

FAST TRACK

OGC ACROBATICS HEADING TO WORLD CHAMPIONSHIPS



OGC's pioneering efforts are resulting in big opportunities for some of our athletes even as the acrobatic gymnastics program is officially recreational and the discipline itself new.

Jamie Patrick, Steven Tucker, Jack McGarr and Cory Marsh make up the Men's group that will attend the World Age Group Championships for Acrobatic Gymnastics this July in Wrocław, Poland. Thanks to corporate backing from Epson and support from Gymnastics Canada this group and a pair of girls from a long established acrobatics club in Montreal will be



able to participate. The boys hope to represent OGC and Canada by delivering two polished and confident routines. Don and the boys will be putting in extra hours between now and July in order to prepare for the World Age Groups. Good luck to the boys as they lead the way for acrobatic gymnastics in Canada.



Poland bound athletes: (From left to right) Cory Marsh, Jamie Patrick, Jack McGarr and Steven Tucker

OGC TV: CHECK OUT OUR CHANNEL

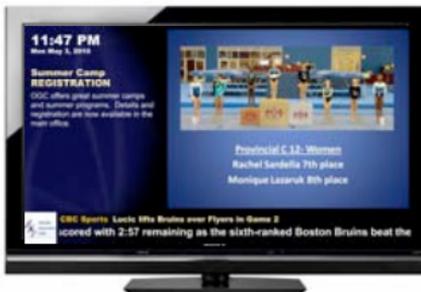
OGC recently incorporated the Screenscape Broadcasting System to the main lobby viewing area.

This new source of information can be accessed anywhere, anytime online at:

<http://oakvillegymnastics.screenscape.net/>

Not only will it act as an information source for our clientele, but also as a broadcast location for club news and results. It will also be a new source for advertising and information sharing. If you are

interested in advertising on OGC TV please contact the club at 905-847-7747.

**FAMILY COMMITMENT HOURS**

As this year's competitive season starts to wrap up, I would like to thank the many families of OGC for donating their time and energy to the club and that have fulfilled their family commitment hours (volunteer hours). Without your continuing efforts, the club would simply not function.

I would also like to remind those families that have not yet fulfilled their family commitment hours that the end of the 2009-2010 competitive season is ending soon and that there are limited volunteer opportunities remaining. Those families that have not fulfilled their family commitment will be required to pay a penalty of \$20/HOUR REMAINING before their son or daughter will be allowed to train for the 2010-2011 competitive season. Current opportunities are posted on the board in the lobby. Please do not wait until the last minute to complete your hours.

*Randy Pedersen,
Volunteer Coordinator*

GYMNASTICS ONTARIO ACROBATIC GYMNASTICS SPRING GALA PERFORMANCE

The Gymnastics Ontario Acrobatic Gymnastics Spring Gala Performance will be held in conjunction with Scarborough Gym Elites' June Trampoline and Tumbling competition. We look forward to having the opportunity to showcase our talents and showing how Acrobatics is growing in Ontario. For information about acrobatics or this Spring Gala, check out the Gymnastics Ontario website at www.ogf.com.

Healthy Snack Ideas for Athletes

Do you ever wonder if your child needs any extra nutritional support while training? The answer is a definite yes; especially with the extensive training hours they complete weekly. Competitive athletes:



1. Face high levels of stress – any form of exercise puts stress on the body; whether physical or mental
2. Have a higher metabolism – as muscle burns more than fat
3. Encounter higher levels of tissue/muscle damage, inflammation and regeneration; often due to free radical damage or oxidation
4. Experience acidity – exercise and stress create acidity; acidity creates tissue damage, inflammation and illness.
5. May be physically fit but unhealthy.

Therefore it's very important to support those bodies in any way we can. A good place to start is to look at what our children eat during their 15 minute nutrition breaks. Here are some key snacks they need and why:

Power Smoothie Recipe

1 cup water/coconut water or fresh squeezed juice
 1 scoop greens powder and/or undenatured organic whey protein powder
 2 bananas
 1 orange
 1 cup berries or 1 scoop fruit powder
 1 tsp flax, salba or chia seed
 Purée in a blender and drink.

