

# DUNCAN DYNAMICS GYMNASTICS CLUB



## NEWS LETTER

September  
2023

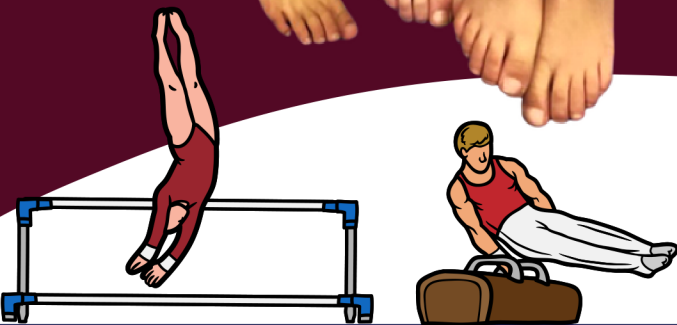
250 746-0193

info@ddgc.ca

Here we go DDGC! We are so excited to be heading into Fall and a brand new gymnastics season together! We are kicking it off right, with some exciting events. The energy at our Club is radiating from the outstanding level of interest we've had for our Fall Programs.

Classes begin **Tuesday September 5th.**

See you at the gym!



### RECREATIONAL THEME WEEKS

**Sept 5 - Sept 10**  
Week 1

**Welcome to Gymnastics**  
Gym Orientation & Safe Landings

**Sept 11 - Sept 17**  
Week 6

**Shape Shifters**  
Introduction to Basic Gymnastics Shapes

**Sept 18 - Sept 24**  
Week 7

**Bold Balances**  
Introduction to Basic Static Positions

**Sept 25 - Oct 1**  
Week 8

**Rock & Roll**  
Rolling Forwards and Sideways

### IMPORTANT DATES!

**September 5:**

First Day of Fall Classes

**September 16:**

Beer & Burger Night Fundraiser

**September 16 - 24:**

National Coaches Week

**September 25:**

ProD Day Camp

**September 27:**

Orca Committee Meeting (All are welcome)

**September 30:**

National Day for Truth and

Reconciliation - **Gym Closed**

## BEER & BURGER NIGHT



Some of our competitive athletes will represent us at Aloha Gymfest in Hawaii this January! This is a dream for many of them and they are hard at work training and fundraising for this once in a lifetime opportunity.

On **Saturday September 16th**, we invite you to join us at CVI Lounge for a Beer & Burger Night Fundraiser!

The whole family is welcome to attend. This is a kid-friendly, community event.

Tickets are now available for purchase in the office. There will also be some available at the door.

**Price:** \$25 each

**Time:** 4:00pm - 10:00pm

**Date:** Saturday September 16th, 2023

**Location:** CVI Lounge

### Each ticket includes:

1 beverage, 1 burger & 1 side

We look forward to seeing you at this exciting event. Come out and show your support for an evening of great food and good fun!



## NEW FALL CLASSES

We had an outstanding level of interest in our recreational programming for the fall!

We are thrilled to announce that we intend to open more classes to meet the demand. Our goal is to place as many gymnasts from our waitlists as possible, and then re-open registration to the public. Keep an eye on your email inbox for all the details.

## PRO-D DAY CAMP



**Registration is OPEN** for our ProD Day Camp coming up on Monday September 25, 2023!

Offered as a Full-Day Camp, this program will keep gymnasts active and engaged all-day long! ProD Day camps are a great way for gymnasts to enjoy more gymnastics in their schedule without the long-term commitment and receive the opportunity to work on skills and apparatus they may not typically use in their regular classes.

The deadline to register is **Friday September 15**. Don't miss out on your chance to join us for an activity-packed day!

## ORCA INVITATIONAL 2024

We are excitedly beginning to prepare for our biggest event of the year: The Orca Invitational - our Club's hosted competition!

We are holding our first meeting on **Wednesday September 27 at 6:30pm** at the Gym. We will be looking to recruit Members for the 2024 Orca Committee. Recreational and Invitational Members are welcome and encouraged to join! A reminder to Invitational Members that the Orca Invitational is an excellent opportunity to fulfill your mandatory volunteer hours. Recreational Members, we offer a credit system for fulfilling volunteer hours! Details can be found in our Recreational Handbook.

Please reach out if you have questions, comments or ideas. We will see you at the meeting! If you cannot attend but are still interested in volunteering, please let us know and we will be sure to fill you in.



**DDGC SEPTEMBER 2023**

**WWW.DDGC.CA**



## COACHES WANTED

**We're  
Hiring**

Duncan Dynamics is seeking individuals who are enthusiastic, motivated, kind and love working with children & youth to join our coaching team! Coaches must be Gymnastics Foundation certification, Comp 1,2,3 trained or certified.

All applicants are encouraged to apply. Please send resumes and experience to Karl McPherson: [headcoach@ddgc.ca](mailto:headcoach@ddgc.ca). If you know anyone who may be interested, please pass on the message!

## INVITATIONAL COMPETITION SCHEDULE



Gymnastics BC is working to finalize the upcoming competition season schedule. We will release our Invitational team competition schedule to Members on September 15th!

## RECREATIONAL HANDBOOK

All registered recreational families should now have the Recreational Handbook in their email inbox. If you have not received it, please ensure you have not opted-out of our emails in your Online Account. DDGC uses email as our main form of communication throughout the season and you will receive updates such as class cancellations and upcoming events.

Please have a read through the Handbook with your gymnasts before classes begin. It is important to familiarize your family with the contents. If you have any questions after reading through it. Our office staff will be happy to assist you!

## NEW UNIFORM



Our Invitational Team is getting new leotards this season! DDGC is consistently looking for ways to define our image and what we stand for. These new leotards are a representation our commitment to clean technique and dynamic performance.

A special shoutout to DDGC's Invitational athlete, Priya! It has become a tradition for graduates to design the competitive suit, and this season's design is thanks to Priya who is graduating high school this year. Priya consulted the other girls on the team to ensure the suit was loved by all. DDGC is very lucky to have Priya as a dedicated coach to the young gymnasts in our community. She is a wonderful role model, with a big smile for all who interact with her.

Invitational Athletes, if you haven't yet been measured for your leotard, please be sure to let your coach know!

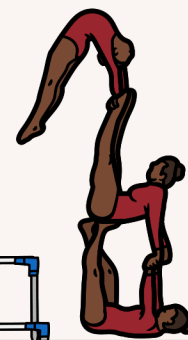
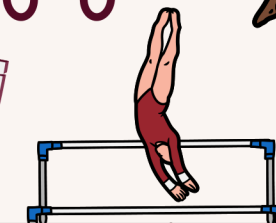


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# September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4  Gym Closed - Holiday	5 First Day of Fall Classes 	6	7	8	9
10	11	12	13	14	15 Invitational Competition Schedule Released 	16 Beer & Burger Night Fundraiser 
17	18	19	20	21	22	23
N A T I O N A L C O A C H E S W E E K						
24	25	26	27 Orca Committee Meeting 	28	29	30  Gym Closed - National Day for Truth & Reconciliation

