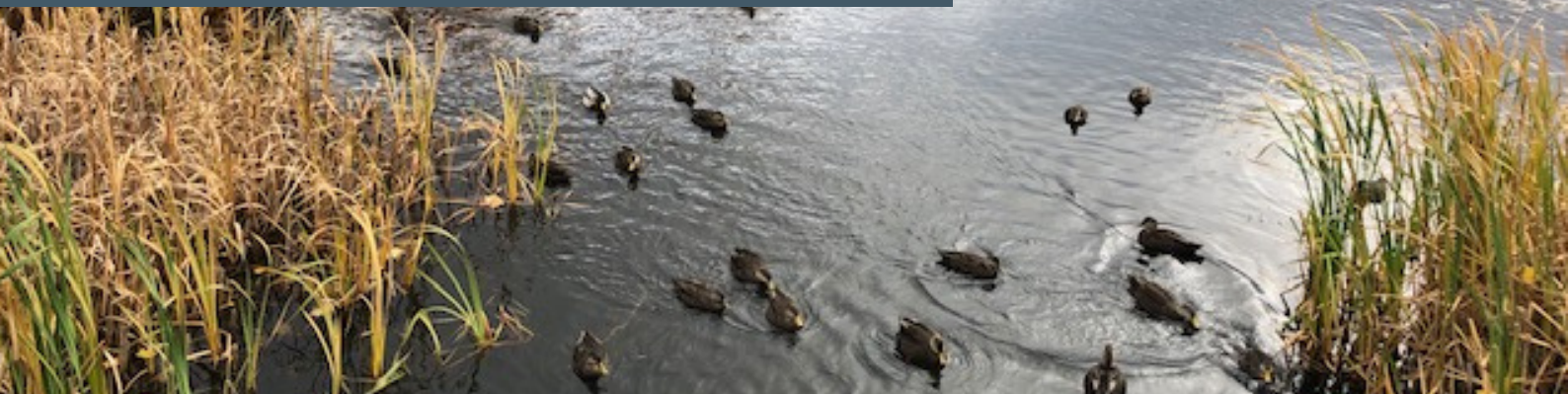


THE SALTOS HIGH FLYER

“Each of us has a fire in our hearts for something. It’s our goal in life to find it and keep it lit.”
— Mary Lou Retton



Saltos Gymnastics Club

1 CANADA GAMES DRIVE, CORNER BROOK, NL

Begin your Gymnastics Journey Today! Did you know GYMNASTICS provides the base for all other sports! Early participation in gymnastics develops the most fundamental movement skills, physical and motor abilities, mental abilities, social and emotional abilities and performance skills that carry over into all aspects of life. Start today! Register now! We offer competitive programming in men’s and women’s gymnastics, trampoline and cheer. And we are proud to offer a variety of recreational programming for toddlers all the way to adults. Visit our website to find more details about all that Saltos has to offer!

www.saltosgymnastics.com

A Message from the Saltos Board

Welcome, or should I say welcome back!

After what seems like an eternity we are back doing what we do best. A few things have changed but our goal remains to provide fun comprehensive gymnastics programming for all levels of participants! We are ecstatic to have so many happy and smiling faces back in the gym and having fun! Our fall session is halfway through and we will soon be releasing our Winter Registration. We hope to see you all back and even more smiling faces in our gym!

The Saltos AGM is coming up on Wednesday November 18th, 2020. If you would like to attend this meeting or run for a position on our board of directors please email office@saltosgymnastics.com by Friday November 13th. Due to COVID-19 practices, you will not be eligible to attend if not registered by this time.

We have missed you and we hope to see you on the flip side!

Krista Hansen-Robitschek,

President

On behalf of the entire board of directors,
Saltos Gymnastics Club.



Upcoming @ Saltos:

Remembrance Day
Gym Closed November 11th, 2020

Saltos AGM
Wednesday, November 18th, 2020
6:30pm - Saltos Party Room
R.S.V.P. Required

Saltos Activity Camp
PD Day
November 16th 8:30-5:00

Christmas Drop and Shop
November 21st
December 5th
December 19th

Winter Rec Registration
Nov 24th @ Noon -
Current Members
Nov 27 @ Noon -
Non Members

Christmas Activity Camp
December 28th, 29th & 30th

Winter Rec Session Begins
The Saltos winter recreation session will begin with first classes on January 4th.

