



GYM MISSISSAUGA NEWS

HOME OF THE CHAMPIONS

December 2010

Volume 1 Issue 1

Message from The President

Dear Members:

I am pleased to be able to present to you the first edition of the Gymnastics Mississauga Newsletter. The Board has felt for a long time that everyone would benefit from receiving regular correspondence on the different areas of activity at the gym so please take a few minutes and read the following information. I would like to thank the volunteers who spent a lot of time on the newsletter.

On behalf of staff and all returning members, I would like to welcome all the new athletes and their families to the Gymnastics Mississauga family. At this time our athletes have begun their competition season and we wish them all much success!

As 2010 draws to a close it is important to recognize that this has not been an easy year for Gymnastics Mississauga. I want to thank everyone for their continued support of both the Board and the Club. I look forward to 2011 with great anticipation. The gym has assembled a Board of Directors that has a wide variety of skills and experience. More importantly we have a large membership that I know is rich in education, experience, skills and abilities. I would encourage each of you to contact board members with any questions you may have or ideas/suggestions for the club. I cannot emphasize enough how much the success of the club relies on each and every member. Through your volunteering you contribute your unique skills and experience to the club and strengthen the foundation that the club has been building for decades.

In closing, I would like to wish everyone a happy and successful 2011! I look forward to continuing to meet each of you and invite any of you to contact me at president@gymmississauga.org with anything that you might wish to discuss.

Sincerely,
Marion Keddie

Share Your Success!

Calling on athletes and coaches alike to share news from the gym, from a competition and/or any where our athletes are found strutting their skills. Please submit your moments of success by the 15th of the month and we will include it in the next monthly newsletter.

Please submit the following information...

Name:
Discipline:
Coaches:
New Skill/Results:

Get your coach to sign off confirming the information and then submit via email to newsletter@gymmississauga.org. Next issue is end of January 2011 via email.

Fundraising



Thanks to all who helped selling the chocolates. Over \$11,000 generated making this event a great success.

Dina Mastrantoni
lawncreations@rogers.com

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Who's Who? ... Athlete Profiles!

Athlete	Sydney Townsend	Victoria Peetoom	Tariq Dowers
Discipline	Women's Artistic	Women's Artistic	Men's Artistic
Coaches	Craig & Jessica	Craig & Jessica	Chris Foo
Level	National Novice	National Novice	High Performance
Age/Grade	Age 11, Grade 6	Age 12, Grade 7	Age 16, Grade 11
Favourite Event	Floor	Floor	Pommel Horse
Favourite Gymnast	Mattie Larson	Elyse Hopfner-Hibbs	Kohei Uchimura
Ultimate Gym Goal	2016 Olympics	2011 Canadian Championships	2016 Olympics



Victoria (known as Tori) likes scrap-booking, tubing and wakeboarding. Her favourite singer is Taylor Swift. Her favourite quote is "Some people dream of success....while others wake up and work hard at it."



Tariq likes football, reading, driving, cooking and any other physical sport. One quote that inspires him is, "If you can imagine it, you can create it. If you dream it, you can become it" by William Arthur Ward. Three current goals are to go to World Championships, the 2016 Olympics and to get a gymnastics scholarship to the U.S. for 2012.



Sydney likes skateboarding, drawing, shopping and hanging with her friends. Her favourite song is "The Climb" by Miley Cyrus, her favourite movie the "Karate Kid" and her favourite singer is Taylor Swift. Her favourite quotes are "If you lose the nerves, you lose the sport" by Shawn Johnson and "What does not break you makes you stronger" by Friedrich Nietzsche.

Message from WAG Head Coach

Welcome parents to the first issue of the Gym Mississauga Newsletter for this season! I am pleased to welcome all of the new families to Gymnastics Mississauga's Women's Competitive Program family! As you know, there have been many changes over the past 6 months and the Program is now headed in a very positive direction! With the addition of new athletes and new coaches alike, we are looking forward to a very exciting season!

I would like to take this opportunity to formally introduce the staff of the Women's Program. We have secured some of the best coaches in Canada ensuring that our Program will eventually grow into one of the best and well renowned programs in the Country. The staff includes Tammie Gray, Chris Laszlo, Jessica Leblanc, Ren Torosyants and myself, Craig Smith. Joanne Syntetos and Barb Shaw coach in the OCP level 2-5 Program and, Tammie, Ren, Chris, Jessica and Haley Morgan all work in our Pre-Competitive Program. Having such strong coaches working with our youngest athletes ensures the building of strong basics and the foundation for success for many years down the road. We can look forward to continually producing some of the strongest athletes in the country.

Our first competition was from November 19-21 in Borden, Ontario. This is the prestigious Tour Selection Competition which will qualify both National and Provincial athletes through to either the Tour Competition in Chicago or to Elite Canada which is in Gatineau, Quebec. Come on out and help cheer on our ladies as they start their season! Our next competition is our first Provincial Qualifier being held the weekend of November 27-28 in Orangeville. This is the first opportunity for most of our Provincial girls to strut their stuff with the aim of qualifying through to the Ontario Championships at the end of the season! Again, your support would be greatly appreciated! The girls will look sharp in their newly designed competitive leotards! I'm sure that all eyes will be on us!

