

MARCH/APRIL 2023

# POLARETTES COMPETITIVE NEWSLETTER

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## MARCH/APRIL 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**

**Saturday, March 11th: Yukon Championships**

**Monday, March 13 - Friday, March 24th: Spring Break; modified training for CCP**

**Wednesday, March 15th: Last Day to Request HP Funding**

**Thursday, March 30th - Sunday, April 2nd: BC Championships  
Optionals**

**Friday April 7th - Monday April 10th: Easter Weekend, Gym Closed**

**Saturday, April 15th: HP Funding Applications Due**

**Friday, April 21st - Sunday, April 23rd: BC Championships  
Compulsory & Xcel Championships (Gold+ only)**

**Tuesday, April 25th - Monday, May 1st: Western Championships**

## **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

# WINTERFEST COMPETITION

In January, 5 athletes traveled to Vancouver to compete in preparation for Canada Winter Games. The girls came home with a few medals, a special award, and a great experience!

## MEDAL ALERTS:

Layla Hombert, CCP 8 - Bronze medalist on Floor

Olivia Vangel, CCP 8 - Bronze medalist on Vault

Taylor Kennedy, CCP 8 - Bronze medalist on Vault

## PERSONAL BESTS:

Lily Witten debuted her new floor routine and posted is PR score on the apparatus, placing 4th in CCP 9.

Taylor Kennedy hit her new beam series, BWO BHS, for the first time at a competition

Layla competed a Tsuk in competition for the first time and nailed it, scoring a 9.25!

Jenna Henderson competed CCP 8 for the first time & made it through bars, despite having 4 rips

Jenna Henderson, CCP 8, received a special award "Breath Taking Beam Artistry award," so shout out to her and our dance teacher, Kate Fitzgerald, for her choreography!



# ARCTIC WINTER GAMES 2023

Our team had a fabulous time at the Arctic Winter Games. The girls and coaches came home with a few medals, new friends, and a unique experience.

## Team Event:

Our girls placed 3rd in the team event

## Individual Events:

Genevieve Lefebvre placed 3rd on floor and 3rd on bars, placing her 4th overall

Alayna Mortimer placed 2nd on the floor exercise with a stunning routine and 5th all around



# CANADA WINTER GAMES 2023

In February, 5 of our athletes and 2 coaches traveled to PEI for Canada Winter Games. These girls typically compete in levels 8 and 9, but we took the developmental opportunity to represent our top territorial athletes.

While we weren't collecting medals, we were counting experiences, memories, motivation, inspiration, friendships, and, of course, PINS!

## PERSONAL BESTS:

Jenna connected her new series on the beam

Olivia competed a new skill on bars, beam and floor

Lily made amazing technical corrections on all events

Taylor hit her bar and beam routine with ease

Layla flipped her Tsuk onto true competition hard mats for the first time!



# YUKON CHAMPIONSHIPS 2023

Yukon Gymnastics Association is hosting Yukon Championships at Polarettes Gymnastics Club on Saturday, March 11th.

## Schedule

9:30 - 9:45 am - Athlete Arrival Session 1

9:45 - 10:00 am - Stretch

10:00 - 12:00 pm - Xcel Bronze & Silver

12:00 - 12:30 pm - Awards

12:30 - 12:45 pm - Athlete Arrival Session 2

12:45 - 1:00 pm - Warm Up

1:00 - 3:30 pm - Compete CCP 4 +, Xcel Gold, Platinum, Diamond

3:30 - 4:00 pm - Awards

4:00 pm - General Meeting: Revised Bylaws approval & take down

## Reminders

Please wear your team suit (black with pink and purple), competition shorts if you are going to wear shorts, black pants, track jacket if you have one, Team Polarettes t-shirt.

All jewelry (bracelets, anklets, necklaces, dangly earrings) needs to be removed.

Hair needs to be competition ready.