

# Newsletter



12/23/2024

## December's TRUE SPORT Principle of the Month

### Give Back!

A heartfelt thank you for your incredible support!

To all our volunteers, thank you for the time and energy you shared with us at the MAG 1st Ontario Cup (December 13th - 15th, 2024). Your dedication to giving back helped us run a successful event, and we could not have done it without you.

Thank you for choosing to make a positive impact and for being such an important part of the OGC Community!

## CLUB NEWS

### **1st WAG optional qualifier of the season at Burlington's Winter Wonderland December 6th -8th, 2024**

#### Level 10

Molly- 8th UB

Angelina- VT, 6th FX

Alexandra- VT, UB, 6th FX, AA

#### Level 9

Dalia- 4th VT, 5th UB, BB, 4th FX, AA

#### Level 8

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

Cecilia- 4th VT 6th UB

Olivia- 7th VT, UB, BB, 7th AA

#### Level 7

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

Nia- 8th VT, 8th UB, 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- VT, 5th UB, 6th BB, 7th AA

### **1st WAG Compulsory qualifier of the season Cornwall GC's Cotton CANDY December 13th - 15th, 2024**

#### Level 3 age 9:

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

#### Level 3 age 10:

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

#### Level 3 age 11:

Noa: 4th VT, 1st UB, 1st BB, 1st FX, 1st AA

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

Sadie: 7th UB, 8th BB

Millie: 8th FX

Level 3 age 12:

Tessa: 7th VT, 3rd UB, 6th BB, 6th FX, 7th AA

Level 4 age 11:

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

Hollie: 5th VT, 2nd UB, 5th BB, 4th FX, 5th AA

Level 4 age 12:

Alexi: 1st VT, 3rd UB, 4th BB, 5th FX, 3rd AA

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

Level 5 age 13-14:

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

Level 5 age 15-16:

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

Naomi: 2nd Vt, 1st UB, 2nd BB, 2nd FX, 2nd AA

## **1ST MAG Cup Recap**

The first Ontario Cup organized here, at our club, ran from December 13 to December 15 and it was a big success. During the 3 days of competition gymnasts from all over the province competed at level Provincial 1 aged from 8 years old all the way up to Seniors.

Our gymnasts, Arend Koch, Marshall McPhee, Leo Gaglione, Mathis Cabeceiras, Heath Nuss, Valdemar Coveny, Samuel and Kai Levac, Colin Miller, William Pokou, Connor Nguyen, Kyle Jubea, and Pavel Kirillov proudly represented OGC and kept home 14 medals; 4 Gold, 5 Silver, and 5 Bronze.

Our excelling gymnasts at this Cup are Valdimar Coveny – Provincial 4 and Jamie Ghergari – Aspire, both qualified for Tour Selection, Airdrie, AB, March 20-24, 2025, and Connor Nguyen – Junior 15-16 years, achieving criteria for Elite Canada, February 13-16, 2025, Markham, ON.

We congratulate everybody and everyone and are wishing further Good Luck!

A big Thank you to everyone assisting in any way for the much-appreciated meet “... this was by far the best Cup organized by OGC...” (one of the competition officials).

## **ATHLETE HIGHLIGHTS**

WAG athletes Alexandra Reddick and Dalia Weisz are preparing to participate as Team Ontario members representing the OGC, Ontario, and Canada at the Simone Biles Invitational in Houston, Texas in January. Congratulations ladies!

## IN THE COMMUNITY

Gymnastics Ontario is excited to invite you to an engaging and insightful Safe Sport webinar featuring Allison Forsyth, an athlete, advocate, and change maker dedicated to fostering safer environments in sport.

### Webinar Details

Date: January 15, 2024

Time: 12:00 PM (12:00pm)

Location: Online (Microsoft Teams)

Cost: Free!

Why Attend? This webinar will provide essential insights into:

- Understanding the different forms of maltreatment in sports
- Strategies to minimize environmental and cultural risks in coaching
- Identifying critical gaps not covered by existing policies or training

We strongly encourage your participation as we work together to create a safer and more supportive sport environment for everyone.

Click the following link to reserve your spot: [Register Here](#)

## ACTIVE START & FOUNDATIONS UPDATES

### **Registration for our Winter Programs is now open:**

Limited spaces remain so follow [this link](#) to confirm your spot for the new year!

### **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!

**Teen Rec (ages 13-17):** This class provides a relaxed and fun atmosphere for all levels from beginner to former competitive. Lessons are structured around individual needs and goals for each participant and allow some unstructured free time during class. Ideal for friends who want to train together!

### **Holiday Programming**

Drop-in: all ages, all levels December 27th - 30th & January 2nd - 5th, 10:00AM - 1:00PM

## ADULT PROGRAM UPDATES

## **Added Holiday Adult Open Gyms**

Monday December 23rd 8:30 - 10:30pm

Monday December 30th 8:00 - 10:00pm

Thursday January 2nd 8:30 - 10:30pm

Friday January 3rd 8:30 - 10:30pm

## **Winter Adult Gymnastics Programs!**

We will be 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 Coach Laura who has a wealth of knowledge and experience leading adult programs!

*Use the link below to sign up now!*

o [Beginner Adult Gymnastics](#)

o [Intermediate/Advanced Adult Gymnastics](#)

## COMING UP IN DECEMBER

December 27th - 30th: Drop-in, all ages, all levels: 10:00 am to 1:00 pm

January 2nd - 5th: Drop-in, all ages, all levels: 10:00 am to 1:00 pm

**Happy holidays from the Ottawa Gymnastics Centre Team!**

**Check out our  
Boutique!**

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