

# TUMBLING TIMES



**2016 HIGHLIGHTS**

Vancouver Phoenix Gymnastics jumped right into fall with our annual Family Fun Day community event! Children enjoyed fun activities on the bouncy castles, open gym sessions, picture booth, arts & crafts, dress up, face painting and yoga sessions by Lviva!

## “Fall Into Fun” Family Fun Day



# GYMNASTICS FOR ALL PROGRAM

# HALLOWEEN WEEK



## COMPETITIVE PROGRAM

### Olympic Hopes Cup - Czech Republic

November 3-5, 2016

Congratulations to Team Canada for winning Gold for Canadian men at Olympic Hopes Cup in the Czech Republic! Shout out to our MAG athlete Chris Kaji (1st row center) and Coach Sasha!



### November 23-25, 2016

Phoenix welcomed Isabela Onyshko, Sr HP National Team Member; Quinn Skrupa, HP Novice Canadian Champion and Okeri Katjivari who is trying for HP Novice this year at Elite Canada and Coach Joe Stouffer of Brandon Eagles Gym Club, Manitoba.



### World Cup, Hungary

November 19-20

Congratulations to Devy Dyson (3rd from left) for finishing 10th on Pommel & High Bar at the World Cup!



## NEWS

Four Phoenix athletes qualified in December to compete at Elite Canada 2017, Halifax, Nova Scotia on Feb 2-5.

Congratulations!  
Imogen Paterson (WAG),  
Devy Dyson, Darren Wong and  
Chris Kaji (MAG)

# PHOTO DAY

November 23, 2017

## Developmental, Interclub & Competitive Programs



IC6



IC 7.5



Developmental Boys B9-B6



Developmental Girls G6



Developmental Girls G12



WAG W16



IC 9.5B



WAG W20



WAG W25



IC 9.5A



MAG

# 2015-2016 WALL OF FAME

The Wall of Fame is proudly placed yearly to recognize our athletes' achievements for the year. Check out the Wall of Fame located by the front desk.



Congratulations for a great 2015-2016!

**WAG athletes:**  
Imogen Paterson  
Jessie Moody  
Josephine Fletcher  
Rachel Rubin-Sarganis

**MAG athletes:**  
Darren Wong  
Emilio Naidu  
Evan Fedder



# STAFF HOLIDAY PARTY

The Regal Beagle Vancouver  
December 10, 2016



# 2016 SMART EMPLOYEE AWARDS

The annual SMART Employee Awards recognizes employees who embody a specific Phoenix value (Safety, Motivation, Attitude, Respect, Teamwork) wherein the awardees are nominated by their fellow employees. Congratulations! Your hard work, efforts and values are invaluable to Phoenix!

## SAFETY

**Ryan Chin-Fee**  
*Developmental Boys & Recreational Coach*

*Ryan goes out of his way to ensure the equipment and the environment in the gym are safe and ready for athletes before the beginning of class. He encourages others to move equipment safely and to clear the floor at the end of class. On the health and safety committee he contributes to the improvement of safety procedures in the club for the benefit of all.*

## MOTIVATION

**Gen Letourneau**  
*Recreational Coach*

*Gen is always motivating her athletes and other co-workers. She is always looking for new drills to share with others.*

## ATTITUDE

**Glenn Aracha**  
*Day Cleaner*

*Glenn is always positive, pleasant and very pleasing to work with. Regardless of any situation in the building she will get her work done. Glenn is a quiet yet reliable and conscientious worker. She is always concerned with members' welfare and comfort. She understands and acts on what needs to be implemented right away.*

## RESPECT

**Sasha Pozdniakov**  
*MAG Head Coach*

*Sasha treats everyone with the same warm respect. He models the kind of behaviour that embodies the Phoenix value. In turn he is respected by all at Phoenix, employees, athletes and parents alike.*

## TEAMWORK

**Kira Hallwood**  
*Developmental Girls & Interclub Lead Coach*

**Lindsay Kerdman**  
*Club Events Coordinator & Recreational Coach*

*Kira and Lindsay demonstrated tremendous teamwork and leadership in their coordination of Luau Cup. Because of them other staff were inspired to collaborate positively resulting in an extremely successful event.*



## FUNDRAISING HOLIDAY PARTY ESSENTIALS

This season, we launched a new fundraiser which focused on holiday entertaining! An assortment of cookie doughs, flat breads, pizza, desserts, pies, appy bread and specialty meat cuts and more were available for order. We continued to fundraise for a new sprung floor for the Millennium gym and Vault Trainer for St. James Gym!

We raised a total of \$11,723.00 with total profit for Phoenix at \$3,480.75.

Congratulations to Siena Scharfe, WAG athlete for the highest sales and winner of Canucks tickets! 2nd place goes to Jordana Phillis, WAG athlete. Great job girls!

Thank you to everyone who participated in our fundraiser. We are grateful for all the support!



## CLUB PARTNER

Kintec Footwear & Orthotics continues to be our Club sponsor for the third year! Many thanks for all your support! <https://www.kintec.net/>

### LIVE COMFORTABLY AND DO THE THINGS YOU LOVE

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## WHAT'S COMING UP?

**I ♥️ GYG WEEK** February 14-18

### ACTIVITIES:

**Phoenix Murals:** All athletes (Recreational & Annual programs) will have the opportunity to help paint a gymnastics mural which will later be hung around the gym.

**Gymnastics Hearts:** Athletes will have the option to fill out a heart about why they love gymnastics & Phoenix. Hearts will then be posted in the lobby for everyone to see.

**GCG Social Media Photo Contest:** We will be participating in the GCG photo contest. Athletes are encouraged to post photo's which match the daily themes decided upon by GCG (see [Phoenix website](#) for details). Top photo's will be featured on the Phoenix social media pages as well as on the GCG board and will receive prizes for the win.





# SPRING BREAK CAMPS!

Action Packed Gymnastics Fun

WITH VANCOUVER PHOENIX GYMNASTICS

REGISTRATION FOR  
SPRING BREAK CAMPS  
ON-GOING!



SUMMER  
2017



CAMPS & CLASSES

REGISTRATION OPENS MARCH 6

REGISTER ONLINE, BY PHONE OR IN PERSON



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REGISTER ONLINE, BY PHONE  
604.737.7693 OR IN PERSON.



# PHOTO ALBUM

