

APRIL 2021



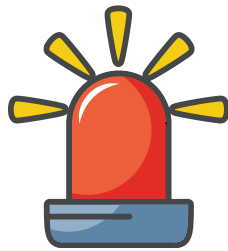
Chimo Chalk Talk



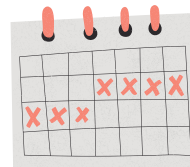
What happened last month?

Congratulations to Mike Prangnell former Chimo Gymnastics Board Member. Mike has been selected to judge the first time ever skateboarding competition at the Tokyo 2021 Olympics. We wish you an amazing time and experience in Tokyo!

**Covid-19
Emergency
Outbreak Response
available on our
website!**



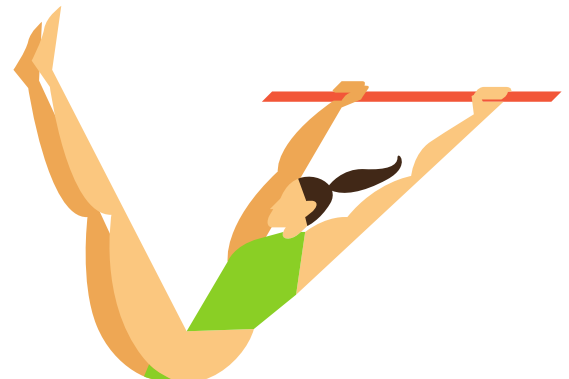
In the event of a full closure, PAD payments will be processed for the following month. We will put payments on hold if the closure is announced to be longer than one month.



Upcoming Gym Closures:



Easter Weekend: April 2nd, 3rd, 4th, 5th.



Show - Case #2

Competitive Athletes are preparing for a second show-case. Athletes are assigned to perform May 29th. More information to come soon.

Pick up and Drop off

If athletes are required to leave early, parents are requested to email the coaches at chimosaskia@shaw.ca. For safety reasons, athletes are not permitted to leave throughout training if coaches have not been informed prior to training by a guardian.

Feminine Hygiene Products

As athletes are entering puberty, please ensure that your daughter has all feminine hygiene products she needs during her menstrual cycle in her gym bag.



Competitive Floor

Routines

We have been working and adjusting new choreography on balance beam and will now begin on floor choreography. What we have decided to do, is to "upcycle" floor routines of recently retired athletes. There are a number of routines that our club/ athletes have previously competed that are now not being used. With some discussion we decided to ask former athletes who competed "optional" routines, if they would be interested in teaching their routine to athletes entering the optional system. The cost for routines will be significantly less (around 1/2) with half of the fee going to the previous athlete and the other part of the fee going to the recently created "Chimo Bursary fund". The Bursary fund is being created to provide an access opportunity for children in the community who may not otherwise be able to participate in classes. (more on that program to come).

Look out for an email with a date your daughter is scheduled to receive her floor routine on.

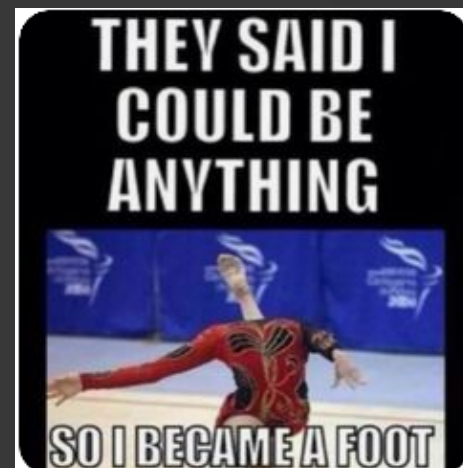


The Skeleton

All the bones in the human body together are called the skeletal system. The skeletal system provides strength and rigidity to our body so we don't just flop around like jellyfish.

We have 206 bones in our body. Each bone has a function. Some bones offer protection to softer more fragile parts of body. For example, the skull protects the brain and the rib cage protects our heart and lungs. Other bones, like bones in our legs and arms, help us to move around by providing support for our muscles.

The skeletal system includes more than just bones. It also includes tendons, ligaments, and cartilage. Tendons attach our bones to muscles so we can move around. Ligaments attach bones to other bones.



Board Corner

Hello Chimo Families.

My name is Chelsea Prangnell and this is my second year as a Director-at-Large on the Chimo board. My daughter Sidney was an athlete with Chimo for over four years. I didn't know anything about gymnastics before she started but her passion for gymnastics, and many hours spent at the gym, is what inspired me to become active on the board.

Chimo's Board of Directors is a governance board which means we oversee organizational and strategic objectives; thankfully we have staff to manage the daily operations of the club.

One responsibility of the Board is to develop and implement a strategic plan. The current 5-year strategic plan concludes at the end of this year and the Board will be working on the next 5-year plan. In order to obtain member feedback, a Communications Committee has been activated with a goal of circulating member surveys. Survey responses will help guide the Board in developing the next 5-year strategic plan. Your contribution is important for the future direction of the club and we encourage you to complete the surveys to have a voice.

Member engagement and participation is always encouraged, from volunteering to attending meetings or asking questions and providing feedback; you can connect with us at chimoboard@shaw.ca.

Stay safe.

Cheers

Chelsea Prangnell

Director at Large

