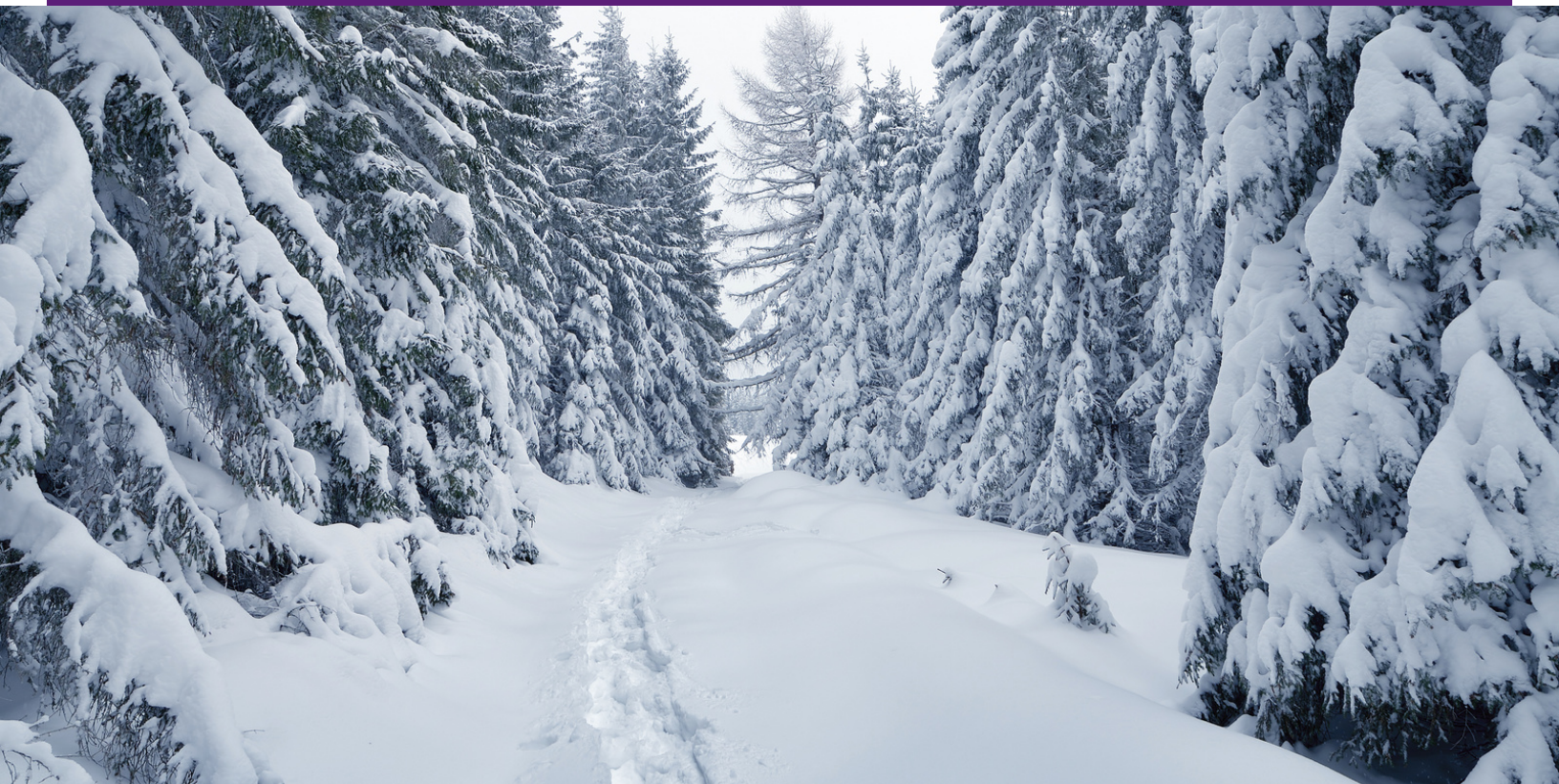


NOVEMBER/DECEMBER 2022

POLARETTES COMPETITIVE NEWSLETTER

Follow us on Facebook @yukongym and Instagram @polarettes



NOVEMBER/DECEMBER 2022

Happy November, team! It has been a busy start to our season, and many great things have already happened. Our athletes and coaches have worked hard to create routines for the season, and we can't wait to show them off at Winterfest!