1. Fruits and vegetables – they are digested and utilized quickly by the body, providing a quick supply of electrolytes, vitamins, minerals and healthy carbohydrates. These also help counteract any acidity.
2. Water – our bodies are over 70% water and much is lost through training; therefore it's very important to rehydrate whenever possible with clean, filtered alkaline water (pH 7.4+). Do not use any product containing artificial sweeteners such as sucralose, Aspartame (Aminosweet) or Splenda.
3. Electrolytes – these are important minerals the body uses quickly during training. These minerals include Calcium, Magnesium, Potassium and Sodium. Many electrolyte replacement drinks exist and I don't

recommend most of them as they consist purely of refined sugar and food dyes which are very counter productive to an athlete. Try fresh squeezed juice or pure coconut water (now found in tetra paks at selected stores, or buy your own young coconut – yum) or use a natural electrolyte replacement.

4. A simple idea – pack a homemade smoothie containing those just mentioned as they're very easily assimilated.

Remember during breaks they only have about 15 minutes to eat, so it has to be something nutritious that assimilates quickly – anything processed/packaged provides zero nutritional value to an athlete – chips, pop, cookies and chocolate don't belong here. We care so much about their health and performance – the better they eat the better off they'll be!

Christine Ng is a Registered Holistic Nutritionist and Allergist, with a daughter in the provincial tumbling program. If you'd like help or clarification on anything above, feel free to contact her at 905-825-3528.

Meet the Gymnast: Mikaela Gerber



How long have you been doing gymnastics?

Since I was 3 years old.

How did you get involved with gymnastics?

My older sister, Aisha Gerber, was in gymnastics and my parents put me in because she loved it and they thought I would love it too.

What's your favourite thing about gymnastics?

The ability to do things that most people don't even dream of doing. It's really fun to flip and fly through the air. The friendships you get are great too.

What's your favourite event?

Floor.

What's your favourite skill?

Triple twist on floor and front aerial on beam.

How many hours a week do you train?

Twenty-six hours.

What does your daily routine look like?

I get up at 5 am, leave the house by 6am and drive for one hour to arrive at the gym for 7-9am morning trainings. Then I head back to school in Cambridge from 10am-2pm and leave again for 3-7pm afternoon trainings. When I come home, eat supper, shower, do homework, get ready for the next morning and go to sleep around 10pm. Then I get up and do it all over again (with a smile on my face, of course).

What's your proudest moment so far?

Being chosen to compete for Canada in Melbourne, Australia and coming in 1st on floor and 2nd all-around at the 2009 Canadian National Championships.

What were the highlights of your last competition?

Winning a bronze medal on bars and helping my team win bronze in the team competition at Gymnix International.

When and where is your next competition?

My next competition is in Melbourne, Australia in early May.

What are your goals?

To get a scholarship at UCLA.

What do you like to do when you're not at the gym?

In the winter, I like to rest and go on Facebook to talk with friends. In the summer, I like to sunbathe and go for walks and hang out with friends. All year round I love to read!

How do your friends react when you're back at school after a meet?

They ask me how I did and congratulate me.

What's your favourite subject in school?

English and Math.

Do you have pets?

Yes, a dog named Chenoa.

What's your favourite food?

Tacos.

What's your favourite TV show?

iCarly.

If you had one piece of advice for a younger gymnast (i.e., someone just entering competitive gymnastics), what would it be?

Don't try to be perfect, just be yourself, try your best, and have lots and lots of fun!

*Interview by Noreen Teo
January, 2010*

The Clinic Corner: Ice versus Heat



When do you use ice and when do you apply heat to an injury? This is a question I get asked a lot as a coach and a therapist, so I thought I would try to provide everyone with some basics!!

