 River Valley Gymnastics

Team and Pre Team Monthly Newsletter

**February 2020**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | Sat - 1 |
| Sun – 2  **TG Choc River Comp** | Mon – 3 | Tue – 4 | Wed – 5 | Thurs – 6  **Elite Canada** | Fri – 7  **Elite Canada** | Sat – 8  **Elite Canada** |
| Sun - 9  **Elite Canada**  **Gift Card tickets due** | Mon – 10 | Tue - 11 | Wed - 12 | Thurs- 13 | Fri – 14  **Chocolate River Classic**  **Gift Card Winner ?** | Sat –15  **Chocolate River Classic** |
| Sun – 16  **Chocolate River Classic** | Mon – 17  **Family Day**  **NO GYM** | Tue – 18 | Wed – 19 | Thurs– 20 | Fri – 21 | Sat – 22 |
| Sun – 23 | Mon – 24 | Tue – 25 | Wed – 26 | Thurs – 27 | Fri – 28 | Sat – 29  **TG Kingswood Spring Cup** |
|  |  |  |  |  |  |  |

**FEBRUARY EVENTS AND CANCELLATIONS:**

February 2 – TG Chocolate River Classic Competition, Moncton

February 6-9 – Elite Canada

February 9 – Hand in tickets for Gift Card Fundraiser

February 14 – Winner drawn for Gift Cards

February 14-16 – Chocolate River Classic 3rd Qualifier, Moncton

February 17 – NO gymnastics, Family Day Holiday

February 29 – TG Kingswood Spring Cup, Fredericton

**UPCOMING FOR MARCH:**

March 4-8 – Gymnix International, Montreal

March 20-22 – Irish Rose 4th Qualifier, Miramichi

March 28- TG Provincials, Fredericton

\*\*If you have any questions about fundraising, please contact Natasha at natasha.kearney1@hotmail.com\*\*

Lottery license number (1610211 56 000)

Team NB Hopefuls – WAG Level 6 & up, born 2010 & before

Parents, it’s time to consider if your athlete will attend Team NB (if scores are made). This year Atlantics are in Newfoundland, April 25-26, Easterns WAG & TG are in Sherbrooke, QC, May 8-10! Please keep an eye on your email for information. We will be hosting a Team NB meeting at the gym when we receive forms from NBGA (hoping in February).



Eat, sleep and breathe gymnastics!

Many of the world’s greatest athletes eat, sleep, breathe, and live for their sport. But did you know that in addition to physical conditioning and conscious eating, sleep plays a major role in athletic performance and competitive results? The quality and amount of sleep athletes get is often the key to winning! Kids, go to sleep!

 