

Our new coach Megan Ratchford is featured in an online article in the Terrace Standard. Read all about it on our facebook page. Also available at :<http://www.terracestandard.com/sports/>

Check out the new classes that Megan has introduced for November.

November Trial Classes:

- Introduction to Yoga (Mondays 5-6pm)
- Competitive Athlete Yoga (Mondays 6-7pm)
- Parkour Class (Tuesdays 7-8pm)
- Kindergym Class (Thursday 5-6pm)

<http://terracepeaks.ca/wp/calendar/>

Order Forms due no later than Nov 25.



**TERRACE PEAKS
GYMNASTICS CLUB**

**SAND
BAG
SALE**

\$5 PER SANDBAG
\$3 EACH FOR ORDERS OVER 100

Competitive Gymnast of the Month:

Sage Peters:

Has excellent attendance. Despite her hesitation she has had great skill development. She definitely loves to do gymnastics more than anything else!

Recreational Gymnast of the Month:

Abrielle Weston (Cangym)

Always listens well and tries her best. She is very hard working and is nice to the other gymnasts. Keep up the good work Abrielle!

ProD-Day Dates

- Nov 24, 2017 | Race to Space
- Feb 9, 2018 | Pajama Party
- April 13, 2018 | Parkour

<http://terracepeaks.ca/wp/calendar/prod-day-camp-race-to-space/>

Contact us by phone, email or in person to register.

Registration closes 5 days before the camp.

- Jewels M– Nov 1
- Jovi K– Nov 1
- Sophie K– Nov 2
- Emeline H– Nov 3
- Carter P– Nov 3
- Preston S– Nov 3
- Tomas G– Nov 4
- Aaliyah M– Nov 5
- Mira F– Nov 8
- Draco I– Nov 8



- Graces I– Nov 9
- Finn M– Nov 15
- Susanna M– Nov 16
- Miriam H– Nov 17
- Cameron C– Nov 18
- Bronson H– Nov 19
- Kaylee M– Nov 19
- Jillian D– Nov 23
- Trisha B– Nov 23
- Madeleine V– Nov 26
- Taran N– Nov 28

Our sincere apologies if we have omitted anyone in error.

Nutrition Workshop– Nov 18th (Sign up available online)

- How nutrition can improve your performance
- Practical solutions for pre/post training
- Planning for competition-day nutrition

This workshop will focus on making nutritious foods easy to prepare. Learn how to use the foods that are in season.

Hosted by Dena Ferretti,

Nutrition Workshop

This workshop will provide material for athletes to fuel & maximize their physical potential in training & competition

Sat, Nov 18
4:00-5:30pm

OFFICE HOURS:

M/TH/F 3:30 pm-8:00pm
WED 12:00pm-8:00pm
SAT 9:00am-1:00pm

CONTACT US

Phone (250) 638-0447
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www.terracepeaks.ca

Find us on FACEBOOK
at Terrace Peaks
Gymnastics Club

Cross-Training Workshop– Nov 18th

Workshop will focus on exercises specific to certain sports to assist with progression & injury prevention into peak seasons.

Sign up is available at the office.

IMPORTANT DATES

Nov 18 | Nutrition Workshop (4-5:30)

Nov 18 | Cross-Training Workshop (12:30-1:30)

Nov 25 | Purdy's + Mom's Pantry Orders Due

Nov 25 | Smithers Meet

Dec 12 | Mock Meet + Holiday Party

Dec 16 | Gym Maintenance Day (1pm-7pm)

Dec 16 | Fall Session End

Dec 18-22 | Drop & Shop Camps

Jan 2 | Winter Session Starts

Safeway shoppers get your cards @ TPGC . \$25/ \$50 / \$100 amounts available.

Cash or Cheque only

\$100 \$25 \$50
SAFEWAY GIFT CARD FUNDRAISER

Bring a Friend Night (Nov 18 Dec 2 & 16th) from 6:30-

9:30. (ages 6-12)

\$20- 1 child

\$30- 2 children

\$50- 3 children

<http://terracepeaks.ca/wp/calendar/parents-date-night-2/>



Drop & Shop Camps will be held Dec 18– 22nd. Ages 6-12

are able to attend. Register for half day camps or a full day camp. Half day is 9:00am-12:00pm or 1:00pm-4:00pm (\$26/day each). Full day is from 9am-4pm at \$47/day.

<https://i2.wp.com/terracepeaks.ca/wp/wp-content/uploads/2017/11/Picture1.png>

Don't forget to let us know what you are bringing to the **Mock Meet/Holiday Party** on Dec 12. Sign up sheets are available online and on the bulletin board in the gym

<http://terracepeaks.ca/wp/volunteer-sign-up/>

Keep an eye out for the **Di-s Design bodysuit** blow out coming soon!

All proceeds of this fundraiser will go towards updating our



On Nov 25th, wish our gymnasts luck as they head to Smithers to compete on Beam & Floor!