

### CANADIAN GYMNASTICS WEEK | FEBRUARY 7-14

The week-long event raises awareness about the health and social benefits from participating in the foundation sport of gymnastics. With an ever increasing rate of child obesity and the health risks associated with this trend, raising awareness around the benefits of gymnastics is essential.

To celebrate Canadian Gymnastics Week, here are some things Terrace Peaks is doing:

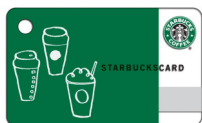
1. Wear something red to gymnastics.
2. Enter the provincial colouring contest featuring the PLAY mascots Sammy, Zippy and Marley as they play in the gym. Winners will be announced on the Gymnastics BC website and will receive a PLAY Gymnastics t-shirt. Deadline is **Friday, February 20, 2015**.
3. Fill out an "I Love Gymnastics Because" heart, available at the gym.

### HELP US REACH OUR FUNDRAISING GOAL OF \$28,000



**Chocolate Covered Almonds & Mint Meltaways** - The TPGC member who sells the most cases by **Friday, March 13, 2015** will win a 5-lbs chocolate bar courtesy of World's Finest Chocolates. Each case contains 30 \$2.00 boxes. Please see the office to get your case.

**Safeway and Save-On-Foods Gift Cards** - Buy Safeway & Save-on-Foods gift cards from our office. Both companies donate 4% of each gift card value back to TPGC. Choose from \$25, \$50, or \$100 denominations.



**Gift Card Program** - Order gift cards through TPGC from over 70 businesses who donate a percentage of your purchases back to Terrace Peaks automatically. Drop-off your completed Order Form to the office. Orders are processed on the 1st of each month. You can also set-up a monthly 'Standing Order' and you will never need to worry about reordering. Order Forms are available on our website and at the gym.

### COMPETITIVE GYMNAST OF THE MONTH

Drew Shannon - Interclub 2

Drew joined Interclub in October and as been a great addition to the program. Even though this is her first year in gymnastics, she has already learned many skills and has an amazing work ethic. Way to go Drew!

### RECREATIONAL GYMNAST OF THE MONTH

Paige Constantinescu - Preschool Wednesday AM

Paige has been with TPGC since 2012. She always takes her time on each skill and focuses on her whole body from fingers to toes. Keep up the amazing work Paige!

### CONTACT US

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[www.facebook.com/terracepeaks](https://www.facebook.com/terracepeaks)

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Office Hours

Tuesday/Friday

12:00pm-3:30pm

Wednesday /Thursday

12:00pm-7:00pm

Saturday 10:00am-2:00pm



### IMPORTANT DATES

Last day to register for Winter 2015 programs | February 6

ProD Day Camp | Feb 6  
"Minute To Win It" 9:00am-4:00pm. \$50.00/child K-6.

Family Day | February 9  
*Gym is closed and no programs are running.*

Gymnastics Week | February 11-14  
*Wear red and participate in fun activities.*

Spring 2015 registration for current members | February 18-27

No Classes | February 21  
*No classes are running.*

Anti-Bullying Week | February 25-28  
*Wear pink to show your support against bullying.*

## MEMBERSHIP FEE VERSUS INSURANCE FEE

EXCERPTS FROM GBC CEO BRAIN FORRESTER'S BLOG

<http://www.gymbc.org/news/post/membership-fee-versus-insurance-fee>

Gymnastics BC member fees are sometimes referred to as 'GBC insurance'. I don't get the impression that it's a judgement of GBC or what we do as organization. Rather I think it's simply a statement of what is felt to be the most relevant service that GymBC provides as part of annual membership fees.

Below, are some of the services we provide, in addition to insurance! More detail is on the GBC website.

- **Coach Education** – We lead the development and delivery of professional coach education programming across the province.
- **Gymnastics for All** – We develop and deliver recreational gymnastics programs that support the growth of gymnastics that benefit all clubs.
- **Safety** – We develop, revise and maintain safety standards and resources that help to provide meaningful and safe gymnastics opportunities for all participants.
- **Club Support** – We're just a phone call or e-mail away to help all of our full member clubs with most issues they might encounter... whether it's a governance question, a need for information on equipment maintenance or help with a tricky member situation, we're here to help!
- **Advocacy** – We work with a whole range of organizations to keep gymnastics in B.C. at the forefront of growth and development and to increase the reach of gymnastics into the community. We also ensure alignment and compliance with International (FIG), National (GCG & Sport Canada) and Provincial (Government of BC & ViaSport) guidelines and regulations.
- **Communication** – We work to be the central hub for communication of gymnastics information in the province in order to strengthen club operations and promote gymnastics to the public.
- **Financial Support** – We not only provide direct funding support to athletes and coaches, we work with other organizations and clubs to increase funding for club based programming and participant financial assistance.
- **Gymnastics Canada membership** – Every GymBC membership includes \$2.70 that is paid directly to Gymnastics Canada; this is in addition to the \$3.30 per member billed separately to each club.

★ HAPPY ★  
BIRTHDAY!

### JANUARY BIRTHDAYS

Mateo Barrette Garvin  
Marley Benterud  
Cora Berg  
Joshua Brown  
Payton Burkett  
Aurora Cooper  
Bo Derksen  
Tyler Dozzi  
Maya Ebeling  
Keaton Gration  
Maia Guerriero

Brooke Homeniuk  
Alyssa Kerr  
Maëlle Lennert  
Savannah Medeiros  
Easton Menard  
Ezralynn Pachal  
Meaghan Shumard  
Cecelia Skimson  
Randi Sorensen  
Toni Sorensen  
Damian Tetz  
Hailee Tokarchuk

Alia Warren  
Ann Zettler

### FEBUARY BIRTHDAYS

Daizy Andersen  
Jack Armstrong  
Grace Bodenbender  
Paige Bowles  
Seth Carter  
Payten Gair  
Georgia Gration  
Martina Guerriero  
Madison Hoffos  
Dessiree Houlden -  
Makela  
Braya Kluss  
Thomas McElroy  
Mya McIntosh  
Brook-Lyn Meijer

Cassidy Melo  
Alizé Moyle  
Holden Muchowski  
Wilson Nyce  
Thomas Pollard  
Cohen Porter  
Sloan Prevost  
Wolfgang Protzner  
Genevieve Randrup  
Kristen Robinson  
Shawn Schuster  
Pyper Testawich  
Tripp Toovey  
Nash Trapp

*Our sincere apologies if  
we have omitted  
anyone in error.*

Printing made possible by Jeannine Knox (Xerox).



GYMNASTICS WITH A NORTHERN TWIST  
NEWSLETTER #3

**JAN/FEB**  
**2015**

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