



OCTOBER 2021

Chimo Chalk Talk



Monthly Update

Back to school and back to regular schedules means lots of adjustments and re-organizing families. We are doing our best to settle into classes

Schedule Adjustments

Your family may be contacted to discuss the current placement of your daughter, as we have seen the need to adjust program placements for some athletes. We are committed to ensuring athletes are in the appropriate program that will meet their personal goals, training level and family commitments.

J0 6+ Athletes

Saturday October 17th at
Chimo Gymnastics Club

All Athletes training 16 hours plus are invited to be part of the first ever Developmental Program Athlete Clinic at Chimo Gymnastics. Be ready for a day full of learning opportunities helping to prepare you for a successful 2021/2022 season.

Chimo Gymnastics Club AGM

Tuesday November 2, 2021
7:00pm via Zoom

Please preregister at
chimoboard@shaw.ca

Covid- 19 Updates

Chimo gymnastics club is working closely with our governing body and the Provincial health authority to ensure compliance with covid regulations. Currently all athletes 9 years and older are required to wear a mask in all public areas of the club. Shoes/ flip flops are required to access the washrooms.

Office and gym access

Our office and gym are closed to the public. If you need to speak with our office staff, please call 250-941-0067 or email info@chimogymnastics.ca to set up an appointment.

If you wish to speak with the coaching staff, please email chimosaskia@shaw.ca



Important Dates:

October 11th - Thanks Giving, Chimo Closed

October 15th - Training for all invitational Program Athletes is cancelled

October 17th - 20 & 16 hr Competitive Camp & First Nutrition Session of 4 part series. (Registered participants only)

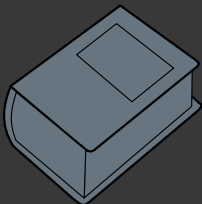
October 27th - Second Nutrition workshop Session (Registered Participants only)

November 10th - Third Nutrition workshop Session (Registered Participants only)

November 24th - Fourth Nutrition workshop Session (Registered Participants only)



Team Handbook



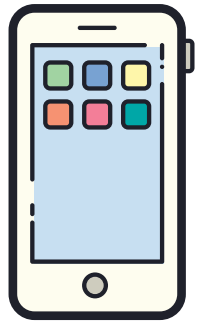
Team Handbooks will be handed out to all Competitive Team Athletes in October.

Questions can be emailed to chimosaskia@shaw.ca

Phones

Please be reminded gymnasts are to leave their phones in their locker or at home as they are not permitted on the gym floor. Athletes can access their device in an emergency only.

Athletes are not permitted to use the video function on their phone or circulate social media content.



Renaming of the JO Program

The JO (Junior Olympic) Program has been renamed to DP (Developmental Program).

Floor Routines

Floor Routines for all Competitive and Xcel Programs are an ongoing process. We will be contacting families individually as Athletes are assigned to receive a routine.

