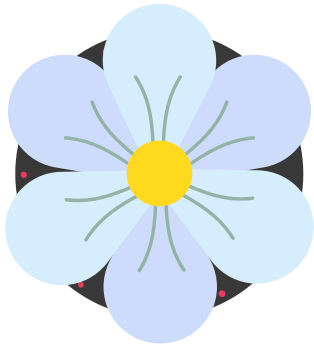


MARCH 2021



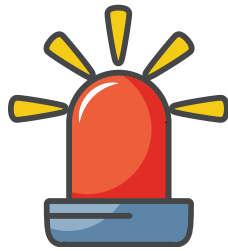
Chimo Chalk Talk



What happened last month?

Our Chimo Gymnastics Team Welcomes Coach Kailey Dubiensi. Kailey has worked in both Competitive and Recreational programs in Ontario for many years. As her family has relocated to the Valley and she is raising her son, Kailey will be assisting the Chimo Gymnastics Team with subbing in all programs.

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.

Spring Break Training

Training days and times remain the same throughout Spring Break.





Important Covid-19 Update

Safety of our participants and staff is of utmost importance to us. We understand the covid restrictions have taken various tolls on our community, however we also feel very fortunate to have been able to bridge some of the gap in providing activities for our children and youth.

However, given the recent increase of COVID-19 in our community, beginning Monday March, 1,2021, we will return to participants being screened prior to entry to the facility. Weather permitting, participants should once again, line up outside the building prior to classes. Coaches will meet the participants and ensure all screening procedures have been completed prior to entry to the gym.

In addition to this, we have added a “doorbell” to the outside door. It is located on the right hand side of the double doors. In the event participants arrive within the allotted 10 minute grace period of the start of classes, the doorbell can be used to alert a staff member of their arrival.

Please do not arrive later than ten minutes of the onset of class as coaches can not leave the floor to screen late participants. Otherwise, doors will remain locked daily as of 2:30pm throughout the duration of classes. Coaches will release participants at the side door for pick up outside.

In conjunction with the multiple government restrictions and requirements, the current Provincial Health Order does not permit viewing of classes nor are we permitted to have over 49 people in the facility at any one time. While we understand that this is not an ideal situation, it has taken great effort on the part of the staff and Board of Directors to create polices, procedures and schedules to enable our club to be compliant and remain open and service as many children and youth as permitted and to keep people employed. Please be reminded that non-registered participants are not permitted in the facility unless previously arranged. Adult registered participants require a mask for the duration of their time in the facility.



Competitive Inter-Squad Showcase



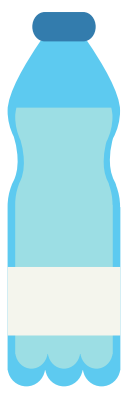
Due to heavy snow fall, Chimo Gymnastics had decided to postpone the Inter-Squad meet. The new date was scheduled for February 27th. A review of the showcase will be in the April Chalk Talk.

Athlete Report Cards

Athlete Report Cards for all invitational programs BUT Competitive and 4hr Developmental were sent out. This report is meaning to show a snapshot of athletes progressions. Please contact chimosaskia@shaw.ca for any questions.



Bottle Drive

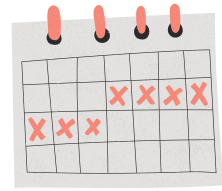


Looking to help Chimo Gymnastics Club raise money to support our athletes? We have accounts at both the Comox and Courtenay "Return It" location. Don't want to sort your bottles? Bring them to the Courtenay location, print off a label with the account number (# 113) and drop off your bag of bottles and/or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

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)



Upcoming Gym Closures:

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



COURIOUS TO SEE WHAT THE BRAIN DOES AND HOW IT EFFECTS YOUR GYMNASTICS? READ MORE BELOW



The Brain

The brain is one of the largest and most complex organs in the human body. It is made up of more than 100 billion nerves that communicate in trillions of connections called synapses.

A synapse is the tiny gap across which a nerve cell, or neuron, can send an impulse to another neuron. When all your synapses are firing, you're focused and your mind feels electric.

Synapse is not an old word. It was coined in an 1897 physiology textbook, from the Greek sun- "together" + haptain "join" — it's the space across which nerve cells can "join together" to communicate from one cell to the next or from a neuron to a muscle.

When a chemical or electrical impulse makes that tiny leap across one of your synapses, which you have throughout your nervous system, your body can do what your brain tells it to do.

With consistency in training, athletes build stronger pathways from the neurons to the muscles. The stronger those pathways get, the more confident athletes will be able to perform.

The process of strengthening our brain to muscle communication pathways is never ending.



Board Corner

Hello families

My name is Krista Graham, I just recently joined the Chimo board of directors this year as a director. I had been sitting on side lines for the past few years assisting with the PJ meet and decided this year was the year to join.

I have 2 girls in Chimo currently. One is training 12 hours a week in competitive and the other training 6 hours per week in developmental.

We have been part of Chimo since my oldest was 18 months old (she's now 11) through the rec programs and have loved it ever since.

Joining the board has allowed me to be involved with the club and stay connected. I've been able to learn more about the sport that my two girls love so much and can keep up with all the lingo they use daily.

