

# Newsletter



10/31/2024

## TRUE SPORT Principle of the Month In October we focused on **Include Others**



True Sport is a national movement based on the shared desire of Canadians to have positive sport experiences based on values of fairness, excellence, inclusion and fun.

The OGC has joined True Sport, which aims to give people, communities, and organizations a platform of shared values and a commitment to providing quality sport experiences.



Throughout November we encourage you to share photos and thoughts about why you love to come to the gym. Please share them on social media and be sure to tag [@OGC](#) and [@True Sport](#) with the hashtag [#KeepItFUN](#)



**Keep It FUN!**

**Find the joy in sport and share it with others.**

**Remember what you love about sport and why you play.**

## CLUB NEWS

### Get Ready to Fuel Your Day - OGC & Coyotes Coffee Collab

As many of you may have already noticed, we have teamed up with Coyotes Coffee, a small batch roaster from Vancouver Island, to create a unique OGC coffee blend to energize our community.



Our OGC branded coffee is now available and can be purchased from the front desk and online.

Prices are \$15.00 for a 200g bag or \$25.00 for a 1lb bag. In addition to our coffee being Fair Trade, Organic, and Rainforest Alliance Certified; \$2.00 from each bag sold supports our Financial Assistance Fund, helping even more children experience all that gymnastics has to offer!

## Upcoming Support Opportunities to Give Back

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### Lobby Maintenance:

We are looking for a few members to assist with hanging plaques/banners in the lobby and hallways to highlight our past achievements. If you would be interested in supporting this project, please reach out to Jennalyn at [admin@ottawagymnasticscentre.ca](mailto:admin@ottawagymnasticscentre.ca).

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### MAG 1st Ontario Cup:

We're excited to announce that the Ottawa Gymnastics Centre has been chosen to host the Men's Artistic Gymnastics (MAG) 1st Ontario Cup from December 13th-15th, 2024 and we need your help to make it a success!

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This event is the first competition of the season for the MAG athletes, and it offers a great opportunity for the OGC community to come together and support the athletes as they showcase their talent and hard work. We are calling on all OGC members to give back and sign up as volunteers if you can. Your time and effort will make a huge difference in ensuring that the competition runs smoothly and is a memorable and positive experience for everyone involved.

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**Click here to view a full list of roles and sign up!**

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*\*Please note we are still waiting for the final schedule to be released by Gymnastics Ontario - times may be shifted slightly in order to accommodate.*

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Thank you in advance for your generosity and commitment. We couldn't do this without you!

## ACTIVE START & FOUNDATIONS UPDATE

### Important Dates

**KG Fall Session A** ends on Sunday, November 3rd  
**KG Fall Session B** begins on Monday, November 4th  
**Winter Registration** opens Wednesday, November 20th

## General Updates

Over the thanksgiving break OGC hosted 3 days of NCCP Foundations Coaching courses. We would like to congratulate 3 of our CIT's (Coaches in Training) on becoming trained Foundations coaches! As well as 3 of our competitive stream coaches on becoming foundations trained in Trampoline!

## Weekly Themes

Over the past month our Foundations and Active Start participants have been hard at work building confidence and consistency in their landings, supports, shaping, and various locomotions. Over the next few weeks classes will be structured around the following themes.

- Week 5 - Handstands: Participants will be working on alignment as well as safe entry and exit from various handstand progressions (appropriate for their level).
- Week 6 - Leaps, Jumps & Springs: Participants will be working on strong shapes in their leaps and jumps as well as maintaining body tension in springing progressions off their hands and feet.
- Week 7 - Rotations: Participants will be practicing skills and drills which have them spinning around each of the 3 axes of rotation.
- Week 8 - Balance and Coordination: Participants will be working on activities that challenge their ability to maintain balance and exercises to increase coordination.

## ANNUAL PROGRAM

### Meet and Greet with Heather Ross McManus Director of Sport Performance & Development



Help us welcome Heather to the OGC!



Heather is an Olympian, a recognized coach, system-builder, and leader in Canadian sport, driven by a desire to inspire and support human excellence and lifelong wellness through values-based and athlete-centred sport programming. Heather is Chartered Professional Coach (ChPC), holding an Advanced Coaching Diploma from the Canadian Sport Institute Ontario and an NCCP Gymnastics Level 4 Certification, with a specialization in trampoline. Heather has also completed coursework for a Master's in Human Kinetics with a focus on Sport Psychology and Coach Learning, a Bachelor of Education from the University of Ottawa and a Bachelor of Science in Natural Sciences from Lakehead University.



#### Heather's key duties will include:

- Providing technical leadership and direction for all OGC Program
- Leading the development, implementation and evaluation of the OGC's Coach and Athlete development pathways and associated athlete development matrices
- Leading the annual planning process, ensuring effective collaboration between programs and supporting program leads and coaching staff in the development of Yearly training, competition and

recovery plans of their athletes

- Build out OGC's integrated support team

## Welcome Sean McManus



Sean began his coaching career at OGC while he was still a competitive MAG athlete in the 1980s. Look for him on the OGC wall under National Athletes. As an athlete Sean went from OGC to the U of T Men's Gymnastics Team, competed at the 1983 Canada Winter Games, and was named to the MAG National Team roster. In Toronto he coached recreational gymnastics at Seneca college, and the WAG team at U of T. While coaching at Seneca he met Trampoline legend Dave Ross, was recruited to compete Trampoline, and became Canada's top Male trampolinist at the World Championships less than 1 year later. As the owner and full-time head coach of Spring Action Trampoline in Ottawa from 1992 to 2020, when he closed his facility, he coached all ages and abilities including the 2004 Olympic Games as the reserve coach for trampoline. Many athletes Sean has coached moved on to careers as acrobats or coaches, some starting their own gyms or circus schools, others performing with Cirque du Soleil, and some are even coaching here at OGC.

## COMING UP IN NOVEMBER & DECEMBER

November 9th - 10th: TG Clinic for Provincial Level 1-3 at Aeros Trampoline Club in Kingston

November 17th @ 7:00PM: OGC Annual General Meeting (hybrid meeting)

November 20th @ 12:00PM (noon): Active Start & Foundations (Recreational) Winter Registration Opens

December 13th - 15th: MAG 1st Ontario Cup (*all classes canceled*)

December 21st - 23rd: Holiday Drop and Shop 8:00AM to 2:00PM

December 27th - 30th: Family Drop-in 10:00AM to 1:00PM

Sincerely,

**Ottawa Gymnastics Centre Team**

**We still have  
limited spaces  
available for  
our Fall  
Kindergym  
Session B!**

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