

TERRACE PEAKS WELCOMES A NEW COACH

Please join us in welcome Karl McPherson to our club. Karl will be coaching our Competitive programs as well as Wednesday and Saturday Recreational programs.

Throughout Karl's 30-year career, he has worked as a gymnastics instructor, director, head coach, and has completed multiple levels of certification. Having been involved in gymnastics from a young age, Karl has gained a significant amount of leadership, communication, and competitive experience. He has also judged women's artistic gymnastics. He enjoys being part of a positive team environment and is looking forward to bringing his vast experience to Terrace Peaks.

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



Chocolate Covered Almonds & Mint Meltaways - The TPGC member who sells the most cases by **Friday, June 12, 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

Kaylee McCormick - Dev 2

Kaylee started out the year training 4 hours/week and now does 6 hours/week. She continues to progress her skills quickly and always has lots of fun in the gym. Amazing work Kaylee!

RECREATIONAL GYMNAST OF THE MONTH

Aliah Vesterberg-Gavrinsky - Preschool Saturday

Aliah has amazing energy and enthusiasm for gymnastics. She continues to participate in multiple recreational programs, always learning and being a supportive teammate. Terrific job Aliah!

Newsletter printing made possible by Jeannine Knox (Xerox).

CONTACT US

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www.facebook.com/terracepeaks

Office Hours

Tuesday/Friday

12:00pm-3:30pm

Wednesday /Thursday

12:00pm-7:00pm

Saturday 10:00am-2:00pm



IMPORTANT DATES

Spring 2015 Drop-Ins
begin | March 23

Spring 2015 Classes
begin | April 8

Kitimat Spring Fling
Invitational Meet | April 18

ProD Day Camp | April 24
"Bring a Friend" 9:00am-
4:00pm. \$45.00/2 kids K-6

Last day to register for
Spring 2015 classes |
May 8

Summer 2015 registration
begins | May 12

Victoria Day | May 18
No programs are running

HOW TO JUMP TO A HEALTHY LIFE

<http://www.playgymnastics.com/parent/child-development/spring-break-or-how-to-jump-to-a-healthy-life/>

Did you bounce your child on your lap as an infant? Does your child bunny hop in the backyard? Or pretend to jump like a kangaroo? These are the beginning stages of your child learning the fundamental movement skill of springing. Also known as jumping, springing is an important part of your child's overall development.

What is springing?

Springing involves children projecting themselves into the air. It can involve springing from both legs, one leg or even from two hands and two feet. Springing activities can be sub-divided into two categories:

- unassisted (e.g. off the floor or bench)
- assisted (e.g. off a springboard or trampoline)

Benefits of jumping

"Jumping helps young kids develop physically, enjoy and play sport with more success and develop a love of movement", says Tina Payne Bryson, Ph.D. (1) Not only that, but a child who is competent in jumping (and the other fundamental movement skills) will keep moving! He or she will PLAY in other activities like dancing, jumping rope and hanging and swinging on the playground equipment. On the other hand, a child who has less developed jumping skills may seek to avoid PLAY and physical activity. Studies show that these children are less likely to PLAY in an after-school game of tag or hopscotch or climb the monkey bars during recess. And a child with poor fundamental movement skills tends to become an inactive adult. With the significant health hazards related to inactivity – obesity, heart disease, diabetes and other risks – it just makes sense to teach children how to jump and move.

But doesn't jumping come naturally to children?

According to a landmark study by the University of Sydney, many children are struggling to learn how to run, jump, kick and catch. (2) Dr. Louise Hardy from the School of Public Health says, "It is a misconception that children 'naturally' learn these skills... but this research shows that they need to be taught and practiced." (3) The fundamental movement skills are like any skill – reading, writing, cooking; they need to be taught, they need to be practiced and there needs to be feedback.

★ HAPPY ★
BIRTHDAY!

MARCH BIRTHDAYS

Brittney Alfred
Tyson Alway
Darrah Bowles
Therese Galang
Garrison Gottschling
Jesse Hanna
William Harrison
Kylie Hesketh
Warn Hesse
Hyland Hole
Jaydin Janas
Sierra Klein
Cayleigh Kovacvich

Caitlin Leblanc
Taeler Linteris
Suzanne Lombard
Amethyst Miller
Hendrix Muller
Elliott Nee
Payten Pitaoulis
Maia Purita
Makayla Randrup
Lily Ridler
Erica Robinson
Chiara Roldo
Irma Schooner
Aleda Spearing
Isabella Tait

Mark Tanguay
Haydyn Taylor
Nicholas Tokarchuk

APRIL BIRTHDAYS

Eli Beggs
Sula Belanger
Jessica Berg
Madilyn Cowman
Jayden Culp
Chace DaSilva
Raychel Davies
Madison Evans
Angelina Filtziakis
Soia Fink
Zayden Fink
Jack Fleischbein
Xavier Grielens
Violet Harrison
Abigail Helie
Cloe Hidber
Clara Holland
Maddex Homeniuk

Hailey Kent
Charlie Kovacvich
Ava Leslie
Kalum Logie
Chloe MacArthur
Kezia MacBean-Spring
Mya MacTavish
Isabelle Makara
Matthew McDicken
Daniella Muzzerall
Kenlee Plunkard
Annabelle Randrup
Leola Robberts
Yaeva Skog
Helena Spearing
Calum Stewart
Storm Vedan
Boden Veikle
Willis Weston

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