

# Newsletter



03/18/2025

## March's TRUE SPORT Principle of the Month

### **PLAY FAIR!**

Understand, respect, and follow the rules. Play with integrity - competition is only meaningful when it is fair.

## CLUB NEWS

### Lost & Found - Donated March 26th

Our lost and found has grown significantly; please check the lost and found regularly. Any items remaining in the lost and found on Wednesday, March 26th will be donated to a local non-profit organization.



### We are featured in the Ottawa Sport Pages! 🧐

Have you read the article from March 11th, 2025?

Thank you to Dan and Isabella from the Ottawa Sport Pages for this beautifully written article to honour our 65th Anniversary Celebration.

[Head over to their page to read the full article!](#)

## OPPORTUNITY TO GIVE BACK

### Sponsorship Packages Coming Soon!

Are you interested in having your company/organization featured in our lobby, social media, website, and more?

We are thrilled to announce that we will be offering official sponsorship packages to OGC members and the community. Please stay tuned for more information regarding pricing and promotional opportunities in the coming weeks!

Interested in being one of the FIRST to receive our sponsorship package? Email us at [admin@ottawagymnasticscentre.com](mailto:admin@ottawagymnasticscentre.com) to be added to the waitlist.

### **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

**It was a very busy period of back-to-back competition weekends for the WAG program with the OGC hosted 65th anniversary compulsory, Optional qualifier, and Invitational Competition followed by International Gymnix competition in Montreal.**

