

Newsletter



11/27/2024

November's TRUE SPORT Principle of the Month

Keep it FUN!

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

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

Did you know that there are many dimensions to FUN?

Canadian-born researcher [Amanda J Visek, PhD](#), aka the Dr. of Fun, conducted extensive research with children and adolescent athletes to understand what makes sport fun. This led to the publication of the Fun Integration Theory in 2015. The figure below from page 16 of Sport for Life's resource guide, *Developing Physical Literacy: Building a New Normal for all Canadians*, provides a summary view of the 11 dimensions and 81 determinants of fun identified in Dr. Visek's research.



Determinants of Fun in Quality Sport

Redrawn based on the work of Dr. Amanda Visek and colleagues (2015). The George Washington University, Milken Institute of Public Health, Department of Exercise & Nutrition Sciences.

 Sport for Life

To learn more, Google "Amanda Visek Fun Maps" to access a number of related articles and presentations, or listen to Episode #144 of the Way of Champions Podcast at <https://changingthegameproject.com/podcast/144-amanda-visek/>

IMPORTANT OPPORTUNITY TO GIVE BACK

MAG 1st Ontario Cup

MANY volunteers are needed to make this event a success!

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 to 15th, 2024, and we need your help to make it a success!

This event is the first competition of the season for the MAG athletes, and it offers an excellent 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.***

[Click here to view a complete list of roles and sign up!](#)

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

CLUB NEWS

Annual General Meeting Recap

On Sunday, November 17th, our 64th Annual General Meeting was successfully hosted, with two firsts: offering advance voting for Board Elections and conducting a hybrid meeting, thanks to the generosity of the Canadian Paralympic Committee, which provided the OGC with complimentary use of their web conference room.

During the AGM, Voting Members ratified new bylaws to meet compliance requirements of the Ontario Not-for-Profit Corporations Act which took effect in October of this year, and approved the OGC's Financial Statements.

Elections were also held, with Ashley Rossignol, Ginny Sutcliffe, and Catherine Heggveit elected to the OGC Board for 3-year terms, while Bonnie Fung was elected for a 1-year term.

Members also passed a motion of thanks, acknowledging the contributions of outgoing President Amy Oke and Directors Stephanie Aloia, Nathalie Graham and Mark Nam Nguyen. We are deeply grateful for your tireless efforts and the positive influence you have had on our organization. Your legacy will continue to inspire us as we move forward.

Thank you Amy, Stephanie, Nathalie, and Mark for your outstanding service and dedication to the Ottawa Gymnastics Centre!

[Click here to view the recording of the AGM](#)

New Partnership: Left of Friday

We are delighted to announce that we have reached a new partnership agreement with Left on Friday, the trend-setting women's active wear and apparel company. Best known for having designed the Paris 2024 Olympic competitive attire for the Canadian Women's Beach

Volleyball uniforms, partnering with Left on Friday will allow OGC to resell select products, with OGC retaining all proceeds. For more information, [please consult the announcement](#).

Online Boutique

We are thrilled to announce that our boutique will be shifting to an online platform!

Currently, you can purchase bulk chalk, bulk tape, and our OGC coffee online. Our [Boutique](#) can be found in the main menu of our website. Over the next few weeks, we will include additional merchandise, such as OGC gym suits, bracelets, grip bags, Left on Friday active wear, and more.

After you have completed your purchase online, your order can be picked up at our front office. Please allow us a few days to prepare your order. Alternatively, you can forward your invoice to our front office, and we will prepare your order as soon as possible.

Lost & Found

Our lost and found is piling up!

Please check the lost and found on your way out of the gym in the coming weeks. All items currently in the lost and found will be donated to charity if not claimed by **Wednesday, December 4th, 2024**.

If you have misplaced something, please check the lost and found location before the deadline to retrieve your belongings. After the given date, any unclaimed items will be donated.

Thank you for your understanding and please contact Jennalyn at admin@ottawagymnasticscentre.com if you need assistance locating your lost items.

NEW: Holiday Drop & Shop

Finish your last-minute holiday shopping! Drop children off at the OGC for coach lead gymnastics, fun activities, and holiday crafts — a perfect way to keep them entertained while you check off your to do list.

December 21st: 8:00 am to 2:00 pm

December 22nd: 8:00 am to 2:00 pm

December 23rd: 8:00 am to 2:00 pm

New Email Addresses

OGC is currently migrating its business tools and email system to Microsoft 365. This change allows us to improve data security and introduce new tools that will help us better serve you in the future.

As part of this process, our email addresses have moved from ottawagymnasticscentre.ca to ottawagymnasticscentre.com. Please do not be concerned when you receive emails from this new address; these are legitimate communications from OGC.

Please note that the existing “.ca” addresses remain active, and all messages sent to those addresses are being redirected to the intended recipient.

STAFFING UPDATES

Welcome Monique Zwarthoed!

Women’s Artistic Gymnastics High Performance Coach and Program Advisor

Through our Head Coach recruitment process, we were extremely fortunate to discover and retain Monique Zwarthoed. Hailing from the Netherlands, Monique is a trained teacher and Level 4 Licensed Coach. She served as Head Coach for multiple high-level gymnastics centres in the Netherlands, while actively contributing to the Dutch Gymnastics Federation High-Performance Athlete Development initiative.

