

JAN/FEB 2023

POLARETTES COMPETITIVE NEWSLETTER

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JANUARY/FEBRUARY 2023

Welcome back, and happy new year! We hope everyone had a fun-filled holiday season. Our competition season is approaching quickly, and we are so excited to see where our gymnastics will take us this year!

UPCOMING IMPORTANT DATES

Wednesday, January 11th: CWG Routine Verification

Thursday, January 12th: Physical Testing (CCP Team)

Friday, January 13th: Nutrition Seminar at Sport Yukon

January 27th - 29th: Winterfest, Vancouver, BC (CWG Team)

January 29th - February 4th: Arctic Winter Games, Wood Buffalo, AB

Saturday, February 11th: Kids Night Out

February 19th - 26th: Canada Winter Games, PEI

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

Nutrition Seminar: There is a nutrition seminar on Friday, January 13th from 6:15 - 7:45 PM. Join Joline of Sunrise Nutrition for this hands-on presentation for our competitive athletes about intuitive eating and non-diet nutrition

There is still space, and registration is online through amilia. The seminar is available to any of our CCP and Xcel athletes!

Kids Night Out: The next kids' night out fundraiser will be on Saturday, February 11th, and registration will open on February 1st.

POLARETTES WINTERFEST

On December 8th, we hosted our first competition of the season. We had 50 athletes compete in both Xcel and CCP. What a fantastic start to the competition season!



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WINTERFEST 2023

Dates: January 27 - 29th

Athletes: CCP 7+

Where: Coquitlam, BC

Travel Info: Previously sent out in an email

Questions: Contact Stephanie or Kim

ARCTIC WINTER GAMES 2023

We are excited to send four athletes to the 2023 Arctic Winter Games in Wood Buffalo. They have been preparing diligently, and their training vibes have been fantastic.

The AWG Team will be away from January 29th - February 4th!

Keep an eye on our facebook and Instagram for competition updates



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

Bursary Update: Three athletes received a \$350 bursary from the YGA

Yukon Championships

When: March 11th, 2023.

Where: Polarettes Gymnastics Club

Who: All Xcel and CCP athletes

More details to come soon!