ICE

- Ice is always recommended after an acute injury (one that has occurred in the past 24-48 hours and usually has an

obvious onset such as an impact or trauma) and for about 3 days post-injury

- Ice is recommended whenever inflammation is present
- If swelling is present, the injured area should be iced above the heart so that gravity will assist in bringing fluid back to the heart and therefore aid in decreasing the swelling

- Icing should be done at least 3 times a day
- It is best to ice with something that can form to the body part, such as a gel pack or bag of frozen veggies

EFFECTS:

- Decrease of bleeding into the tissues
- Decreases inflammation
- Prevent/Decrease swelling
- Decrease in spasms
- Decrease in pain

PRECAUTIONS:

- When icing, it is important to place a cloth or paper towel in between the skin and ice to prevent frost bite
- Ice can be applied for 10-15 minutes. Exceeding 20 minutes leads a protective response (Hunting response), which can actually cause an increase in inflammation
- Before reapplying the ice, ensure that the area has warmed up to its normal temperature on its own (eg without rubbing the area with the hands)
- Icing will decrease sensation to the area. Ice should not be used as an analgesic to continue with activity!
- For chronic injuries, it is not recommended to ice before activity, but rather afterwards to reduce or prevent any

inflammation that may have been caused

- Do not heat/ice areas with poor circulation or poor sensation
- Do not apply ice to the front or sides of the neck
- Do not apply ice to the left shoulder if you have a heart condition

EFFECTS:

- Increase in blood flow
- Decrease in muscle spasms
- Increases range of motion
- Decreases pain/achiness
- Heat before stretching is recommended (warm-up the area either with exercise, shower or other heat source)

- Always test the temperature of the heat before applying to the area
- Do not heat or ice areas with poor circulation or poor sensation

If you have any questions about this or any other related topic, feel free to stop by the clinic and speak with one of the therapists!

HEAT

- Heat is recommended for injuries in the chronic state (more than one week post-acute injury, overuse injury, subtle and slow to develop)
- It is great for sore, stiff muscle or joint pain before exercise or stretching
- Deep moist heat is the best option and can be applied for as long as 20-30 minutes

PRECAUTIONS:

- Never apply heat to an acute injury
- Do not heat an area that is inflamed
- Never sleep with heat, especially an electrical heating pad, as this increases the chances of burning



**OAKVILLE GYMNASTICS CLUB'S
END OF THE YEAR PARTY**

THURSDAY, JUNE 10TH
MEET & GREET: 5:30PM
DINNER: 6:30PM

OPERATING ENGINEERS BANQUET HALL & CONFERENCE CENTRE
2245 SPEERS ROAD, OAKVILLE, ON L6L 6X8
WWW.OEBANQUET.COM

RSVP & PAYMENT TO AGNES BY MAY 27TH
ATHLETES ARE FREE
ADULTS \$34 • CHILDREN UNDER 12 \$26

The Oakville Gymnastics Club is the "Gymnastics Canada Club of the Year."

Meet the Gymnast: Jonathan Meehan



How long have you been doing gymnastics?

I started gymnastics when I was 10 years old. I did artistic gymnastics for four years and I am in my third year of tumbling.

How did you get involved with gymnastics?

I saw a talent show at school. There was a girl who did a back handspring and decided that I wanted to do the same thing.

What's your favourite thing about gymnastics?

The adrenaline at competition. It's the best feeling ever.

What's your favourite skill?

Double layout.

How many hours a week do you train?

Fifteen hours.

What does your daily routine look like?

I get up in the morning and go to school. After school, I do my homework, sometimes have a nap and then I eat dinner. I later head

to the gym for training for about three hours a day.

What's your proudest moment so far?

I'm really proud of having the opportunity to represent Team Canada last November in St. Petersburg, Russia as one of the Canadian National Team's top Age Group athletes. I competed in the 15-16 Men's Tumbling Category at the World Age Group Championships and placed 12th in the world.

What were the highlights of your last competition?

I did a new pass that I have never done before. It is one of the hardest I have ever done in competition or in training and it went well. I made the landing and it felt good.

When and where is your next competition?

