

The Cartwheel CHRONICLES

August 2025



NEWS

Hello FGC Families!

The Fall season is upon us and our Recreational program is about to begin! During the first day of class, you will be waiting in the viewing area for your coach to call out your child's name and program.

Our Active Start program is offered upstairs in the evening and downstairs during the day. If your child is upstairs you will be able to watch your child on the live tv. If your child is under 6 years old a parent/guardian must remain in the building until the program ends.

If you have any questions regarding the program, coach, or dates/time. Please reach out to admin@fortsaskgymnastics.ca

COMPETITIVE NEWS

We are excited to announce our new competitive team Xcel Silver! Coach Lily and Neely are coaching this team. Coach Lily was a former CCP 9 in gymnastics and cheer. Neely is a former CCP 10 Gymnast. Coach Christie and Lexy are assisting too as our Senior Coaches.

We are thrilled to see the progress made by the gymnasts in such a short amount of time.
Teamwork makes the dream work!





Xcel Silvers during Summer Training

FUNDRAISING



READY TO MAKE DINNER A LITTLE EASIER WHY NOT ORDER SOMETHING EASY AND DELICIOUS FROM OUR LITTLE CAESARS FUNDRAISER. WHEN YOUR CHILD HAS GYMNASTICS IN THE EVENING THIS IS THE PERFECT MEAL.

**PLACE ONLINE ORDERS
AS EARLY AS SEPTEMBER
8, 2025.**

OUR FUNDRAISER ID # 459093 YOU MAY ALSO PAY ONLINE BY CREDIT CARD: GO TO WWW.PIZZAKIT.CA CLICK ON "PRODUCTS" THEN "SHOP" SELECT "SHIP ORDER TO GROUP" ORDER FORM AND PAYMENT IS DUE BY SEPTEMBER 28. PICK UP DATE WILL BE SENT BY EMAIL.

We also take Debit, Credit, Cash, and Cheque in the office.



COACH SPOTLIGHT



**Coach
MacQuarie**



★ Coach of the Month: Mac! ★

Meet Coach Mac! Her favorite color is pink, and she loves teaching handstands and pullovers. When she's not in the gym, you might find her playing volleyball or baking something delicious.

Mac especially loves coaching Rec 3/4 gymnasts—and here's a fun fact: she has siblings under the age of 3!

We're so lucky to have you on our team, Mac! 💖

**Get to know our
coaches at FGC.
Once a month we
will pick a coach to
spotlight!**



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