Cheers!
Craig Smith craig@gymmississauga.org



Your Favourite Quotes

"If you lose the nerves, you lose the sport" by Shawn Johnson
sent by Sydney Townsend

"Some people dream of success....while others wake up and work hard at it." sent by Victoria Peetoom

"First ask yourself: What is the worst that can happen? Then prepare to accept it. Then proceed to improve on the worst."
by Dale Carnegie
sent by Tenisha Tomlinson

Up Coming Events:

January 14-16 2nd Provincial Qualifier, Gymnastics Mississauga

January 21 ODP Pyjama Party
Oshawa, Gemini Club

January 29-30 Parkettes Invitational,
Allentown Pennsylvania

Message from MAG Head Coach

The men's program here at Gymnastics Mississauga has stepped up its game once again by achieving spots on the Canadian high performance team at three major competitions. Tariq Dowers traveled to India to compete at the **XIX Commonwealth Games** in Delhi and did us all proud when the team won a bronze medal. Tariq also placed 7th in the All Around in the first day of competition. I was proud to be the head coach of this team. Also competing at the games was our very own William Albert who was competing for the Trinidad National team, great job boys. You can find full results and an update of the games at www.cwgdelhi2010.org

Prior to the Commonwealth Games, Casey Sandy and I were part of the Canadian team that won a silver medal at the **Pan American Championship** in Guadalajara Mexico. Casey went on further to win a bronze medal in a very dramatic Pommel horse final. This was also the opportunity for William Albert to have a taste of International competition as he was selected to represent Trinidad at the Pan American Championship.

Following the Commonwealth Games, I met up with Casey Sandy who had been training in Croatia in preparation for the **World Championship** held in Rotterdam.

The Canadian team had the task of making the top 26, as this would qualify them to the next World Championship, held in Tokyo. The Tokyo World Championship will be where Canada has the opportunity to qualify a team to the next Olympic games in England. The team finished in 14th place, which comfortably takes them to the team Tokyo World Championship.

To add to these great achievements I would like to highlight three of our younger athletes. Elel Baker and Alex Hurt were selected to attend a training camp in Woodward Pennsylvania. They were part of an enhancement program targeted at high performance athletes. Also Casey Rogan was selected to attend three High Performance National training camps that included other members of the Canadian National team.

I would like to take this opportunity to thank everyone involved in this our gymnastics process and success. Without the support, understanding and patience of both parents and staff, we would not be able to achieve such high standards in this very demanding sport. I am very proud of all the athletes here at Gymnastics Mississauga and it's great to see the younger athletes following in the foot steps of the older ones, and the older ones leading the way for our upcoming stars.

Thank you,
Chris Foo Chris@gymmississauga.org



Your Favourite Quotes

"If you can imagine it, you can create it. If you dream it, you can become it"
by William Arthur Ward sent by Tariq Dowers

It is hard to fail, but worse to have never tried to succeed.

Theodore Roosevelt

Your submission needed

Quotes needed

Up Coming Events:

January 14- 16 Men's Chicago Windy City Invitational

February 4-6 Men's 1st Provincial Qualifier, Futures

Message from Recreational Program



Term 2 started January 4th, 2011.

Spring session registration begins February 20th, 2011.

March break 14th-20th, registration will be available soon.

Any questions contact:
suzie@gymmississauga.org



Links:

Gymnastics Mississauga:
www.gymmississauga.org

Ontario Gymnastics Federation:
www.ogf.com

Feedback Welcome:
newsletter@gymmississauga.org or
andrea.peart@rogers.com

ACRO

THIS TERM!

November 2010 – Training Camp

Athletes who attended... Taylor Saunders, Nikki Krigos, Kristina Stranianeck, Elizabeth Benakopolous, Humam Jabakhanji, Mazhar Jabakhanji, Sarah Syptak, and Nicole Syptak

Head Coach: Ren Torosyants

Coaches: Suzie Owen, Mariah Owen

Board Members

Position	Board Member Name
President	Marion Keddie president@gymmississauga.org
Vice President	Vinz Pingol vicepresident@gymmississauga.org
Past President	Richard Rozario
Treasurer	Wayne Dowers treasurer@gymmississauga.org
Secretary	Annie Dionne Secretary2@gymmississauga.org
Meet Director	Helena Syptak meetdirector@gymmississauga.org
MAG Tech (Men's Artistic Gymnastics)	Toby Sunga magtech@gymmississauga.org
WAG Tech (Woman's Artistic Gymnastics)	Alda Bearzot wagtech@gymmississauga.org
Marketing & Promotions	Joeann Russell promotions@gymmississauga.org
House Director	Tony Baker facilities@gymmississauga.org

Up Coming Events:

February 11-13 Acro training camp

February 21-25 Sports Week

We hosted the "Introduction to Foundations" course on December 18 & 19, 2010.