Meet our Coaches!

Kristen Randell

Meet Recreational Coach Kristen! You will see Kristen in our gym with all recreational programs. Kristen is a grade 11 French immersion student at Corner Brook Regional High. She is NCCP trained at the Foundations level in Gymnastics Introduction, Gymnastics Theory, Artistic Gymnastics and Trampoline. Kristen has been a coach in training with Saltos for the past 4 years and was hired in a coaching position for summer 2020 Day Camp. She is currently coaching classes in Parent & Tot, Initiation, Rec Blue & Mighty Men!

"I want the kids to learn gymnastics in a fun and safe environment where they can develop new skills and progress in their training"



Evan Brake

Meet Coach Evan Brake! Evan is an experienced senior coach at Saltos; he has been coaching at our club for 10 years in a variety of disciplines including MAG gymnastics, WAG gymnastics, parkour, cheerleading, tumbling, trampoline and sports fitness. Evan's list of certifications includes NCCP MAG Level 2, WAG Level 2 and Trampoline Level 2.

"I am so grateful to have had the privilege to attend gymnastics training camps all over the globe and learn from some of the sport's greatest coaches and athletes. Some of my coaching experiences include: Camp Woodward in Pennsylvania, Scottish national team training camp in Scotland, summer training camp in Italy and more..."

Evan has participated in a wide variety of sports and has had success in most due to his gymnastics fitness background. His fuel of choice is pizza, a frozen fruit super smoothie or sushi while watching the Avengers, Transformers or Peaceful Warrior. He also highly recommends checking out his favorite books "The Way of the Peaceful Warrior", "Building the Gymnastics Body" and "The Magic of Thinking Big".

You will see him in the gym this year coaching our competitive MAG progression group, all levels of parkour, and all of the Saltos adult & teen personal improvement classes such as adult conditioning and Saltos sport fit.

"I want to develop my athletes to their best physical and mental ability. Not only coach them what I've learned but teach them. I also would love to see both the youth and adults of our world find a love for the amazing sport call Gymnastics.

Gymnastics has a place for everyone and I would like to see a world where movement and play are a regular part of everyone's day. Remember, Health is Wealth!"



Saltos Program Spotlights:

Personal Improvement @ Saltos

Gym Champs:

For athletes on the autism spectrum. This is a freeplay class where parents or caretakers can bring the athlete throughout the gym.

Teen Rec:

For New or Experienced Athletes, Ages 12+ This program is for teenagers who want to try gymnastics for the first time or continue to improve their gymnastics skills.

Saltos Sport Fit

For Multi Sport Athletes, Ages 12+ This program will focus on strength, power and flexibility. Through a variety of exercises and plyometric routines, we will help you grab that rebound, hustle back to save a goal, win that big race and just feel better on the field of play.

Adult Rec

For New or Experienced Adults Gymnasts, Ages 18+ Who is this class for? Anyone who has a secret desire to bounce on a trampoline again: beginners with no experience, former gymnasts with rusty skills, and anyone who wants to get in shape, improve their balance, flexibility and coordination!

Adult Conditioning

Ages 18+ A fun & intense training program designed to help improve overall physical fitness & conditioning. Work strength, flexibility, and coordination through gymnastics based skills, conditioning & TRX.

Saltos Office:

office@saltosgymnastics.com

709.639.7080

www.saltosgymnastics.com

Please contact Jeff or Christine with any questions and for further information on any of our programs.



Saltos as your Child Care Option!

November 16th PD Day Activity Camp

When School is Out, Camp is In!

Ages 5+. Saltos is pleased to offer you a flippin' fun child care option when school is not in session. Camp drop off is from 8:30-9:00 am and pick up is 4:30-5:00pm. The cost is **\$40.00** per day for members, non members must also pay the yearly GNL membership fee. Athletes are required to wear comfy gym clothes, bring peanut free snacks & lunch & their water bottles!

