



# ALL STAR NEWS

## Welcome Everyone!

We would like to take this opportunity to warmly welcome back our existing members and of course all new members to the All Star Sports Centre (ASSC) family!

### Class Schedules – Thanks For Your Patience!

Several classes are full with waiting lists and thankfully there were very few adjustments made to classes this term! Sometimes it's necessary to combine some classes and age groups. If the demand grows for a specific class, the classes will eventually be split as that is our ultimate goal. We thank you for your patience as we get our members and staff settled into classes.



### Staff Training – Host of NCCP Courses

Every September our staff undergo several training sessions to prepare for the new season. See bulletin board for pictures of our clinic. This year we are implementing a new program for 'All Star' High School students (high school students who are high achievers) to complete their volunteer hours. You may see them wearing V.I.T. shirts while assisting coaches. Successful candidates may qualify to become a C.I.T (coach in training). They must be a minimum of 15 years of age (can also be an adult) and complete a workbook, training and required shadow hours prior to taking the necessary coaching courses.

We will also host two major N.C.C.P. (National Coaching Certification Program) courses for Gymnastics Ontario this year in both gymnastics and trampoline! If anyone has a love for the sport, a love for kids and enjoys teaching, send us a resume and someone will contact you about the possibility of becoming a part time recreational gymnastics coach. See our office staff for details.

### MacMillans FunRaiser – Coming in October!

Our annual MacMillan fundraiser is here! Order your treats for entertaining and make your baking as easy as possible with pre-made muffin batter and cookie dough! YUM! Thank you in advance for supporting our optional FunRaiser in support of the Competitive School of Gymnastics.

### 5th Annual All Star Dinner Dance/Silent Auction

This classy, fun night out is in support of our competitive program athletes and it is now open to recreational members! It will be held at 6:30 PM at the Holiday Inn in Brampton. Tickets \$45.00 per person.

See Office Staff for details.

**Saturday Nov. 8<sup>th</sup>**

### New Staff

We would like to introduce and welcome new staff members to the ASSC.

**Andrea Armstrong & Michelle Pettersen** Customer Service Team Members

**Coach Kevin Brewster** (Boys competitive, Tumbling and Trampoline)

**Coach Susan Petricca** – substitute coach

**Coach Monica Sun** – Gymnastics, Cheerleading, Trampoline

**Coach Chloe Lockwood** – Gymnastics, Tumbling, Trampoline

**Coach Christine Greer** – Gymnastics, Trampoline

**Coach Gidget Hart** – Gymnastics, Trampoline

**Coach Eden Nail** – Cheerleading, Tumbling, Trampoline and Gymnastics

**V.I. T - Caitlin Dubros, Shaqyra Francis-Nelson**



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## Shooting Stars Cheerleading - Growing Fast!

Our cheer program has almost tripled in size! We're really happy about this because it's better for the cheerleaders when they have large numbers to create stronger, exciting routines! Our cheerleaders will compete in two competitions this year and also perform at our own competition March 6-8 here at All Star as a demonstration to gain experience performing! Cheerleading is a great sport that combines gymnastics skills and dance elements in a group routine format. Many cheerleaders enroll in our Cheer-Tumble program to enhance their skills for cheerleading. Hurry! It's not too late to register! **Deadline Oct. 31st!**

## Class Trips Replace GymParties

We are no longer offering Gymparties at All Star. Instead we are offering Class Trips to the gym to schools and daycare centres. Feel free to mention it to your child's caregiver, daycare centre, teacher or school V.P. We will give a full 1.5 hr class of gymnastics complete with a safety lesson, tour, circuits, event skills and gymnastics related games and a special ribbon for all participants at the end of the session.

## New Equipment Coming Soon!

To improve our facility, we are in the process of ordering new equipment!

## Coming Jan. 2009! ALL STAR BOOTCAMP! No Excuses - Shape Up Now!

We now offer a 'bootcamp style' program run by CERTIFIED PERSONAL TRAINERS for participants 18 yrs and older. Sessions will be 1 hour in length and held both in and outdoors at the All Star Sports Centre facility all WHILE YOUR KIDS TAKE THEIR CLASSES!

### Days/Times:

**Monday to Friday: 6am, 6pm, 7pm, 8pm**

**Saturday: 8am, 9am, 10am, 11am**

### Terms:

**Choose 2, 3 or 5 days per week!**

**Register for 1 month, 3 months, 6 months or 9 months**

**New flyer coming soon!**

## Winners of Fall Fair Draws! Congratulations!

ALL STAR BOOTCAMP TERM - Jillian Darch

GYMFUN TERM - Faryen Johnston

PRESCHOOL GYMNASTICS TERM - Denise Palmer

TRAMPOLINE TERM - Alise McNulty

## Be An All Star Sponsor!

Sponsor our competitive athletes and get recognized for community support for a full year! Cost only \$350 yr! (includes sign)

**See office staff for details.**

## Summer Camp And Programs - A Big Success

Our summer camp and programs were a popular choice for many kids in Brampton wanting regular day camps, tumbling camp and our new cheer camp was also a new favourite! We are very proud of our staff for doing a great job this summer keeping the kids busy, having fun and learning new skills!



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