



# Leaps & Bounds Newsletter

March / April  
2005



## Coaches Corner

Robert Persechino &  
Hélène Desmarais

### Runnin' Back From Saskatoon...

Panthers Gymnasts have just returned from Saskatoon. All did quite well and panthers' pride is stronger than ever. We roar as one!

The bus trip was extremely pleasant and all bonded very well together. For some gymnasts, it was their first out of town competition. It will be a positive experience they won't forget.



Justin Linton (left) and  
Melissa Clark

Congratulations for all our medal winners and more important...all the gymnasts who fulfilled their goals during that trip.

Special thanks to the people at the Russell Inn.

Great Hospitality as always.



Some lovely scenery along the way somewhere between Winnipeg and Saskatoon.



### Panthers Regional Invitational and Intra Meet:

Congratulations to our gymnasts for a job well done...The first competition of the season is not always easy. We would like to thank all the volunteers and sponsors for that intra meet and Panthers regional stream invitation.

### New Coach's Office:

Our coaches will have a long over due new office. It is nearly finished. Some of our coaches are at the gym 7 days a week and it will be a nice personal space for most of them to relax and have a bit of privacy. Huge thank you to Mr Jackson.

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### Quote of the Month:

Look, listen, learn,  
and practice, practice,  
practice.



# Leaps & Bounds

## Coaches Corner (cont'd)

### Other Activities:

In February our Gymnasts competed at the Aerials meet.

In March our gymnasts will be competing at the Gymnix in Montreal while another group will be competing at Springers on March 12 -13. Details will be posted in the lobby and on our website...one more reason to visit our super duper website at [www.panthersgymnastics.ca](http://www.panthersgymnastics.ca).

Good luck to all and remember, what's important is for you to fulfill your goals to improve and feel good about your performance.

As for the parents we should be proud to watch our daughters achieving their goals rather than hanging around the 7-Eleven.

### President's Report

*Jennifer Bewski*

Competition season is now underway. A huge thank you to all the enthusiastic volunteers that helped out with our January Regional and Intra Club Meet. A big thank you to all our corporate and family supporters who donated towards the silent auction. Without our sponsors, volunteers and staff, these events just wouldn't be possible.

We have two more big events coming up quickly, the Toyota Invitational/MB Opens on April 2 & 3 and Wendy's Invitational on May 7 & 8<sup>th</sup>. Once again we will be looking for volunteers and donations. Nothing like helping out to get a different perspective than from the bleachers or viewing room.

Congratulations to all the girls who traveled and competed in Saskatoon! I'm sure you all have memories that will last a life time.

To remain informed watch the bulletin board in the foyer and check the website. You may have also noticed we are undergoing some renovations in the lobby and painting. Keep an eye to see how those bulletin boards develop.

Finally, special thanks to the Gillies family for donating a fridge to the gym.

## 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 and Tag Day	May 14	Panthers
Provincial Stream	Feb 19-20	Aerials Club	2005 Canadian Championships	May 23-30	Vancouver
Good Friday	March 25	No classes	Provincial championships	June 4-5	Brandon
Manitoba Open Frontier Toyota Invitational	April 2-3	Panthers	Last day of classes	June 11	Panthers
Regional Stream Provincial	April 15, 16, 17	Beausejour	Year end Display	June 12	Rainbow Stg.
Western Canadian Championships	Apr 20-24	U of M	Summer Camp	July - Aug	Panthers



## Fundraising Report

Joanne Holt

Fundraising supports a large amount of the gym's operations. For competitive families there are still many opportunities to meet your fundraising assessment such as:

- Bothwell cheese just in time for Easter. Watch for order forms coming soon.
- Glenlea Greenhouse bedding plant sale. Order forms will be available in March. These top quality plants will be delivered during May.
- A u-bake pizza and cheesecake and cookie dough fundraiser to be held in April.

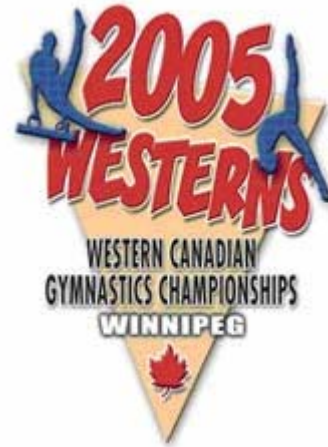
In addition to the campaigns noted above, the following items also help maintain programming and your support is greatly appreciated:

- TCBY yogurt sales are ongoing and we encourage you to purchase a card of 10 yogurts for \$20.00. The cards are kept at the gym and are punched each time you purchase a frozen yogurt.
- A limited number of Pantherwear items are available for sale at the gym. Prices are as follows:
  - Bags - \$16.00
  - Sweatshirts - \$18.00 (various sizes available)
  - Touques - \$10.00

Gymathon is fast approaching. Our goal this year is to raise \$10,000 for some much needed equipment in the gym. We hope that everyone will participate in this important fundraising event. Everyone contributes to the wear and tear of equipment so it really benefits the club when everyone makes a contribution to our annual gymathon. There will be participation prizes as well as top seller prizes.



**Super Spring Break Camp!!!**  
March 28th - April 1st  
Visit our Website :  
[www.panthersgymnastics.ca](http://www.panthersgymnastics.ca)  
Limited space...first come first serve !



## Call for Volunteers at the Westerns 2005:

The Manitoba Gymnastics Association is hosting the 2005 Western Canadian Gymnastics Championships, April 22-24th at the Investors Group Center, located at the University of Manitoba.

Although this is not a Panthers-hosted meet, many parents do volunteer their time for that events. It's a great meet that includes all four westerns provinces.

If you have spare time to offer please let Sandra know and she will direct you to the volunteer coordinator for that event.

We will need Gymnasts to help as well.

# Leaps & Bounds

## Volunteer Report

Leslie Carey

We have had a tremendous start to the year so far! The enthusiasm of all the volunteers has been great. We have had The Blue Bomber display, Tag Day, Clodhopper distribution, Wreath & Poinsettias distribution, Bud Spud and Steak, Junior Panthers Competition, Moms Pantry distribution, Miscellaneous jobs around the gym including a new COACHES room to relax in. Panthers is very proud to host competitions. We recently hosted a Regional and Provincial intra-club competition which took over 100 hours by itself. Thank-you for all your help.

There will be many more opportunities coming up. We are currently looking for volunteers to recover the worn out chairs in the viewing area as well as an Electrician to move the fire alarm located in the new coaches room.

Panthers will be hosting 2 more competitions and will need LOTS of volunteers. I will be posting volunteer opportunities in the foyer on the window.

Just a reminder that when you volunteer for a task you must fill out an ASSESSMENT form and have it signed by myself or another board member or head coach to have your hours credited. The forms are located in the front lobby. I look forward to working with all Panther Volunteers. Feel free to offer any ideas or suggestions in my mail box located in the front lobby.

## Notice Board

### Canadian Tire Dollars?

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

### TCBY Yogurt

TCBY yogurt is available for \$2.00 per cup or \$20.00 per card. This continues to be an excellent fundraiser for our club.

### Sponsorship Opportunities Available

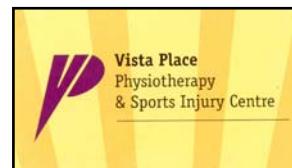
If you are looking for a sponsorship opportunity to both promote your business and support your community contact Derik Hiliker, Panther's Marketing Coordinator, at 981-6503.



## The Sponsor Zone



Thanks to our great sponsors for their ongoing support.



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