

TUMBLING TIMES



Competitive Program News



WAG: Erika Chan (2nd from left, Emily Geraghty (4th from left)
Jessie Keeley (2nd from right)

2016 BC Winter Games!



Cameron Andres, 4th Rings



Emilio Naidu, Gold Floor



Jessey Keeley, Bronze Beam



Olivia Hood, 5th Vault

This past Feb 26-27 weekend we had our Phoenix Men's & Women's Athletes compete in the 2016 BC Winters Games. There were two days of competition, starting with Day 1 where athletes were competing for the all-around and Team final.

Jessie Keely, Emily Geraghty, Olivia Hood and Erika Chan were members of the Zone 5 Team who won a Team Bronze medal. Jessie Keely went on to qualify for beam finals, where she won a bronze medal. She was also awarded 4th vault and 5th on floor for level 7. Erika Chan was 5th on floor and 7th on Bars and Olivia Hood was 5th on vault. Emily Geraghty came in 9th for her beam routine.

All boys competed extremely well bringing home a few medals and ribbons each. Day 1, Emilio Naidu was awarded 4th place all around, followed by Aries-Zion Deza who was 10th. Cameron Andres was

not too far behind the other two and earned himself 14th all around and was then followed by Sam Wong who finished in 23rd place. Aries, Sam, and Cameron who all were members on the Zone 5 team who won a Team Bronze medal. Emilio Naidu who competed for the Zone 4 team placed 2nd winning his team the silver medal.

Day 2, Phoenix's own Emilio Naidu won the Gold Medal on the floor final and bronze on the Pommel horse, he also placed 8th on Parallel Bars. Aries-Zion Deza won the Bronze medal on High-bar, 8th on pommel horse, and 9th on Rings. Cameron Andres was awarded 4th on Rings for his Amazing routine, and 7th on Pommel Horse. Finally Sam Wong with his outstanding Vault flew into 8th Place.

The boys and girls had the opportunity to see the Lighting of the Flame, to watch diving, judo and rhythmic, and to enjoy the athlete part on the last day of competition.



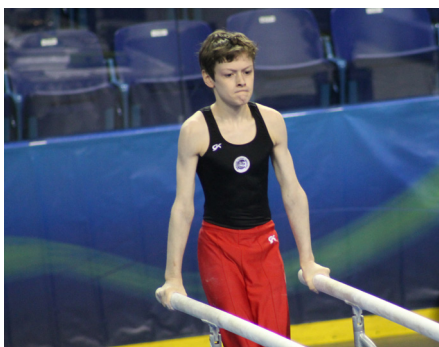
Zone 5 MAG athletes

Front row L-R:
Aries Deza, Cameron Andres and Sam Wong with Phoenix Coach Mike Sergeant.



The Christy Fraser Memorial Invitational 2016

February 12
MAG Level 1,2,3,4,Elite 3 & 4
Langley Events Center



Visit our website for [full competition results.](#)



Competitions

MAC OPEN

February 12-14
Portland, US

WAG
Level 6,7,8,9,10



North Shore Invitational

December 12
North Vancouver

WAG Level: Aspire 1, 7,8,9,10



Visit our website for [full competition results](#).

