



PROGRAM BULLETIN – WOMENS COMPETITIVE

NOVEMBER 22, 2018

NEW COMPETITION SUITS

I spoke to the coaching team about the new suits. They are happy for any athlete who is concerned about the fit of their suit to wear it to training anytime before Flicka Invitational so they can see how it feels to do gymnastics in it. Additionally, Crystal is happy to speak to any parent with specific concerns about the suit to explain how the fitting process works.

Some of the W25 athletes wore their suits to training today to "break them in." The gym was full of sparkle. Many of the Phoenix staff commented on how beautiful the new suits look. The WAG team is quite pleased with how the suits turned out. It is our hope that once the athletes have the chance to train in the new suits, they will realize that their suits fit as they should.

FLICKA INVITATIONAL - MEET MEMO

Event dates	Sat Dec 1-Sun Dec 2
Venue	Riverside High School in Port Coquitlam, 2215 Reeve St, Port Coquitlam, BC V3C 6K8
Meet fee	\$115 (due Oct 11)
Schedule	Click link to view SCHEDULE POSTED ON HOST CLUB WEBSITE
Arrival time	15 minutes prior to session start time

Registered athletes:

W25	Juno Caridi	5/28/2008	Aspire 2
W25	Lucy Samudio	7/15/2008	Aspire 2
W25	Selena Gonzales	5/30/2008	Aspire 2
W25	Tyya Nibelink	3/3/2008	Aspire 2
W25	Ella Jalandoon	4/1/2004	JO 10
W25	Ella Rogers	9/29/2003	JO 10
W25	Emily Geraghty	4/17/2005	JO 10
W25	Emma Novello	10/31/2001	JO 10
W25	Micah Yabut	10/4/2003	JO 10
W25	Sophie Anderson	2/27/2003	JO 10
W20 PM	Avery Louey	10/23/2010	JO 6
W20 PM	Felicia Ding	3/15/2010	JO 6
W20 PM	Lineo Bradley	9/10/2009	JO 6

W20 PM	Linna Zeibin	5/11/2011	JO 6
W16	Olivia Harb	11/29/2009	JO 6
W20 PM	Rachel Kwan	2/4/2010	JO 6
W20 PM	Zoe English	7/20/2009	JO 6
W16	Emma Gambetti	2/16/2007	JO 7
W16	Hannah Barnes	8/15/2006	JO 7
W16	Maggie Keeley	4/27/2008	JO 7
W16	Josephine Fletcher	11/27/2001	JO 8
W16	Sara Takagi	6/4/2002	JO 8
W25	Amelie Andres	4/13/2005	JO 9
W25	Billie Beis-Leech	8/15/2003	JO 9
W25	Ella Lucas	6/22/2003	JO 9
W25	Olivia Hood	4/24/2003	JO 9
W25	Presley Cattermole	4/17/2006	JO 9
W25	Shinyi Kao	10/18/2003	JO 9
W25	Siena Scharfe	10/5/2006	JO 9
W25	Simone Cady	11/21/2005	JO 9
W25	Stella Markovska	7/1/2005	JO 9
W25	Jordanna Phillis	9/27/2006	HP Nov

Training modifications:

JO8	None
JO9, JO10, A1, A2, HP	Short training day prior
JO6, JO7	Short training day prior (10:00-1:00)
Monday Dec 3	Day off (all)