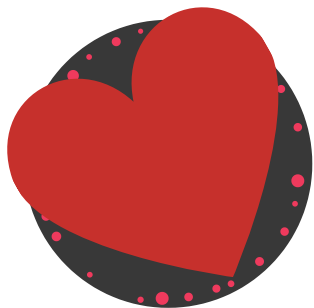


FEBRUARY 2021

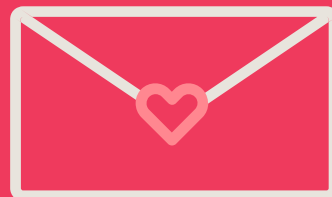


# Chimo Chalk Talk

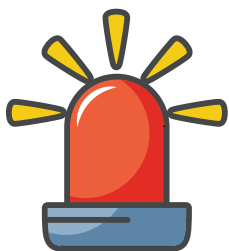


## What happened last month?

Athletes are continuing to thrive. All areas of our invitational programs are showing great improvement and they continue to work hard!



## 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.

## Legal Notice

By visiting Chimo Gymnastics Club you are agreeing to follow certain rules and protocols. If you do not agree to follow the rules and protocols for athlete, employee and customer safety that are in place to reduce the spread of Covid-19, you are not permitted to enter the facility. For any questions, please email us at [info@chimogymnastics.ca](mailto:info@chimogymnastics.ca).

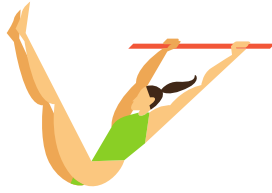


## Cellphones

For Privacy reasons, athletes are not permitted to use cellphones for social media content, taking pictures and video recording within the facility. If athletes wish to have routines or skills videoed they can request so with their coaches.

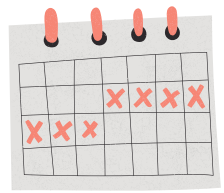


# Competitive Inter-Squad Meet



Competitive Athletes are assigned to our Inter-Squad Meet. Competition day will be Saturday February 13th (usually PJ Meet weekend). The schedule has been sent in a previous email. Any questions can be sent to [chimosaskia@shaw.ca](mailto:chimosaskia@shaw.ca)

# Upcoming Gym Closures:



**Competitive Inter-Squad meet:** February 13th (no rec or interclub classes are scheduled).

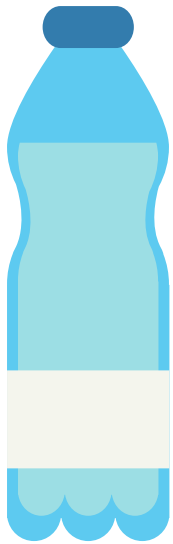
**Family Day:** February 15th.

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

# Policy Reminder

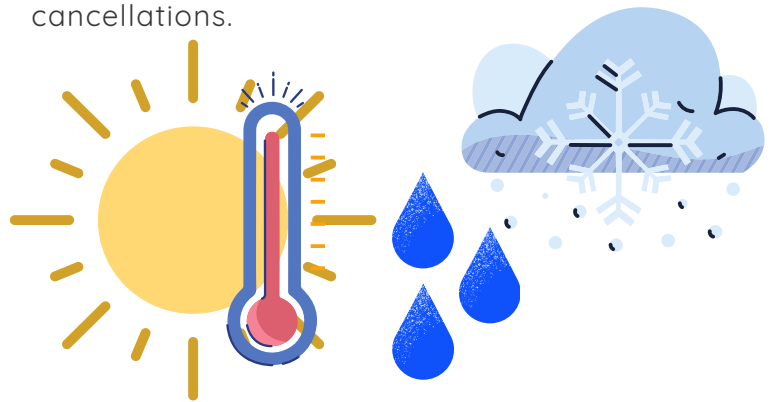
Weather Cancellation:

Cancellations are based on the School District, Comox Rec Center and Chimo's best judgment. No refunds or credits will be applied. No make up classes will be offered for sickness, vacation or weather-related cancellations.



# Bottle Drive

Looking to help Chimo Gymnastics Club raise money to support our athletes? We have accounts at both the Comox and Courtenay "Return It" location. Don't want to sort your bottles? Bring them to the Courtenay location, print off a label with the Chimo account number (# 113) and drop off your bag of bottles and/or cans. Comox location will require sorting (account # 61)



The human body has more than 600 muscles that make up the muscular system. Nearly all body muscles are controlled by nerves. Nerves send signals to the muscles and make them contract. When a muscles contracts it shortens and thickens. When the nerve signal stops, it lengthens and thins.



# Board Corner

**Hi Chimo Families!**

My name is Jaclyn Stuve and I am currently sitting as Vice Chair of Chimo Gymnastics board. I am a married mother of two, living in Comox. My family's experience with Chimo started summer of 2015 when our daughter Taelyn was invited into the pre competitive program, and we've been fully hooked ever since! She now trains 20 hours a week and before Covid, Taelyn was competing JO7.

I joined the board in September of 2016 for the sole purpose of trying to learn more about gymnastics and to meet other gymnastics parents. I've taken on the role of fundraising chair for 1 season, and have been part PJ Meet coordinating team for the last 4 meets. My personal goals since joining the board have always stayed the same. I want to learn and I want to help. When my daughter chose gymnastics, I knew very little about this sport. Now 6 years later, I have a very deep love and respect for gymnastics, a sport that takes such dedication, focus, & strength.....coming from a very unflexible mom who cannot do a cartwheel to save her life!

Any questions or comments are always welcome. Please don't hesitate to reach out to us at [chimoboard@shaw.ca](mailto:chimoboard@shaw.ca).

*Thanks,*

*Jaclyn Stuve*

*Chimo Board Vice Chair*

