

Dear Member Clubs,

Starting on Monday, February 11th, you are invited to participate in the National Gymnastics Week - **February 11-17, 2013.**

Let's work together in the betterment of our sport and of physical health in Canada!

The intention of the National Gymnastics Week is to raise awareness around the health and social benefits from participating in the foundation sport of gymnastics. With an ever increasing rate of child obesity and the health risks associated with this trend, raising awareness around the benefits of our foundation sport of gymnastics is essential. You can empower Canadian parents and youth by sharing your knowledge of the benefits of participating in gymnastics and make a positive difference to young Canadian's well-being. There is a gymnastics discipline for all ages. So let's get moving!

You can make a difference! Watch out for the GYMweek Let's Go Kit that will show you how. We'll make it available by mid-January on our website, and provide you with a web link with downloadable resources. Start thinking of activity ideas you can do during Gymnastics Hour on Saturday 16th between 2pm-3pm ET. Will you be the most active club in the country?!?

The NGW promotional items are now available on NGW's website.

<http://www.thenationalgymnasticsweek.com/promotional-items/>

Order your items today and they will be shipped during the week of January 14th 2013. Orders will be accepted until February 1st.

We thank you for your support in the promotion of National Gymnastics Week!