Clubwide Photo



2016 Clubwide Photo with the Competitive, Developmental and Interclub athletes with their coaches.



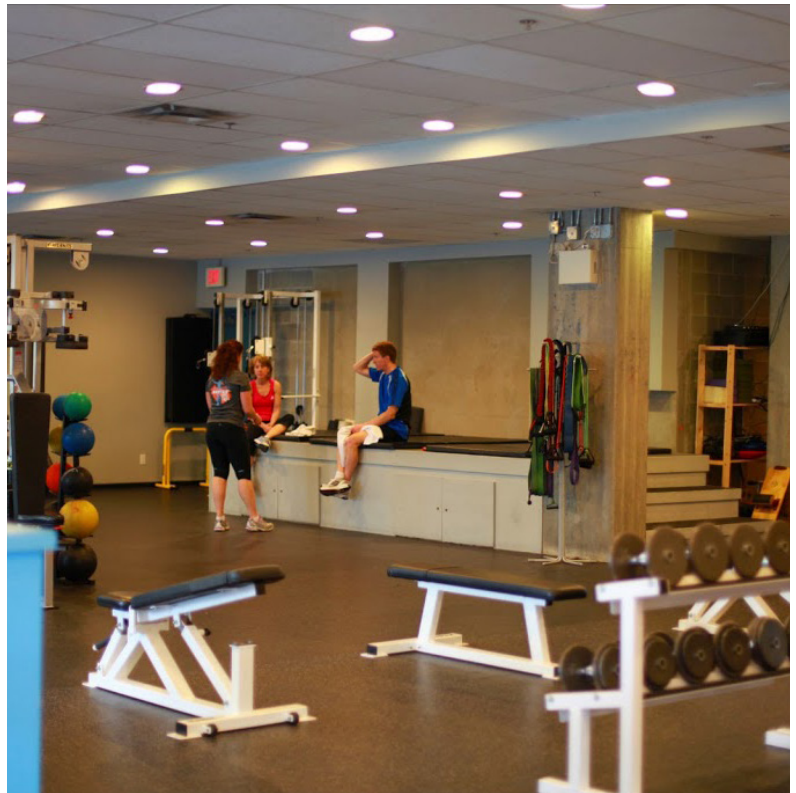
Are you wanting to get started on your fitness plan?
 Do you want to get a little extra out of your workouts?
 Is there a big event or race that you are training for?

This what we do. We help people get more out of their fitness. For over 16 years Momentum Fitness has been Vancouver’s top personal training studio. With 15 trainers and 5,000 square feet of fitness we can handle any of your training needs.

In addition to our personal training service we added a new lunch time drop in workout called WOW Fit. It runs from 11 am until 2 pm. This is a high energy circuit workout is trainer supervised and suitable for all levels of fitness.

Getting started with a trainer has never been easier. Just call or [email](mailto:info@mfit.ca) us and mention Phoenix Gymnastics and receive a free health assessment.

It is that easy! Get started today!



**Proud Partner of
 Vancouver Phoenix Gymnastics**
www.mfit.ca tel: 604.732.4884

FUNDRAISING NEWS



Spring Plant Fundraiser
 Fundraising goal: \$20,000
 New Sprung Floor - Millennium Gym
 Vault Trainer & Bars- St James Gym

Watch out for order details soon!

CLUB EVENTS NEWS



Visit our [Club Events](#) page for more information.

Interclub & Developmental Programs News

"Mexican Fiesta 2016"



The Senior Interclub girls attended their first meet of the season on Feb 20/21st - Mexican Fiesta at Wayland Richmond.

We had 30 girls attend the meet at their brand new facility. The girls performed well on all events and were presented with the following awards over two sessions:

Choreography & Dance
Tumbling

Maya Chariandy
Katie Chan
Natalie Weemees
Zara Von Amsberg
Christina Do
Gabriela Dodge
Amelia Kristen

Vault
Bars
Beam

The Spirit award went to Phoenix Gymnastics!



Interclub & Developmental Testing at Phoenix! January 31, 2016



Interclub Girls



Kickstart Boys



Recreational News



VANCOUVER PHOENIX GYMNASTICS
RISING TO EXCELLENCE

Spring Classes
Begin on
Tuesday
March 29, 2016

604.737.7693
www.phoenixgymnastics.com

REGISTRATION
ONGOING NOW!

MILLENNIUM GYM
4588 Clancy Loranger Way

ST. JAMES GYM
West 10th Avenue

Visit our website for more information of our classes and camps! Register [online](#), by phone 604.737,7693, or in person.



