



Leaps & Bounds Newsletter

January / February
2005



Coaches Corner

Robert Persechino &
Hélène Desmarais

Competition Season is here...

And that means just one thing for
the gymnasts and coaches...a lot of
work.!

Gymnastics is the most difficult
and complicated sport on the planet
but at the same time, the best sport
for everything it gives back to the
participants!

Regional Meet and Provincial Intra Meet:

We are hosting a Regional meet
and we are doing our *Intra meet* in
the same week end.

January 22nd and 23rd. Visit our
Website at to view the schedule
www.panthersgymnastics.ca

We also have posted information on
the Frontier Toyota meet that we are
hosting in conjunction the Manitoba
Open Championships that we are co-
hosting on the first week end of
April.

Coaching Certification:

Congratulations to Michelle Dewyn,
Claire Gillies and Krista Wallis for
becoming NCCP Level 2 coaches.
There was no Christmas break for
these 3 as they attended the NCCP
level 2 Technical Clinic held at
Panthers.

High Performance Junior:

Alexandra Regier is back to full
training after hurting her toe in Mid
October. She was once again named
the H.P. Junior based on last year's
performance and considered one of
the best in Canada. We are proud of
you Alexandra, keep up the good
work!

**Good luck to all during
this new competitive
season!**

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Quote of the Month:

My only limitations
are the ones
I set on myself.



Super Spring Break Camp!!!

March 28th - April 1st

Visit our Website :
www.panthersgymnastics.ca

Limited space...first come first serve !



Leaps & Bounds

Coaches Corner (cont'd)

Desiree Loutit

We had a busy fall time here at Panthers. A highlight for me was picture day. It was nice to see all the girls in their beautiful new suits.

We have some new coaches at the gym that I would like to welcome. Karen Reitmeier is a returning member to Panthers and Melissa Cyr comes to us from Whitemouth Gymnastics Club. They are both excellent additions that I am happy to have aboard. I am also very excited about adding Svetlana Davidoff to our roster. She is originally from Russia and also spent time in Israel.

Please join me in welcoming our new coaches.

President's Report

Jennifer Bewski

It's hard to believe that 2004 is behind us and another year is just beginning. Our first family event was a Bingo Bowl held in early December. It was a great way to spend a Saturday afternoon and to get to know the other Panther parents. Thanks to Adrian May for organizing the event and making sure we all knew what to do with those score cards.

As you know each fall we elect a new board. I am pleased and proud to be your new President. I'm sure you will all join me in thanking Nicole Friesen for her tireless service as President for the past several years. I look forward to the year ahead and working with the other newly elected board members:

Adrian May	Vice-President
Ingrid Hanson	Secretary
Dave Holt	Treasurer
Joanne Holt	Fundraising Coordinator
Leslie Carey	Volunteer Coordinator
Roy Boila	Facilities Coordinator
Derick Hilliker	Marketing Coordinator
Teresa Montanti	Bingo/Canteen Coordinator

Please feel free to contact any of the board members we'll be glad to answer any questions you may have.

Calendar of Events

EVENT	DATE	LOCATION	EVENT	DATE	LOCATION
Regional Stream	Jan 22-23	Panthers	Wendy's Invitational Regional	May 7-8	Panthers
"I Love Gymnastics Week"	Feb 12-20	National	Panthers BBQ	May 14	Panthers
Marion Meet (Opt 1-Nat)	Feb 12-13	Saskatoon	Tag Day	May 14	Various
Provincial Stream	Feb 19-20	Aerials Club	2005 Canadian Championships	May 23-30	Vancouver
Good Friday	Mar 25	No classes	Provincial championships	Jun 4-5	Brandon
Manitoba Open/ Toyota Invitational	Apr 2-3	Panthers	Last day of classes	Jun 11	Rainbow stage
Regional Stream Provincial	Apr 15-17	Beausejour	Year End Display	June 12	Panthers
Western Canadian Championships	Apr 20-24	U of M	Summer Camp	Jul—Aug	Panthers



Fundraising Report

Joanne Holt

Happy New Year to all. I am pleased to return to the role of fundraising coordinator for another year. For all new families here at Panthers, a warm welcome to you and for all returning for another year, thank you for your continued support in our fundraising program.