And the end of May, I'm competing in the 2010 Canadian National Championship which will be held in Kamloops, BC this year. Men's Artistic, Women's Artistic and T&T will all compete together in the same room. It should be a really exciting Championships.

What are your goals?

I want to make the senior team. I also want to represent Team Canada at the World Championships within the next couple of years and hopefully win a medal.

What do you like to do when you're not at the gym?

I like to hang out with friends and have downtime. I also love longboarding, which is just like skateboarding but with a longer board.

Do your friends at school know what you do?

Yes. When I came back from Russia, I made a documentary of my trip for one of my classes. The whole class got to see what I do. They're really cool about it and very supportive, always cheering me on.

What's your favourite subject at school?

Art. I like drawing and painting. It's a great way of expressing yourself.

Do you have pets?

Yes, a beagle named Annie.

What's your favourite food?

Hamburgers, the homemade kind. It's a family thing – we all make our own hamburgers.

What's your favourite TV show?

MythBusters. There's no comparison. It's cool that their job is to blow stuff up.

If you had one piece of advice for a younger gymnast (i.e., someone just entering competitive gymnastics), what would it be?

Don't let any setbacks hold you back. For example, if you have an injury, you can come back even stronger than before and have a positive outcome. You just have to have the right mindset.

*Interview by Noreen Teo
January, 2010*

Power Tumbling Program News



OGC's athletes have had a great year so far and there's more to come.

Kezia Allen, Michael Chaves and Ricardo Smith all had top

finishes at the 1st Ontario Cup allowing them to be selected to attend the Ontario Winter Games. This event takes place every two years and is one of the Province's largest sporting events. With the Ontario Winter Games taking place only days after the thrilling Vancouver Olympic Games the energy and enthusiasm was high. Congratulations to Kezia, Michael and Ricardo for qualifying to attend.

Elite Canada, the first of the three National Team selection events for the 2010 season for Trampoline and Tumbling was held in Airdrie, Alberta. Jonathan Meehan, OGC's only youth level

tumbler attended. This year's Elite Canada had a new format where all male athletes in tumbling, regardless of category, completed in one group. This new format gave Jonathan the opportunity to rank himself against Canada's top senior and open category tumblers. Jonathan, with some inconsistencies in his routines, was still able to manage a 5th place finish. With his ever increasing Degree of Difficulty and his classic tumbling style Jonathan is set to be one of Canada's new Senior Men's tumblers come this July when he will attend the third National Team selection event; Canada Cup. Until then Jonathan has a road of recovery leading up to the National Championships (the second National Team selection event) as he suffered a major ankle sprain the last week of March. With his sites set on World Age Championships in Metz, France in the fall and on debuting as a senior in July, Jonathan has lots to work on and lots to prove. Congratulations and Good Luck Jonathan!

Qualifying to Provincial Championships is not easy. Young tumblers must achieve a qualification standard score at two out of three competitions all

held within two months of each other. An injury or a struggle with elements of a routine can spell disaster for an athlete's season. Michelle O'Shae who broke her finger the week before the 1st Ontario Cup, has struggled to get back on the floor and to prove to judges and officials that she is worthy of attending the Provincial Championships in this her first year of tumbling. Luckily Michelle had a top eight finish and a high qualification score in Provincial C 13+ Junior women's category. This high finish in a large category along with a medical petition has secured her a position at the Provincial Championships. Michelle's story is one of bad luck and strong recovery. Other tumblers were not so lucky.

Erik Polacek, one of our new up and coming Provincial C tumblers missed qualifying by point one to wobble on a landing at his final competition. "You win some, you loose some" as the saying goes but all have worked hard and are now preparing for the end of season competition in Scarborough where most will be attempting to compete in a higher level in preparation for the 2011 season.

Congratulations to those tumblers who managed to meet the criteria for the Provincial Championships.