Ages 5-10 \$30

PARENTS' NIGHT OUT

LOOKING FOR A NIGHT OUT WITHOUT THE KIDS?
An evening of gymnastics fun!
BRING PJ'S AND A SNACK!
Fridays from 7-10p
April 22 June 3
\$15/additional sibling.
Contact the front desk to apply \$15 credit.

PRO-D DAY CAMPS

Monday, April 18th

Full Day Camp	\$89
Half Day Camp	\$44
Before/After Care	\$10



REGISTRATION
Summer Camps & Classes

Monday
9:00am March 21, 2016

Ways to Register

Online:
www.phoenixgymnastics.com

By Phone:
604-737-7693

In Person

I love Gymnastics Week February 9-12 & 15

I Love Gymnastics Week is a national event within the gymnastics community intended to celebrate the benefits of gymnastics and promote the sport to different communities.

This year at Phoenix, we have chosen to participate by introducing our sport to community groups that would otherwise not get to experience the joys of gymnastics. To achieve this, we are offered free 45 minutes lessons to a variety of youth groups including "at-risk" youth, groups from Children's Hospital, Schools for children with special needs and some of our local pre-schools (to encourage early physical development).

Our goal was to provide these children with an opportunity to experience an activity they may otherwise not get involved in and, if they enjoy it, put them in touch with other programs (such as bursary funds) to assist in their future pursuit of the sport. So far we have had a number of children leave the gym with incredible smiles and a great appreciation for the sport. It has been nothing but successful thus far.

We also hosted some fun craft activities for our current Phoenix Members as a way of celebrating the sport we love in-house. These activities including mural making, finger painting and coloring contests.



Take a Hike Foundation



Extra Steps Pre-school



Take a Hike Foundation



Phoenix athletes



WHO ARE ARE

PEDORTHISTS who have specialized training to modify footwear and design/build orthotics to address conditions which affect your feet and lower limbs.

FITTING EXPERTS are footwear and biomechanics experts. Our extensive in-house training program ensures that we will provide the best solution for you based on your biomechanics, history of injury, and activity needs.

kintec
FOOTWEAR + ORTHOTICS
WWW.KINTEC.NET
604-200-3338

WHAT WE DO

CUSTOM ORTHOTICS designed to align your feet in a bio-mechanically correct position. This helps align your musculo-skeletal system and reduce physical stress on your body.

PERFORMANCE FOOTWEAR with all of the major shoe brands and styles for adults and kids.

BRACING including a full range of custom and off-the-shelf products for knee, ankle, shoulder, elbow, and more.

SPORTS MEDICINE including a full range of rehab products such as foam rollers, therapy bands, and more!

Proud Partner of

Vancouver Phoenix Gymnastics

<http://www.kintec.net/> Tel: 604-2003338

EASY RECIPES!

CAPRESE SALAD

Prep time: 30 min

Cook time: 05 min

Ingredients:

- 1 cup grape tomatoes, halved
- 1 cup fresh Mozzarella, halved
- 1/4 cup chopped fresh basil
- 1 tablespoon plus 1 teaspoon olive oil
- salt and pepper
- 1 avocado, pitted and mashed
- 4 slices crusty bread such as como
- 4 whole eggs

Instructions:

- Combine tomatoes, fresh Mozzarella, basil and 1 teaspoon olive oil together in a bowl. Sprinkle with salt and pepper. Cover and let sit at room temperature for 25 minutes.
- Heat remaining tablespoon of olive oil in a skillet over medium heat. Cook eggs just until the whites are cooked, 1 - 2 minutes per side.
- Toast bread if desired.
- To assemble the toast, spread avocado on top of bread, top with a fried egg and top with 1/4 of the caprese mixture.
- Repeat with remaining ingredients until 4 toasts are made. Serve immediately.



BAKED EGG IN AVOCADO

Ingredients:

- Avocado
- 2 Eggs
- Sea salt & pepper
- Seasoning, optional

Directions:

- Cut avocado in half, remove pit. If necessary scoop out some avocado to make room for egg.
- Crack eggs into a bowl.

