

THE 'WHAT'S NEW?' NEWSLETTER!

LAKELAND GYMNASTICS BOARD OF DIRECTORS (780) 639-3065 | Lakelandgymclub@hotmail.com | Lakelandgymnastics.ca



WELCOME! OR WELCOME BACK!

We've missed you!

We're sure it feels like a long time ago since you last felt that bounce in your step from the spring floor or the chalk on your hands from the bars. But have no fear, the Fall session is back and ready to stretch and twist those COVID-19 cobwebs right off of you!

Since you've been gone we've taken the opportunity to do some professional deep cleaning of the floor and mats and created new cleaning protocols for our day-to-day facility usage.

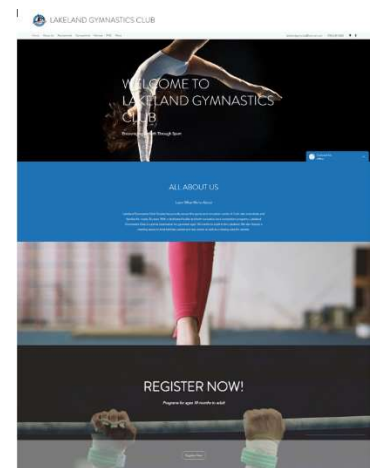
We'll touch more on that later in the newsletter, but know that we're doing our best to keep our gym squeaky clean!

WE HAVE A NEW WEBSITE!

What do you do when you have to close your doors for 6 months due to a pandemic? You come back stronger and better than ever!

Yes, that's right! In addition to our regular Facebook updates, you can now check us out at our all new website www.lakelandgymnastics.ca.

There, you'll find all of our up-to-date forms, videos, pictures, volunteer opportunities, staff information and more! We'll be updating it regularly, so be sure to check back whenever you have a chance.



UPCOMING FUNDRAISERS

Purdy's Chocolate – Nov 2-21 with delivery in early Dec. Stay tuned!

**REMINDER: Little Caesar's Pizza
Pizza pick up will be on
Friday Nov 6 between 5-8 pm.**

Being a gymnast is having the strength to hold on, and the courage to let go

- Anonymous



NEW PROCEDURES

Currently, the Alberta Gymnastics Federation (AGF) has directed that all parents must complete and submit the 'Session Health Screening Checklist' once per session. However, all parents must complete (but not submit) the checklist before each class to determine if the gymnast should attend class that day. Parents are required to complete this checklist for the athlete prior to entering the facility.

Increased sanitization measures also ask that you wash your children's feet before and after participating in their class.

Upon entering the facility through the side door (please maintain social distancing) a temperature

reading will be taken, hand sanitizer used and if reading is satisfactory, the gymnast will be permitted to enter.

All outdoor clothing will be removed and placed into a sealed bag (eg. backpack) and placed on the hooks. Outdoor footwear will be placed in individual bins.

Gymnasts will then be welcomed into the gym where they will follow the directional arrows for foot traffic and maintain social distancing at all times.

When class is complete the athletes will exit the gym area, sanitize their hands, pick up their bag and footwear bin and move to the front area of the building and exit through the front door.

COVID-19 REFUND POLICY

Although we're all keeping our fingers and toes crossed that we'll make it through the Fall without another pandemic shutdown, we thought it would be best to put a new policy in place so we're all on the same page.

As a not-for-profit, Lakeland Gymnastics Club Society uses 100% of the fees and fundraising collected to put back into operating the club to encourage growth through sport.

In the event of a temporary closure of the club due to provincial COVID-19 requirements, Lakeland Gymnastics will only issue a credit or refund for any cancellations over four weeks. For example, if the club is required to close for six weeks, a two week credit/refund will be issued. All future credits will expire one year from date of issue. All credits issued due to Spring 2020 COVID-19 shutdown will expire June 30, 2022.

Credits will not be issued due to self isolation requirements.



INCLEMENT WEATHER POLICY

If we are closed due to inclement weather (eg. snow days) or any other reason beyond our control, we will send out an email to all gymnasts and post it on our Facebook page.

Generally, if the school buses are not running we will not be open.

Unfortunately, we will not be able to refund/credit or make up these classes.



SESSION BINGO DATES

Sign up at
lakelandgymclub.fundraising@hotmail.com

October 27, 2020
November 7, 2020
November 15, 2020
November 26, 2020
December 9, 2020
December 29, 2020
January 3, 2021

MEET YOUR COACHES



LESLIE THOM
Head Coach & Gym Manager



BIANKA DEPOT
Recreational Program Coach



SHAILYN DRYDGEN
Recreational Program Coach



ELLE GIRARDI
Recreational & Competitive Program Coach



JORDYN LAPLANTE
Recreational & Competitive Program Coach



KELSEY MILLER
Recreational Program Coach



KARINA SCHNEIDER
Recreational & Competitive Program Coach



VOLUNTEER BOARD OF DIRECTORS

Have something to say and want to get involved? Join our Board of Directors! Positions are available.

As a not-for-profit club, Lakeland Gymnastics Club is governed by a Board of Directors – volunteers from the community who share the mission and vision of the club and are responsible for its well-being.

Board members are responsible for the governance and accountability of the organization and come from different backgrounds with different experiences. Recreational and competitive parents are welcome.

As a Board director, you'll have the opportunity to gain experience in governance and working in the not-for-profit sector, develop and broaden your leadership skills, and expand networking opportunities.

Most importantly, you will have the opportunity to work alongside a committed group of people to fulfill a mission of continuing to provide recreational and competitive gymnastics in the Lakeland.

Join us today!



2020 Volunteer Board of Directors: (L-R) Vanna Harnack – Fundraising Coordinator, Deb Schieman- Treasurer, Melanie Bossence- Vice President, Courtney Gartner- Bingo Coordinator
Absent from photo: Sheri Rice- Secretary

Last day of Fall classes is Dec 19!
Winter session (Jan-Mar) registration will open mid-December!
Hope you'll join us!