Emma Chau, Provincial D Junior Women

Jade Jordan, Provincial D Junior Women

Naomi Smith, Provincial D Junior Women

Connie Robinson, Provincial D Junior Women

Valeria Granda, Provincial D Senior Women

Rachel Sardella, Provincial C 12- Women

Monique Lazaruk, Provincial C 12- Women

Kiana Ng, Provincial C 13+ Junior Women

Michelle O'Shae, Provincial C 13+ Junior Women

Stephanie Milligan, Provincial B Women

VaNessah Sears-Duru, Provincial B Women

Rachel Dhingra, Provincial B Women

Paxton Lapko, Provincial B Women

Jamie Patrick, Provincial B Men

Kezia Allen, National Novice 10-14 Women

Josh Sardella, National Novice 10-14 Men

Jack McGarr, National Novice 10-14 Men

Lauren Rotolo, National Novice 15+ Women

Ricardo Smith, National Novice 15+ Men

Michael Chaves, National Novice 15+ Men

Luke Mackinnon, National Novice 15+ Men

Cory Marsh, National Novice 15+ Men

Jonathan Meehan, National Youth Men

Demonstration and Interclub Tumblers Competed in Quinte Bay

The first major display of their tumbling prowess came for the youngest members of the tumbling program during the 2nd Ontario Cup

when the Quinte Bay Gymnastics Club hosted an Interclub Competition. Along with this official competition, athletes who are too young to compete by Gymnastics Ontario standards were allowed to put on a demonstration of their developing skills and show off their newly acquired tumbling skills. Congratulations to all of the OGC tumblers who

competed in this event as we had so many medals, ribbons, and big smiles that weekend.

As well, the Interclub level tumblers geared up for their major competition here at the OGC on April 24th and then they will finish up their season at the Scarborough competition June 20th. Good luck to all the up and coming OGC Tumbling Stars!

Corrections/omissions to previous newsletter's article:

Pan American Championships:

Lauren Rotolo Women's 15-16 category she placed 3rd not 2nd

Kezia Allen had placed 9th

Josh Sardella placed 5th

Jack McGarr placed 6th

Canadian National Championships to take place in Kamloops

The OGC has qualified more tumblers to this National Championships than ever before! With 7 qualified so far and one more potential athlete to meet the standards, OGC will have its greatest representation of tumblers at a Canadian National Championships. With all of our tumblers in the younger age groups categories we have a huge potential for medals and for an even stronger presence at the National Championships to come in 2011 and 2012. For Kezia Allen, Josh Sardell, Jack McGarr, and Michael Chaves this will be their first National Championships as this is their first year competing in the National Level. Congratulations to the veteran tumblers who are heading to their second and third National Championships: Lauren Rotolo, Luke Mackinnon, Ricardo Smith and Jonathan Meehan. Good luck to all the OGC tumblers who will represent the strongest tumbling province in the country, Ontario and one of the strongest tumbling clubs in Canada, OGC.

T&T Pan American Championships

The Pan American countries came together in Daytona, Florida during the last week of March for one of the largest Trampoline and Tumbling competitions in this hemisphere. With competitors from the "super powers" (USA and Canada), other countries, like Brazil and Argentina, weren't able to capture any medals in the tumbling events. This event was an important International event for Canadian tumblers hoping to qualify to the World Age Group Championships in Metz, France later this year. Needing to have competed outside of Canada before attending a World Championships several athletes from the OGC made their way to Dayton for this competition.

The structure of this competition followed the FIG structure which is different from the Canadian system but our OGC athletes were able to make the best of it with strong performances and two medals. Lauren Rotolo brought home a 2nd place medal in the 15-16 Women's division despite still recovering from a bad fall at her 1st Ontario Cup in January. Cory Marsh also battling a sore ankle was able to capture a 2nd place medal as well. Congrats to the medal winners and great performances by Kezia Allen, Josh Sardella, and Jack McGarr.

With National Championships still to come and Canada Cup in July being our final qualification event to the World Championships, the tumbling program still has lots to come.

Tumbling Tryouts

Open tryouts will take place the middle of May for those who are looking to capture a spot in the program. Registration for Tryouts is available in the office at the OGC.