From 2012-2023 Monique led the Dutch Gymnastics National Training Centre, TopTurnen West, basing the program and training centre philosophy on [Canada’s Long-Term Athlete Development Model](#) as well as integrating best practices from internationally recognized practitioners, Dr. Dave Tiley and Nick Ruddock. Monique’s coaching philosophy focuses on three core tenets: (1) long-term athlete development, (2) talent identification, and (3) deliberate practice, with an emphasis on solid fundamentals, high-intensity training, and effective recovery aligned with the most recent sports science literature.

In addition to her qualifications and experience in the Netherlands, Monique completed a four-year internship in Romania (1989 - 1993) as part of a Dutch initiative to learn practices of leading gymnastics nations of the time, and she has more recently served as a coach and clinician in Norway, Belgium, Jordan, and Singapore.

We are excited to welcome Monique to the OGC team and are eager to work with her in the addition of a new Women’s Artistic Gymnastics Performance Pathway program which will become available to interested gymnasts in January. Monique will also provide expertise toward enhancing our current competitive and development programs for the 2025-26 season.

Over the coming weeks, Monique will continue working with several of our WAG programs so that athletes may experience and benefit from her technical expertise and higher-intensity training methods while preparing for upcoming competitions. Monique has been sharing her coaching philosophy and program approach with WAG parents and will continue to meet with coaches and athletes over the coming week. Additional high performance program details specific to OGC will be communicated in mid-December.

Starting in January, Monique will lead a new Train to Train Performance Pathway Program for athletes ages twelve and up, who love gymnastics and are physically and mentally ready to take their training to the next level. Interested athletes and their parents can request a meeting with Monique (monique@ottawagymnasticscentre.com) to discuss individual goals and readiness and to have any questions answered specific to this new program.

For other information and questions about programming and plans for the winter, please get in touch with our new Director of Quality Sport, Heather Ross McManus (heather@ottawagymnasticscentre.com).

[Video: Meet Monique](#)

Gymnastics Foundations (Recreation Programs)

After many years as OGC’s Recreation Manager, **Robin Buttigieg** has assumed the role of Manager of Special Projects, supporting the Executive Director in advancing projects of strategic importance to the OGC. Initially, Robin will assume the role of project manager for OGC’s 65th Anniversary initiatives and the updating of OGC’s staff onboarding and management tools. Within this role, she will continue to coach 10-15 hours per week in OGC’s Active Start and Gymnastics Foundations programs.

Alyssa Placken and Tessa Rohatensky, who have been taking on increasing levels of responsibility over the past months, will be assuming the role of co-leads for OGC’s Active Start, Gymnastics Foundations, and Active for Life (Teen and Adult) programs. They will also be leading our seasonal camp initiatives.

Director, Quality Sport

In keeping with our strategic focus on Quality Sport, we are retitling **Heather Ross McManus's** position as Director of Quality Sport. In this role, Heather will focus on ensuring Quality Sport Experiences while developing the pathway and overseeing the implementation of a continuum of programming from Active Start through Active for Life, including OGC Competitive and Performance Pathways. To fulfill her mandate, Heather will be actively working with OGC Program Leads to develop and support OGC program coaches.

Coach Developer Role

In addition to her duties as OGC's Program Lead for Trampoline and an NCCP Coach Developer, Denise Bussière will work closely with OGC Program Leads as an in-house coach developer to provide support to new CITs and coaches who are working on completing their NCCP Gymnastics Foundations and NCCP Competition 1 certification.

IN THE COMMUNITY

Light Up the Village - Westboro BIA

Westboro BIA will be supporting three charity partners with donation drives and kicked it all off on November 23rd with a turning on the holiday lights ceremony!

November 30th, Cornerstone Housing for Women Charity Drive

December 7th, Carlington Community Health Centre Charity Drive

December 14th, Westboro Region Food Bank Drive

ACTIVE START & FOUNDATIONS UPDATES

Important Dates

Our Fall Session ends on December 11th

Our Winter Schedule is available online and registration is OPEN!

New class offerings for the Winter 2025 session

Totally Trampoline (ages 3-5)

Teen Rec (ages 13-17)

Upcoming holiday programming:

Drop & Shop: Dec 21st - 23rd, 8:00AM - 2:00PM

Family drop-ins: Dec 27th - 30th & Jan 2nd - 5th, 10:00AM - 1:00PM

Skill clinics: Week of Dec 16th * **All CITs & coaches are welcome!**

COMING UP IN DECEMBER

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

December 21st - 23rd: Holiday Drop & Shop 8:00 am to 2:00 pm

December 27th - December 30th: Drop-in, all ages, all levels: 10:00 am to 1:00 pm

Sincerely,

Ottawa Gymnastics Centre Team

**Check out our
Boutique!**

294 Elmgrove Avenue, Ottawa, ON
www.ottawagymnasticscentre.ca
info@ottawagymnasticscentre.ca