TCBY yogurt sales will continue throughout the winter. Cups of yogurt are always available for the price of \$2.00 per cup or \$20.00 for a card of 10 yogurts. A very big thank you to Mike Linton of Dufresne Furniture for providing the club with a brand new freezer for a greatly discounted price. Because we now have our own freezer we earn a little more profit from each cup of yogurt we sell. I would also like to thank Sandra Hourie our TCBY coordinator for keeping our freezer stocked with this delicious yogurt at all times!!

PANTHERWEAR IS HERE!!! The club is selling hoodies, sweatshirts, gym bags, vests and touques. Deadline to get your order in is January 22, 2005. Please see the front desk for order forms. All clothing has the panther logo on them and a make great gift for any occasion.

We will have our annual gym-a-thon during "I Love Gymnastics Week" in the month of February. The gym-a-thon is a great way to raise money for our club while kids participate in fun challenges/circuits and display what they have learned at the same time.

In the spring, we will also have our ever popular Glenlea Greenhouse plant sale. These are top quality bedding plants at great prices and get delivered right to the gym. Watch for details and order forms in the spring.

Thank you for your continued support!!!

TOP TEN REASONS WHY GYMNASTICS IS GOOD FOR YOU...

1. Gain self-esteem and confidence
 2. Develop coordination
 3. Develop flexibility
 4. Develop strength and power
 5. Learn to listen and follow directions
 6. Social Interaction with peers
 7. Learn to set goals
 8. Learn fundamentals of movement
 9. Develop skills to enhance other sports
- and most of all.....***
10. **It's Fun!**

Keeping In Touch



NCAA: As you might already know, Jholeen Ponce and Ashlee deLeeuw accepted full scholarships to U.S. Universities. You can follow their NCAA gymnastics career by visiting the following links:

Ashlee: Boise State University
www.broncosports.com/gymnastics/

Jholeen: Bowling Green University
<http://bgsufalcons.collegesports.com/sports/w-gym/bgu-w-gym-body.html>

For NCAA Statistics visit: www.troester.com/gym/



Volunteer Report

Leslie Carey

We have had a tremendous start to the year so far. I am pleased to say the volunteer enthusiasm has been fantastic!

We have had parents helping with the Blue Bomber display, Tag Day, Body Suit Sale, Bud Spud & Steak, Clodhopper distribution, filling holes in the parking lot, Moms Pantry and Cheese distribution, shoveling snow, mopping floors, vacuuming, and window cleaning. Many more opportunities are always available. Keep an eye on the purple volunteer board located in the foyer to sign up.

Be sure to keep watching the foyer for upcoming events. We will be looking for lots of volunteers and Silent Auction prizes. Volunteering at competitions is a fantastic way to learn more about the sport and get a better understanding of what our kids are involved in. Nothing like watching from the floor sitting with the judges or seeing how the equipment is set up /taken down.

Please remember that once your volunteer task has been completed you must fill out a VOLUNTEER ASSESSMENT FORM and have it signed by a Head Coach, Office Staff, Board Member or one of the Coordinators! The forms are located on the lobby counter. Completed forms can be left in the office mailbox located in the lobby.

As always, your suggestions are appreciated. Please leave me a note in the office mailbox located in the lobby.



HELP.....

We are in desperate need of silent auction prizes for the January 22 Regional Stream Competition.

Canadian Tire Dollars?

If you are wondering what to do with your Canadian Tire money why not donate them to Panthers. The Club can use those dollars to purchase cleaning supplies and other items needed to maintain our club.



The Sponsor Zone

Thanks to our sponsors



Sponsorship Opportunities Now Available

Looking for a sponsorship opportunity to both promote your business and support your community...have we got a deal for you!

For details contact Derick Hilliker, Panther's Marketing Coordinator, at 981-6503.