Eastern Canadian Championships for Trampoline & Tumbling

Two of OGC's up and coming tumblers have achieved the high standard of qualification for the 2010 Eastern Canadian Championships. Jamie Patrick and Stephanie Milligan will be heading to Mississauga to compete against the top tumblers from Quebec, Nova Scotia and New Brunswick in early May. Both Jamie and Stephanie compete in the B level, one of the more difficult categories. Congratulations to Stephanie and Jamie for their efforts throughout the three Ontario Cups where their results secured them a place on the Ontario Team. Go Ontario!

Good Luck to all of the tumblers competing for the OGC!

*Don Holmes & Niki Lavoie
Power Tumbling Program Directors*

**Registration for
Summer Camps
have begun.
Register today!**

Men's Artistic Program News



Attendance:

Gymnastics is a very complex sport that requires many repetitions over many days to solidify skills. Once these skills are ready to be put in combination with other skills, the combination of skills must also be repeated regularly. Several combinations strung

together become parts of a routine which have to be performed regularly until the timing, positions and endurance required to put this complex body actions together.

When all goes well, a routine is born and it too must be repeated regularly to build endurance. Endurance is necessary for the demands of competition and the athlete must be prepared to perform these complex routines (and warm-ups) under the stressful conditions of competition. Gymnastics is arguably the hardest sport on the planet.

Most sports are extensions of natural movement such as running and swimming. Training for these sports is designed around increasing speed and endurance. Gymnasts must learn complex movements that are not part of our natural daily routines. This requires a commitment to train regularly while still making time competitions.

Regular training/attendance is essential to improving a gymnast's skill repertoire, strength,

EMAIL, BLOG & CALENDAR – Email is the primary method of communication used by the MAG staff. Please ensure that you email any changes to your email address to both the office and the MAG Program Director: g.jackson@oakvillegym.com

The men's blog is located at:

<http://oakvillemag.blogspot.com>. Check out the blog to stay up to date on all our artistic men's events and activities.

flexibility, confidence and endurance. While it may seem that missing one practice is not a big deal, depending on where that practice falls in your son's training cycle, they may miss up to four days of training. Four days is a significant gap in the training cycle.

They will have to work on getting their timing back, some strength will have been lost and, especially in the case of growing boys, they will have lost flexibility. If they were in the middle of learning a new skill, they will have to take a few steps back on go through some of the process again. Please try to attend all trainings and communicate with your son's coach regarding any absences.

Being on Time:

While we understand that all sorts of factors affect your ability to arrive at training on time, it is important that you do. Warm-up and conditioning are done at the beginning of the training and set the tone for that training session. In the case of younger gymnasts, we do not have to ability to run individual supervised warm-ups every 10 minutes. Your son will feel rushed and not warm-up properly.

Regular conditioning is vital to acquiring new skills and allows the gymnast to maintain the required body tension required to successfully perform a routine. It doesn't take long to lose the physical attributes of strength and flexibility. Doing the correct action with good form for the required number of repetitions regularly will lead to increased results and therefore better gymnastic performances and a reduction in injuries.

*Greg Jackson,
Men's Competitive Program Director*

SYLVAN LEARNING CENTRE BECOMES AN OGC SPONSOR

Sylvan Learning Centre Oakville www.sylvan2learn.com is a proud new sponsor of the Oakville Gymnastics Club. Like OGC we have a tradition of excellence.

We all recognize that recreational and competitive gymnastics is all about the combination of balance and strength to achieve superior results. OGC coaches are to be applauded for their great results with their athletes year after year.

At Sylvan Learning we also strive to bring out the best in your child. Our staff of fully-qualified Ontario teachers is focused on taking your child to new academic heights, regardless of their current ability level.

Sylvan's unique learning system enhances your child's natural abilities, encourages excellence and boosts self confidence. In fact we are so confident that we can help your child succeed that we even guarantee our results.

Call Susan or Tara at Sylvan Oakville now on (905) 469 6353. We are open most nights until 8pm. Mention to our Directors that your family are members of the Oakville Gymnastics Club and receive a free consultation and at least 10% off our core programs.

Fast Track Editorial Team

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