



ALL STAR NEWS

All Star Gym Challenge At Humber- Overwhelming Success

Our members are the greatest! In our last newsletter we asked for setup help and we got more than we even hoped for. Forty "GymDads" came out to lend a hand, showing pride and support for the athletes and our club. Our equipment suppliers said they've never seen this many keen volunteers at other clubs. Thanks Guys! About 410 athletes came to compete from as far away as Alberta and Quebec. With 1200 spectators plus coaches and athletes, total attendance was about 2,000 people. It was a boy's and girl's combined event and we are pleased to say that our athletes performed exceptionally well. Although too many to mention here, many won their category and beat their personal bests. We hope to see you all there again from the 23rd to 25th of May 2009!



Beijing's Olympic Fever Comes To Brampton

Each Olympic year creates greater awareness among young people of the many sports that may appeal to them. This year is no different and now parents are encouraging their children to get involved in a sport that can be enjoyed all year round. With kids spending so much time sitting at video games, television and Internet screens it's no wonder parents are looking for fun ways to help their children keep fit and healthy.



In case you didn't know; the 5 Olympic rings of blue, yellow, black, green and red represent the five parts of the

world that participate in the Olympics. Moreover, the six colours (including the white background) represent the colours of all those of all nations.

Khamica Bingham Represents All Star at Nationals

The National competition was held in Calgary from June 2 to 8th at the Olympic Oval at the University of Calgary. Thirteen year old Khamica won silver medal in vault and placed 6th on

the floor pushing through a nagging knee injury. Khamica placed 7th in Canada in the 13 to 15 year old category. Congratulations Khamica! We are all very proud of you.

Year End Show Week Huge Success

The show week for Recreational programs was held from June 14th to the 20th. There were 13 shows in total. Everyone received their report cards and certificates and all our athletes received a special medal. One parent told us that this week was a big event in her child's life. Her daughter now has two medals and they plan to build something for her wall to display her growing collection. Confidence builders like this make all the effort that goes into this event so rewarding.





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Demo Rumble Attracts 1000 People!

This is our group routines competition held the morning of Sat 21st June. All Star came in 1st in Rumble One, 2nd in Rumble Two, and 2nd and 3rd in Rumblefun. Clubs come from all over Ontario. There were 176 participants in total. We have been running this event for the entire life of All Star – 6 years! This is our way of ending the year on a fun note for the competitive athletes who put in hundreds of hours of training each year. It also builds teamwork skills and self esteem!

Summer Camp Registration Now Open

You'll love the flexibility: 2, 3 or 5 day options, Half-day/ Full-day Early drop-off & Late-pickup

- | Activities: | This Year's Trips: |
|-----------------|---------------------------|
| • Gymnastics | • Wild Water Kingdom |
| • Tumbling | • Professor's Lake |
| • Arts & Crafts | • Science Centre |
| • Trampoline | • Camp Ogada |
| • Cheerleading | • Loafers Lake Rec Centre |
| • Movie | • Ontario Place |
| • Story time. | • Chinguacousy Park |

Trips are optional - call our office for more details.

SummerFun Class Schedule - There's still time left to register!

TUESDAY	age	WEDNESDAY	age	THURSDAY	age	SATURDAY	age
5:30 – 6:30 Girls Gymfun Boys Gymfun Tumbling Beg	6-10 6-12 6+	5:30-6:20 Climbin' Cubs 5:30 – 6:30 Tumblin' Tigers	3 4, 5	5:30 – 6:30 Tumbling Beg Tumblin' Tigers Girls Gymfun	6-12 3½ -5 6-10	9:00-9:50 am Lit'l Monkeys 9:00 – 10:00 Tumblin' Tigers Girls Gymfun	1½ -3 4,5 6-10
6:30-7:20 Climbin'Cubs 6:30 – 7:30 Girls Gymfun	3 6+	6:30-7:20 Lit'l Monkeys 6:30 – 7:30 Girls Adv Gymfun 6:30 – 8:30 Jr Girls Gymstars	1½ -3 6-12 6-8	6:30-7:20 Lit'l Monkeys 6:30 – 7:30 Tumblin'Tigers Adult Trampoline	1½ -3 3½ -5 18+	10:00-10:50 Climbin'Cubs 10:00 – 11:00 am Adv Tigers Lev 3+	3 4, 5
7:30 – 9:00 Shooting Stars Cheer	9+	7:30 – 9:00 Tumbling Adv	9+	7:30 – 9:00 Tumbling Int/Adv	6+	11:00- 12:00 Tumblin' Tigers	3½-5

Schedule subject to change

Register For Fall Classes Online

One of the reasons we invested heavily in a state-of-the-art web site is to give you greater convenience. We have turned on the online registration phase so you can now register from home or office for fall programs. With this new convenience we anticipate a lot of early registrations so be sure to register your children for their favourite program before classes fill up.

Coach Jenn Unsworth Is Back!

Coach Jenn Unsworth is returning September to coach and her main responsibility is to be our new Recreational Program Manager. We are excited to have Jenn on our management staff to help direct our recreational staff and programs. Welcome back Jenn! We know you'll do a great job in your new position making full use of your Recreational Program Management Diploma!

Free Cheerleading Uniform For Early Signup!

Cheerleading is loads of fun for guys and girls! We are giving away a free practice uniform to everyone who signs up for cheer before August 20th 2008! These are quality uniforms valued at \$60.00 each so hurry in! We'll be holding tryouts this fall for the cheer squad. Get all your best friends together and put your names on the tryout list located in the gym or call in your child's name. We'll give you a call when the tryout dates are set. Even the tryouts are fun! You don't need any experience – just a "win as a team attitude." We plan to grow our squad to be the biggest and best Brampton has ever seen. The squads will be divided into two groups; grades 3 to 7 and 8 to 12.



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