

# Ontario Gymnastics Week

## February 9-15, 2020

### INFORMATION PACKAGE FOR GYMNASTICS ONTARIO MEMBER CLUBS

#ONGymWeek

<http://www.gymnasticsontario.ca/ontario-gymnastics-week/>

I love  
Gymnastics



*I love*  *Gymnastics*  
*Go*



## A Message from G.O.

Dear Member Club,

Gymnastics Ontario and the Gymnastics for All Program Committee are excited to present the 2020 "I Love Gymnastics" Week!

This year, we have prepared some new and exciting opportunities to participate and celebrate gymnastics in Ontario and your community!

This information package outlines the different resources and participation opportunities available to you from Gymnastics Ontario. We look forward to seeing how our member clubs utilize and enjoy each of these resources and activities!

Happy Ontario Gymnastics Week 2020!!!

Sincerely,

*Lauren Cohen*

*Gymnastics for All Program Manager, Gymnastics Ontario*

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## "Why I Love Gymnastics" WALL

Creating a **"Why I Love Gymnastics" WALL** in your club provides a visual representation of your community's love for gymnastics.

### How to create your **WALL**:

*Provide a "Why I Love Gymnastics" heart template to each of your members to complete and return back to your club. Post the completed worksheets on any wall in your club and watch your community's love of gymnastics come together!*

### Resources available for this activity:

- ◇ *There are 4 versions of the "Why I Love Gymnastics" heart template to suit your club needs.*
  - ◆ *Print any version on any paper type you choose, including coloured paper.*
  - ◆ *2 versions have a designated space for participants to add their name to their worksheet.*
  - ◆ *2 versions have a space (bottom right) for clubs to add their club logo to the template. Insert your logo by clicking the image button on the template: *

(resources are available on the G.O. website, see link below)

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## "Why..." PARTICIPANT PROFILE

Want to know more details about what your members love about gymnastics? Or what they hope to achieve?

Send home the **"Why I Love Gymnastics"**  
**PARTICIPANT PROFILE** worksheet to find out!

Choose how your club utilizes this worksheet:

◇ *Send the worksheet home as a fun activity for your members and they can keep it for themselves!*


OR

◇ *Collect the worksheets for coaches to learn more about their participants!*

OR

◇ *Collect the worksheets to post on social media or your "Why I Love Gymnastics" WALL and share more about your community's love of gymnastics!*

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*Option available to insert your club logo on the worksheet...  
Download the "add club logo" version from the G.O. website and  
click the image button on the template: *

(resources are available on the G.O. website, see link below)

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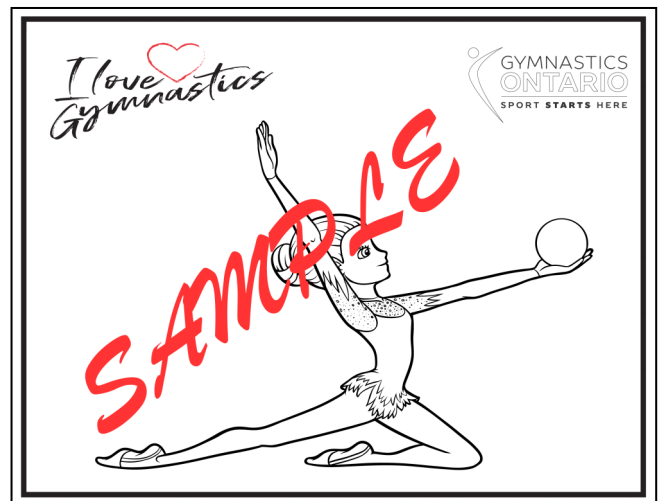
## Colouring Sheets

Gymnastics Ontario has made a package of 15 different "I Love Gymnastics" **colouring sheets** available on the G.O. website.

**Share ONE with your members... Share TWO...  
Share them ALL!!!**

Choose how your club utilizes these colouring sheets:

- ◇ *Run an in-house colouring contest or raffle/draw!*
- ◇ *Collect the coloured sheets to post on social media or your "Why I love Gymnastics" WALL!*
- ◇ *Use one (or more) of the sheets in a circuit and then send that sheet home!*
- ◇ *Make the colouring sheets come to life! Challenge your members to pose like their completed colouring sheet!*



(resources are available on the G.O. website, see link below)

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## The Ontario Mass Routine

**The Ontario Mass Routine** will be released online early January 2020. While the routine can be performed individually, the Ontario Mass Routine is designed to be performed as a group.

The simplicity of the mass routine ensures it is suitable for all members to learn, replicate, and enjoy!

### How clubs can participate:

- ◇ *An instructional video will be made available online so that all gymnasts have access to learn the routine.*
- ◇ *Clubs can choose to have their members learn the routine at home, or learn together in the club.*
- ◇ *Incorporate the routine into your warm-ups and/or floor exercise.*
- ◇ *Post a video on Facebook and/or Instagram of your club's members performing the Ontario Mass Routine to participate in our social media contest!  
(see contest information for rules)*

#ONMassRoutine2020

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## Social Media TOOLS

Gymnastics Ontario members are encouraged to share their Ontario Gymnastics Week experience on social media!

Show us how your community is celebrating gymnastics, and participate in our social media challenges and contest! Details on the following pages.

### TAG GYMNASTICS ONTARIO:

- ◇ Facebook @gymnasticsontario
- ◇ Instagram @gym\_ontario

### OFFICIAL HASHTAGS:

- ◇ For ALL posts... #ONGymWeek
- and...
- ◇ For CHALLENGE posts... #ONGymWeekChallenge
- ◇ For CONTEST posts... #ONMassRoutine2020

### Unofficial fun hashtags:

- ◇ #ilovegymnastics #ilovegym #gymnastlife

Ontario Gymnastics Week February 9-15, 2020





## Social Media CHALLENGES

Use the hashtag **#ONGymWeekChallenge** when posting for Ontario Gymnastics Week's **7 days of social media challenges!**

Let's spread our love of gymnastics far and wide!

Post a photo/video...

**Sunday:** of your recreational participants having FUN!

**Monday:** of your gym's favourite FITNESS (conditioning) activity!

**Tuesday:** with the most number of people practicing the same FUNDAMENTAL movement pattern (FMP) at the same time!

**Wednesday:** showcasing FRIENDSHIPS in your gym!

**Thursday:** of a group handstand!

**Friday:** showing how your gym celebrates new skill achievements!

**Saturday:** with the most number of people performing the Ontario Mass Routine at the same time!

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## Social Media CONTEST

Use the hashtags **#ONMassRoutine2020** and **#ONGymWeek** when posting for Ontario Gymnastics Week's **social media Mass Routine Contest!**

### Contest rules:

- 1) Post a video on Facebook and/or Instagram of your club's members performing the Ontario Mass Routine.**
- 2) Have your members SHARE/REPOST the video on Facebook and/or Instagram.** Use the hashtags **#ONMassRoutine2020 #ONGymWeek** AND tag your club's social media account.
- 3) The club with the most SHARES/REPOSTS across both Facebook and Instagram will win a prize from Gymnastics Ontario**
- 4) Only shares/reposts between February 9-15, 2020, that use the hashtags #ONMassRoutine2020 #ONGymWeek AND tag a club's social media account will be counted in this contest.**

### TAG GYMNASTICS ONTARIO:

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- ◇ Instagram **@gym\_ontario**

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