UPCOMING IMPORTANT DATES

Wednesday, November 2nd: Deadline to order Purdy's

Friday, November 11th: Gym Closure for Remembrance Day

November 11th - 13th: CWG & AWG Training Camp

Saturday, November 19th: Kids Night Out Fundraiser

Monday, December 5th: Tentative Purdys Pick Up

Thursday, December 8th: Winterfest (In-House Competition)

Sunday, December 11th: Competitive Families Christmas Party

Saturday, December 17th: Parents Night Out Fundraiser

December 19th - 30th: Modified Training for CCP

Monday, January 2nd: Regular Training Resumes

GENERAL UPDATES

Parent Portal <- click here to check it out!

New this year, we have launched an online parent portal. This is where you can find an updated calendar, program handbooks, parent commitment opportunities, and newsletters.

Parent Commitment Hours: if you have completed hours since the beginning of September, make sure that you submit your hours for approval through our parent portal

TEAM BUILDING DAY

On Wednesday, September 27th, we hosted a Team Building Day for our CCP & Xcel team! 41 athletes and 4 coaches spent the day meeting new friends, learning names, and playing team games. We spent 45 minutes with Sports Psychologist Tracey Bilksy, talking about intentional training and being a team. We also spent part of the day discussing role models and setting goals for the season.



ARCTIC WINTER GAMES TRIALS & TEAM

On Wednesday, October 26th, trials for the 2023 Arctic Winter Games. Here are the results:

Arctic Winter Games Team

Chloe Tatsumi
Genevieve Lefebvre
Alayna Mortimer
Aubree Hombert

Arctic Winter Games Alternates

Emma Duncan
Bree Labelle
Mya Breckenridge





PURDY'S CHOCOLATE

The deadline to purchase is November 2nd, 2022.

Click [here](#) to order online!

Orders should arrive on December 5th, 2022

WINTERFEST 2022

Our first competition of the season will be Winterfest on December 8th, 2022. This event is available for all CCP & Xcel athletes.

To register, please email Stephanie at coordinator.polarettes@gmail.com with your child's suit size; there is no registration fee.

The deadline to register is November 21

Tanks	Toddler	Child XX Small 4/5	Child X Small 5/6	Child Small 6x/7	Child Medium 8	Child Large 10	Child X Large 12	Teen X Small 14	Teen Small 16	Teen Medium	Teen Large
Girth	38"	40"	42"	44"	46"	48"	51"	53"	56"	58"	60"



Girth measurement to be taken from the top of the shoulder, down through the crotch and back up to the same shoulder.

ATHLETE HIGHLIGHT



This past month, CCP athlete Jenna Henderson entered into an art contest at school. She made this double-sided bookmark and won. We love seeing our athletes exploring other activities. Congrats Jenna!!

Kids Night Out Requirements

If you are interested in being a chaperone for one of our kids night out events, the following documents are required:

1. Criminal Record Check, with a vulnerable sector check (valid within the last 6 months). Please tell them you need it for Polarettes; our mailing address is 4061 4th Avenue, Whitehorse, Yukon, Y1A 1H1
2. Respect In Sport for Activity Leaders
3. Safe Sport Training
4. Optional: Commit to Kids

When you have completed the requirements, you will need to send it all to Kim at polarettesgymnastics@gmail.com

Note: Kid's Night Out is an Athlete Fundraising Committee event to raise funds for athletes to travel outside the territory. Only athletes who are registering for events outside the territory in Xcel Gold, Platinum, CCP 3 to 10 are eligible to sign up and raise funds with these events. Funds raised must only be used for travel.

Contact: fundraising@polarettes.org

YUKON GYMNASTICS ASSOCIATION **UPDATES**

Yukon Gymnastics Association Bursary:

YGA's 2022 Bursary Applications are due November 15th. All CCP and Xcel athletes can apply.

The purpose of the Yukon Gymnastic Bursary program is to provide funding assistance for gymnasts who want to keep up with a sport they have grown to love but need a little extra financial support to help them achieve their goals.

Based on applications, Yukon Gymnastic Association will award up to a maximum of three bursaries at \$350 each.

[Click here to find the bursary application.](#)