



DDGC  
.CA



2023

## Important Dates!

<b>May 1</b>	Gym Closed
<b>May 19</b>	Invitational placements announced
<b>May 19</b>	Invitational Summer Schedule released
<b>May 20</b>	Gym OPEN for training
<b>May 22</b>	Victoria Day - Gym Closed
<b>May 23</b>	Assessments Begin (Recreational Programs)
<b>May 23</b>	Invitational Team Tryouts
<b>June 4</b>	Mandatory Invitational Meeting

Hello DDGC community, welcome to May! Take a peek at all of the exciting and important events coming up for our Athletes this month along with some highlights from April!

## THEME WEEKS

### Active Start & DynaGym

**May 1 - May 6**  
Week 6

#### Super Supports

Learning to support yourself with arms & going upside down

**May 8 - May 13**  
Week 7

#### Holding Handstands

Proper handstand technique with tight bodies

**May 15 - May 20**  
Week 8

#### Upside Down and All Around

Getting bendy upside down

**May 23 - May 27**  
Week 9

#### Bending Bridges

Building strength & technique to execute bridges

**May 29 - June 3**  
Week 10

#### Bold Bridges

Taking bridges to the next level

### General Inquiries

(250) 746-0193  
info@ddgc.ca



## SUMMER PROGRAMS

### MAY 15TH



Mark your calendars! Launch date for our **Recreational** Summer Programs is **Monday May 15**.

Log in to your parent portal to browse availability and register. Our camps and classes are a great way to enjoy fun and quality programs this summer! Open to all ages and abilities, you're sure to find something that suits the Athlete in your family.

Season 2023/2024 **Invitational** assessments and placements for current Invitational athletes will be announced **Friday May 19th** along with the Summer Training Schedule.



## INVITATIONAL TRYOUTS

Tryouts for the 2023/2024 Invitational Team will be held on

**Saturday May 27th at 6:30PM!**

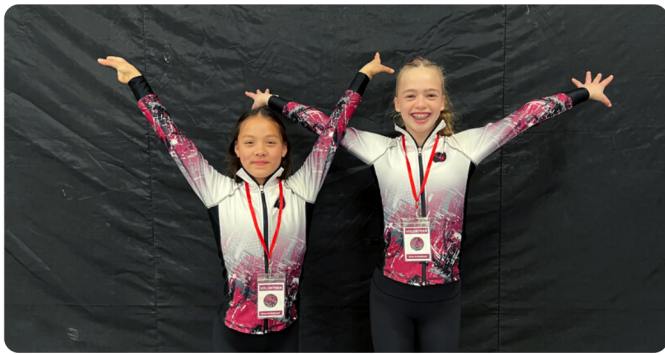
Tryouts are open to all athletes not currently on the Invitational Team. Register online by May 26th at 5PM.

We are hosting a **mandatory** meeting on **Sunday June 4th** for 2023/2024 Invitational Athletes. We will be going over the Handbook, commitment and expectations. At least one representative for each Athlete must be present. Please keep an eye on your email inbox for more details.

**2pm - 3pm:** Interclub & Dev

**3pm - 4pm:** Comp & Excel





## DUNCAN DYNAMICS GYMNASTICS ACADEMY



Duncan Dynamics Gymnastics Club is pleased to announce that we are evaluating the opportunity to offer a Gymnastics Academy at our gym!

Sport Academies have become an increasingly popular option for students who are balancing their educational and high-performance training demands. These programs provide student-athletes with the structure to pursue a path to excellence in sport and academics. Our goal is to offer inclusive programming for student-athletes from kindergarten through grade 12, from beginner to advanced athletic abilities.

*We are reaching out to our membership base to determine the level of interest in this type of program. Your input is much appreciated.*

**Please follow the link below for more information and to complete a brief survey:**

<https://forms.gle/nNu3F4jxdAamCrGE9>

## FOAM PIT CLEANING



It's time to clean our foam pit! Each year we empty our foam pit and give it a full clean so that we can maintain it for years to come.

Foam pit cleaning will be from Monday June 26 to Thursday June 29.

We will need volunteers! Invitational Families, this will be your last chance of the season to fulfill your mandatory volunteer hours. Keep an eye on your inbox for more details and a sign up link.

## UPCOMING COMPETITIONS

### Invitational Programs

**May 12 - May 14**  
Kelowna, BC

**Grizzly Classic**  
Registration Closed

**June 10 - June 11**  
Campbell River, BC

**Island Championships**  
Registration Deadline: May 20, 2023

## FUNDRAISING



We are currently fundraising for a new gym floor, spotting block, beat boards, mattresses for the foam pit and travelling meets for next season.

We welcome and encourage you to bring your ideas forward to assist us in making the necessary improvements to our Club!

Please reach out to our fundraising team to share your thoughts, questions and comments: [compddgc@gmail.com](mailto:compddgc@gmail.com).



**DDGC MAY 2023**

**WWW.DDGC.CA**

# ORCA INVITATIONAL HIGHLIGHTS!



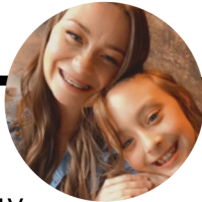
Our Orca Invitational Meet was a huge success! Thank you to all who came out and supported us. We are grateful for the athletes, coaches, families and volunteers who make this event happen.

Congratulations to all of our athletes. We are proud and humbled to have each and every one of you representing our Club!

Follow the link below to view their results:  
<https://live.kscore.ca/>

We'd like to extend a special thank you to Mishelle Humber and her team of volunteers that went above and beyond to pull everything together for the event. When you see them around the gym, be sure to share a smile and a thank you for all of their dedication to our Club!

## A MESSAGE FROM BOARD MEMBER MISHELLE HUMBER



"It was so wonderful to see all the months of hard work unfold and pay off for the Orca Team. It was a great event! Everything ran smoothly and we received a lot of positive feedback from judges, coaches and volunteers. I am excited for next year to be even bigger and better! Congratulations to all!"



*Our high-level athletes and mentors!*

THANK YOU TO OUR SPONSORS! WE ARE GRATEFUL FOR THEIR CONTINUED SUPPORT.



**DDGC MAY 2023**

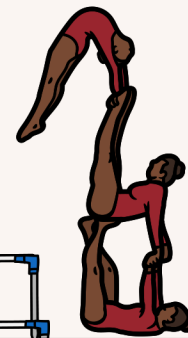
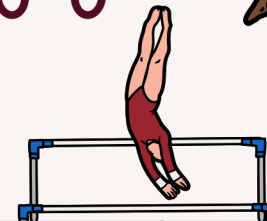
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# may 2023



Duncan  
Dynamics



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1  Gym Closed	2	3	4	5	6
7	8	9	10	11	12 Grizzly Classic 	13 Grizzly Classic 
14  Grizzly Classic	15 SUMMER PROGRAM LAUNCH 	16	17	18	19 Invitational Placements & Summer Training Schedule Released 	20
21	22  Victoria Day - No Classes	23 Recreational Assessments Begin 	24	25	26	27 2023/2024 Invitational Team Tryouts 
28	29	30	31	1	2	3