### **WAG 65th Anniversary Qualifier**

#### **Optional athletes:**

##### **Level 9 age 15+**

Dalia: 3rd VT, 3rd UB, 2nd BB, 1st FX, 3rd AA

##### **Level 8 age 15+**

Olivia: 1st VT, 2nd UB, 1st BB, 1st FX, 1st AA

Cecilia: 6th VT, 6th UB, 8th BB, 4th FX, 7th AA

##### **Level 8 age 12**

Hailey: 5th VT, 1st UB, 4th BB, 7th FC, 5th AA

##### **Level 7 age 16+**

Avery: 6th VT, 5th UB, 8th BB, 7th FX, 6th AA

##### **Level 7 age 14**

Kate: 4th VT, 3rd UB, 7th BB, 1st FX, 6th AA

Safia: 3rd VT, 5th UB, 6th BB, 3rd FX, 4th AA

##### **Level 7 age 13**

Abby R. 2nd VT, 4th UB, 1st BB, 4th FX, 2nd AA

Nia 5th VT, 2nd UB, 4th BB, 6th FX, 4th AA

Emily. 3rd VT, 5th UB, 5th BB, 5th FX, 5th AA

##### **Level 7 age 10-12**

Violet: 5th VT, 8th UB, 8th BB, 3rd FX, 6th AA

### **Level 6 age 16+**

Sophie: 1st VT, 6th UB, 4th BB, 2nd FX, 2nd AA

Eva: 3rd VT, 3rd UB, 3rd BB, 3rd AA

Ella: 7th VT, 5th UB, 5th BB, 3rd FX, 4th AA

### **Level 6 age 14**

Myra: 2nd TV, 5th UB, 1st BB, 5th FC, 2nd AA

Alice: 8th VT, 4th UB, 7th BB, 6th FX, 5th AA

Charlotte G: 1st VT, 6th UB, 8th BB, 8th FX, 6th AA

### **Compulsory athletes:**

#### **Level 5 age 14+**

Milana: 1st VT, 1st UB, 1st BB, 6th FX, 1st AA

Naomi: 4th UB, 2nd BB, 2nd FX, 4th AA

#### **Level 5 age 10-13**

Taylor: 3rd VT, 3rd UB, 1st BB, 3rd FX, 3rd AA

#### **Level 4 age 12**

Maeve: 2nd VT, 3rd UB, 1st BB, 6th FX, 2nd AA

Alexi: 5th VT, 2nd UB, 2nd BB, 5th FX, 3rd AA

Evelyn: 2nd VT, 3rd UB, 2nd BB, 7th FX, 3rd AA

#### **Level 4 age 11**

Hollie: 4th VT, 2nd UB, 3rd BB, 2nd FX, 2nd AA

Annabelle: 6th VT, 2nd UB, 4th BB, 3rd FX, 3rd AA

#### **Level 3 age 12**

Tessa: 8th VT, 5th UB, 1st BB, 4th FX, 4th AA

#### **Level 3 age 11**

Freya: 4th VT, 1st UB, 3rd BB, 3rd FX, 1st AA

Noa: 3rd VT, 1st UB, 3rd BB, 1st FX, 1st AA

Aliyah: 1st VT, 4th UB, 2nd BB, 3rd FX, 2nd AA

Sadie: 7th VT, 5th UB, 4th BB, 5th FX, 5th AA

Millie: 5th VT, 4th UB, 4th FX, 7th AA

#### **Level 3 age 10**

Hazel: 5th VT, 1st UB, 3rd BB, 2nd FX, 1st AA

#### **Level 3 age 9**

Mae: 2nd VT, 5th UB, 1st BB, 2nd FX, 3rd AA

Zara: 1st VT, 6th UB, 3rd BB, 4th FX, 3rd AA

Madi: 5th VT, 3rd UB, 7th AA

Emilia: 5th VT, 5th UB, 7th BB, 5th FX, 7th AA

### **Level 3 age 8**

Ophelia: 1st VT, 2nd UB, 1st BB, 4th FX, 2nd AA

### **Level 2 age 8**

Poppy: 1st VT, 1st UB, 5th BB, 3rd FX, 2nd AA

## **International Gymnix**

Some of our optional WAG athletes have participated at the 31st edition of the International Gymnix, Canada's largest women's artistic gymnastics competition hosted in Montreal March 5-9, 2025.

### **Level 10**

Alexandra: 2nd VT, 7th UB, 8th BB, 7th AA

Angelina: 8th VT

### **Level 9**

Dalia: 5th VT, 1st UB, 1st BB, 5th FX, 1st AA

### **Level 8**

Cecilia: 4th VT, 1st UB, 8th BB, 1st AA

Hailey: 7th UB, 8th FX

### **Level 7**

Abby R.: 7th UB, 7th BB, 7th FX, 7th AA

Kate: 5th VT, 2nd FX

Nia: 7th VT

Safia: 2nd VT, 4th UB, 8th AA

### **Level 6**

Eva: 8th VT, 4th UB, 6th BB

Our athletes had the opportunity to compete with athletes from many different provinces and to watch the Canadian National Team members and athletes from several countries - including the Paris Olympics uneven bars champion Kaylia Nemour and the European Junior All Around Champion Elena Colas.

## **MAG 3rd ON Cup**

### **P1**

Arend: 1st PH, 4th R, 5th VT, 2nd PB, 3rd HB, 3rd AA

Marshall: 4th PH

**P2**

Alexander: 6th PB, 5th HB

**P3**

Miguel: 1st PH, 5th R, 2nd VT, 1st AA

Heath: 5th PB

Mathis: 6th FX

**P4**

Valdemar: 4th FX

Colin: 2nd FX

**Aspire**

Jamie: 3rd FX, 4th PH, 5th R, 1st VT, 4th PB, 5th HB, 4th AA

**Juniors**

Connor: 2nd FX, 2nd PH, 2nd R, 3rd VT, 3rd PB, 3rd HB, 2nd AA

Kyle: 4th FX, 3rd PH, 1st R, 4th VT, 2nd PB, 4th HB, 3rd AA

**ACTIVE START & FOUNDATIONS UPDATES**

**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

**March Break Camp**

OGC is thrilled to have doubled the number of March Break camp spots available for 2025, hosting 35 campers for a week of gymnastics fun!

**Spring Session Updates**

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

Spring Session 1 starts on Monday, March 17th and runs until Sunday, May 11th.

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

## 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 MARCH & APRIL

March 20th - 24th: GO MAG Tour, 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

April 10th - 13th: Ontario Championships for Optional level 6+ WAG levels and MAG

April 18th - 20th: Good Friday & Easter Weekend

***\*No training this weekend***

***\*\*Open Gym & Easter Egg Hunt - event details to be confirmed!***

April 24th-27th: Ontario Championships for compulsory levels WAG

**From the Ottawa Gymnastics Centre Team**

**Check out our  
online boutique!**

294 Elmgrove Avenue, Ottawa, ON  
[www.ottawagymnasticscentre.ca](http://www.ottawagymnasticscentre.ca)  
[info@ottawagymnasticscentre.com](mailto:info@ottawagymnasticscentre.com)