOOM PROGRAM WITH FELLOW ATHLETES. As part of this study, you will be asked questions about the kinds of sport(s) you do, the pressures you might experience in your sport(s), how you feel about your appearance, and how you talk about it with other people. The first part of this study will take about 20 minutes. You will then be invited to participate in 4 weekly 1-hour sessions over Zoom that will be run by two university-aged young women. Participants will get the chance to connect with others, talk about their experiences with body image in sports, and question the way we think about appearance.

Participants will have the chance to be entered into a draw to win 1 of 3 Amazon gift cards.

Study Link: <https://redcap.link/mf6stwj0>

ACTIVE START & FOUNDATIONS UPDATES

Winter classes have begun! Limited spaces remain - follow [this link](#) to secure your spot!

We would like to remind families that our programs are now 50 or 80 minutes in length.

50-minute classes

- Tall & Small 1, 2 & 3
- Independent 3 & 4
- Purple & Turquoise
- Red & Bronze

80-minute classes

- White & Silver
- Yellow & Gold

New class offerings for the Winter 2025 session:

Totally Trampoline (ages 3-5): Children will be guided through the development of basic trampoline skills on the floor, tumble track, in ground and above ground trampolines. While focused on fun, this program will help children develop the necessary skills to move into our Trampoline Foundations Program (Just Jump). This class is a great add on to our Independent 3 & 4-year-old classes!

ADULT PROGRAM UPDATES

Winter 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 Winter Session and will be joined by Coach Laura who has a wealth of knowledge and experience leading adult programs!

Use the links below to sign up now!

- [Beginner Adult Gymnastics](#)
- [Intermediate/Advanced Adult Gymnastics](#)

COMING UP IN JANUARY & FEBRUARY

January 23rd - 26th: WAG 2nd Provincial Qualifier at Les Sittelles

January 24th - 26th: MAG 2nd Ontario Cup in St. Catherines & Trampoline 1st Cup in Belleville

January 24th & 31st: PD Day Camps - *Registration open!*

January 29th: Active Start & Foundations Spring 1 registration opens

February 8th - 14th: Ontario Gymnastics Week

February 12th: Summer Camp registration opens

February 13th - 16th: Elite Canada in Markham, Ontario

February 14th: PD Day Camp - *Registration open!*

February 17th: Family Day (no classes)

February 27th: WAG 65th Anniversary Qualifier starts!

February 27th - March 2nd: Trampoline 2nd Cup in Burlington

From the Ottawa Gymnastics Centre Team

**Check out our
Boutique!**

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