



Every champion  
was once a  
beginner...

### How important is physical activity for children?



- ◆ Regular physical activity helps develop your **child's fundamental movement skills** (i.e. physical literacy). In addition to helping maintain a healthy body weight physical activity can help build healthy bones, muscles, heart and lungs.
- ◆ The new report card from ParticipACTION, that looks at physical activity among children and youth, shows **they are not getting enough exercise**. The report card

gave Canadian kids a D+. ... Parents should be getting active with their kids to encourage a healthy lifestyle.

- ◆ About **60%** of children and youth, aged 5 to 17, **DO NOT meet the recommended targets for physical activity** as outlined in the Canadian 24-Hour Movement Guidelines for Children and Youth.
- ◆ Physical activity is also beneficial to the mental health of a child. Experts say physical activity allows children **to have a better outlook on life by building confidence**, managing anxiety and depression, and increasing self-esteem cognitive and social skills.



### Why gymnastics?

Gymnastics and Trampoline participation has numerous benefits; from overall improvement of physical fitness, to many social aspects and life skills. Children who take part in organised sporting activities, do better in school, make friends for life and learn life skills that they can apply as they grow.

### Some of the benefits include:

- Coordination
- Strength development
- Flexibility
- Social Skills
- Self Confidence
- Politeness
- Compassion
- Work Ethic
- Discipline
- Determination
- Overcoming Fears
- Goal Setting



# Who is the GymNation Gymnastics

## Competitive Team?

*GymNation was established in Feb 2017 to bring gymnastics and trampoline instruction and physical literacy to*

*children ages 18*

*months to adult.*

*Offering recreation-*

*al and competitive*

*stream instruction,*

*with trained and*

*certified coaches,*

*utilizing Olympic*

*style and competition sanctioned*

*equipment. The first competitive team*

*established in 2018, entered Provincial*

*Championships and placed 3rd in the*

*province. Since then, we have had 30+*

*kids go through the competitive team*

*with many placing first in their level*

*and the remaining placing in the top*

*three in the past few years.*



*Provincial group  
2023*

### *What is a Booster Club?*

*In order to help support parents and athletes in the competitive stream, a Booster Club was established and was incorporated as a non-profit under the name GymNation Gymnastics Competitive Team Booster Club. It is run by a team of volunteer parents who have children on the competitive team. The Booster Club helps to offset the costs associated with team competition expenses such as insurance fees, travel, uniforms, accommodations, training camps, training equipment and meet registration for athletes so that no athlete is left behind and has the same travel opportunities.*

*GymNation  
Gymnastics Team  
Booster Club*

## TEAM Sponsor - \$800

1. Featured ad/logo in our quarterly e-newsletters for a year;
2. Logo on our website and as a featured business on our program brochure for a year;
3. Two - birthday party gift certificates for giveaway;
4. Verbal recognition at events;
5. Plaque recognition at the gym.
6. Recognition on our Facebook page



## Equipment Sponsor - \$500 for one year

1. Featured ad/logo in 2 of our quarterly e-newsletters ;
2. Logo on our website and as a featured business on our program brochure for 6 months;
3. One - birthday party gift certificate to giveaway;
4. Verbal recognition at events;
5. Plaque recognition at the gym;
6. Recognition on our Facebook page

## Athlete Sponsor \$250

1. Featured ad/logo in 1 of our quarterly e-newsletters;
2. Logo on our website and as a featured business on our program brochure for 3 months;
3. Recognition on our Facebook page

## For more information please contact:

Jane Frampton at [boosterclub@gymnationclub.com](mailto:boosterclub@gymnationclub.com)

Board of Directors: Erin Lively, Erin Smiley, Alicia Wilmot

***Please note that all donations are deposited into the team booster club account. Individual athletes cannot receive personal donations through the Booster Club.***

Thank you for your consideration, we will follow up with you within a week. If you are interested in sponsorship, cheques can be made payable to **Team GymNation Booster Club** and any artwork can be sent to [boosterclub@gymnationclub.com](mailto:boosterclub@gymnationclub.com) All artwork must be in JPEG or PNG format. Ad design options available. *Tax receipts available upon request.*