Register online @ www.saltosgymnastics.com or contact the office for further information. **Pre-registration is required! Space is Limited!**

Let us know when your child's school will be closed for teacher PD days! Camps can be offered for most days, pending sufficient registration!

Christmas Drop & Shop

Ages 4+. Get your Christmas shopping or wrapping completed while the kids get their energy out with gymnastics, games and more! Saltos is happy to provide 3.5 hour Saturday Drop and Shop sessions from 5:30-9:00pm on November 21st, December 5th & December 19th. The cost is **\$25.00** per session for members, non members must also pay the yearly GNL membership fee. Athletes are required to wear comfy gym clothes & bring their water bottles!

Register online @ www.saltosgymnastics.com or contact the office for further information. **Pre-registration is required! Space is Limited!**

Christmas Break Activity Camp

Ages 5+. 3 days of Holiday Fun at Saltos! Register your child(ren) for Christmas break days filled with opportunities to be active: bouncing, swinging, balancing, somersaulting, obstacle courses and all kinds of fun!

Camp drop off is from 8:30-9:00 am and pick up is 4:30-5:00pm. The cost is **\$40.00/day or \$105.00/3 days** for members, non members must also pay the yearly GNL membership fee. Athletes are required to wear comfy gym clothes, bring peanut free snacks & lunch & their water bottles!

Register online @ www.saltosgymnastics.com or contact the office for further information. **Pre-registration is required! Space is Limited!**



Spooky Fun at Saltos!



COACH EMMA'S BLUE 1.5 REC GROUP ALL DRESSED UP FOR HALLOWEEN GYMNASTICS!



THE MAG PROGRESSION TRAINING GROUP AND COACH EVAN TAKE A BREAK FROM TRAINING TO SHOW OFF THEIR COSTUMES!

Did You Know?

Saltos is once again offering Group Rentals (Party Rentals)!

Gym Only Rentals

Fridays 7:30pm & 8:30pm.

Cost: \$80.00 per 50 minute private rental.

Gym & Party Room Rental

Saturdays 2:30, 4:00, 5:30 & 7:00

Cost: \$175.00 per 1 hour gym & 45 minute party room private rental.

Please visit our website or contact the office for more details and for information regarding NEW Covid-19 regulations and practices for all group rentals.

Club Reminders!

- The last sessions of the 14 week fall recreational programs are during the week of December 14th to December 20th.
- Registration for the Winter Recreational Session will begin Tuesday, November 24th at Noon for all current members. Open registration for non-members will follow on November 27th at noon.
- We ask that all participants please complete the COVID self-assessment tool daily before entering our Saltos facility. Please do not attend programming if you are experiencing any flu like symptoms or have travelled outside Atlantic Canada In the last 2 weeks.
- Please do not park, idle or drive in front of our doorways. We ask that you use the marked parking spaces **even for drop off**. We are working with the Civic Center to ensure all other user groups follow this same policy. Congestion around our building and doorways cause safety concerns for our young athletes.
- All Athletes will be admitted just prior to session beginning and must depart directly after activity (no change room /waiting area access). All gym wear must be on before arriving. Tardiness cannot be accommodated; Due to the required processes admitting participants, late arrivals cannot be accommodated, please take care to be on time.
- Only one parent is permitted in the gym for our Parent and Tot and Gym Champs programs. Absolutely no siblings will be permitted in the gym for these sessions.
- Please refer to our covid transitions manual for further information on the Saltos policies and proccotols.



Comp Corner!

- Comp training leos and shirts ordered earlier this fall are on the way! You will receive an email for pick up arrangements once they arrive.
- Chalk is available for purchase at the beginning of training sessions. The cost is \$4.00 per block and must be paid (exact change required) before receiving.
- The last day for the regular training schedule before Christmas break is Tuesday, December 22nd. Christmas training will take place December 28th - 30th. Individual training group schedules will be distributed closer to the date.
- We have several (new) Competitive Team Jackets available at the office for purchase. Coats are \$75.00 & we have 1 each in Youth Medium, Youth Large and Adult Small. Please contact the office asap if you wish to purchase.



SALTOS' CHEER INFUSION ALLSTARS WORKING HARD ON TUMBLING SKILLS