



Coaches Corner

Robert Persechino &
Hélène Desmarais

Training is in full swing and all gymnasts are working towards fulfilling their challenging goals. Getting your child to the gym on time helps her to start training with the right mindset. If your daughter has to miss, come late or leave early, please notify the coach of it in advance so training can be adjusted in consequence.

Also, if for medical reason, you daughter can not participate fully to normal training, please remind the coach and give us a written medical report so we can efficiently modify training accordingly.

Competition Hosting... Volunteers Wanted!

Again, Panthers will be hosting many competitions this year. As always Parents (volunteers) are the real reason of Panthers excellent reputation in hosting the best competition in the province! We will need you again this year. Please take note of the weekends that we will be hosting and keep those free to come and help.

- Regional stream competition
January 29-30
- Manitoba Open/ Toyota
Invitational April 8-10
- Wendy's Invitational in early May
(date to be confirmed)

Congratulations:

Congratulations to Alexandra Regier, Recipient of Athlete assistance from Sports Manitoba. Alexandra was the High performance Junior Silver medallist on Vault at last Nationals.

Congratulations also to Robert Persechino for being the Global-TV Manitoba Coach of the month this last August. You can read more about it at: <http://www.coachingmanitoba.ca/comaug04.htm>

Getting ready to Compete!

Alexandra Regier and Melissa Clark are getting ready for Elite Canada. This is the selection competition where you have the privilege of becoming a High Performance Gymnast.

Good luck in your preparation!

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Quote of the Month:

Be just a little better
than you were
yesterday.



Leaps & Bounds

Coaches Corner (cont'd)

Desiree Loutit

The season is in full swing and we're off to a great start. So many new faces! Most classes are full however we've opened up a couple of new classes. SUN 5:00 Gym1 & SUN 4:30 GYM2.

I'd like to take this opportunity to invite all parents to feel free to bring there questions/concerns. Never feel like you're complaining. I need your input to do my job properly and Happy Children are my number one job!

Mary Schulz of Monkey Business will be in Sunday, October 24th from 6-8. She'll be measuring all gymnasts interested in purchasing the Panthers recreational suit. This suit is mandatory for all GYM 3/4 and Regionals and is approximately \$30.

Monkey Business is now stocking REISPORT grips and will continue to stock throughout the year. This should be easier for the girls to size and purchase grips.

See you at the gym!
Desiree

Hospitality & Vice-President Report

Jennifer Bewski

Thanks to all of you who attended the first Annual Bud/Spud/Steak held October 1st. It was a great evening out and I look forward to the 2nd Annual one next year. Thank you Teresa for all your work coordinating it.

Orientation sessions will be held this month. Please watch the foyer windows for notices. Handbooks will also be distributed this month with all the details on the fundraising and volunteer commitments.

We will be hosting 3 competitions this year, which means there will be lots of opportunities to volunteer. This also a great opportunity for our kids to participate...there's nothing like viewing a competition from the same eye level as the judges! Please watch the foyer windows for sign up sheets. As in the past, we plan to hold silent auctions in conjunction with the competitions. If you can help by donating prizes it would be greatly appreciated. Letters will be available in the lobby. Thanks to all the parents who have been working up a storm already this year doing the fundraising and volunteering. Without your help these events just wouldn't happen.

We would really like to start distributing the notes via email for all those who have access, so please make sure we have your email address. Taking this approach ensures that you see all the latest notes about club activities and it sure beats searching a gym bag several times a week!

Another key information tool the club has is our web site. Robert does a fantastic job of keeping it up to date. Visit us at panthersgymnastics.ca. A big thank you to Ingrid as well for continuing on as our newsletter editor!

Calendar of Events

EVENT	DATE	LOCATION
Annual General Meeting	October 20	Panthers
Body Suit Fitting - Monkey Business—JP 3/4 and Regionals	October 24	Panthers
Clodhopper Fundraising Money Due	October 24	Panthers
Mom's Pantry, Bothwell Cheese, Shelmerdine's Deliveries	December 8th	Panthers



Fundraising Report

Joanne Holt

Clodhopper Fundraiser

The Clodhopper fundraiser will continue until the end of October. Each box sells for \$60.00 with a 50% profit.

For all with fundraising assessments, that means \$30.00 per box will go towards your assessments.

We will be having random draws for all participants with Future Shop Gift cards for prizes.

Please hand in all clodhopper money by October 24 (cheque only).

This Clodhopper fundraiser was new for Panthers this year and we are very close to achieving our goal!!!

TCBY Yogurt

TCBY yogurt is available for \$2.00 per cup or \$20.00 per card. This has been an excellent fundraiser for the gym and we will continue this into the fall. Watch for new flavours coming soon!!!

Show and Save Cards

Show and Save cards and coupon books are still available at the gym until October 15th. If we sell 125 books, the profit will be \$6.50 per book. We are almost there!! Featured in the 04/05 books are 9 IGA/Sobey's coupons with no maximum.

Still to come....

Coming in the fall for fundraisers will be Mom's Pantry/Bothwell Cheese products with delivery just in time for the Xmas season. Along with this fundraiser will be Wreaths and Poinsettias with delivery early in December.

Thank you for your continued support!!!



Test Your Terminology

Can you define these terms:

Aerial
Giants
Optionals
Salto

performed entirely in the air.

Salto – Otherwise known as a "flip" or "somersault"

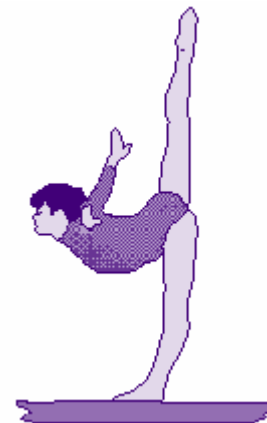
Optionals – routines created for each gymnast which highlights their strengths

the addition of releases.

Giants – A move performed on the bars, characterized by the gymnast completing a full 360 degree rotation around the bar. This skill can be performed forwards or backwards, in overgrip, undergrip, or eagle grip hand position. These skills include

Aerial – a skill in which the gymnast turns completely over in the air without touching the apparatus with his/her hands.

Definitions:



Notice Board

Canteen Update:

The Canteen is open every Saturday from 9 - 3. Come visit us and see what goodies we are serving. We've got everything from coffee to hotdogs.

If you are interested in working a shift while you are waiting its a great way to meet the other parents and to work off your volunteer hours. Watch the foyer for sign up sheets.

Panther Pride

Coming soon Pantherwear. Stay tuned for details on how you can wear your "Panther Pride."

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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.

WANTED!! Small Freezer or Fridge

We need a small freezer or fridge for the canteen. Contact the office is you can help.

The Sponsor Zone

 Thanks to our sponsors for their ongoing support.





Bodywear For:

- Gymnastics
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