

MEDIA RELEASE

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Media Contact:

Paula Polman
Ortona Gymnastics Club
8755-50 Avenue
Edmonton AB T6E 5H4
Office: (780) 466-FLIP (3547)
www.OrtonaGymnastics.com
businessmanager@ortonagymnastics.com

Team Ortona Rocks California

During January 13 to 19, 2011 Team Ortona headed down to Costa Mesa, California, just outside of Los Angeles, for a week of training, team building and participating in the OC Classic Competition. A contingent of 120 people flooded the Edmonton airport on a frigid Thursday morning only to experience a 39o temperature difference on landing at LAX in Los Angeles. And then the fun began.

41 athletes (WAG, MAG and T&T), staff and family members attended this extraordinary event in Ortona's history. Hundreds of volunteer hours to plan and coordinate this event made it possible. Generous donations and multiple fundraisers helped to subsidize the trip for the athletes.

What did Team Ortona expect to get from this trip?

- 1) A chance to compete in an international competition.
- 2) A chance to train with athletes from different clubs, with international experience
- 3) Team building opportunity to pull athletes from all the disciplines together as one team
- 4) Opportunity for parents and family members to get to know each other better.

What did Ortona accomplish? All this and so much more.

The young ladies did Ortona proud in competition: highlights include First Place Team All Round (Level 3), Second Place Team All Round (Level 4), and lots of medals across the board, with a total of 14 top ten finishes. Congratulations to all the Ortona Coaches who worked hard preparing their athletes and helping them achieve their goals.

The Trampoline & Tumbling athletes along with the Men's Artistic athletes were to train at another gym facility however it fell through at the last minute due to unforeseen circumstances. It was made up by days of beach conditioning in a muscle-man workout area. The locals were standing back to watch Ortona's young athletes do their training and even asking about their conditioning programs, they were so impressed. No doubt they are still talking about "those kids" at the muscle beach.

The team building and social programs were an unqualified success. Athletes from all programs got to meet and work with each other, made new friends and learned about their team mates. Parents got to make new friends too and have become invested in the achievements of all the team members.

Our young ladies and gentlemen – athletes and siblings – were exemplary and drew comments from people on how well behaved and well mannered they were. The parents, well ... they drew comments too, but it was all in fun, right?

Was this trip worth all the trouble and effort? Ask any athlete, parent or coach who went. What you'll get is a resounding and heartfelt yes. It has given our Team a level of cohesiveness and sense of family that did not exist before and that has the biggest value of all.

Congratulation to all our athletes, you did Team Ortona proud and Ortona is pleased to take you to any meet knowing how well you look out for each other, support each other and set the example of model behaviour for a visiting Team. Well done, Team, well done.

ABOUT ORTONA GYMNASTICS CLUB

Ortona Gymnastics Club, currently situated 'under the Bubble' on 50 Avenue was founded in 1976, and is one of the oldest gymnastics clubs in Edmonton. The Club, well known for its air dome building constructed in the 1980's, has delighted 1000's of young athletes over the years who love to tell stories of training in the Bubble.

Ortona Gymnastics has had a long history of athletic excellence and community presence due to the skills of talented and dedicated coaches, staff and volunteers who have worked and played at Ortona over the years.

Ortona Gymnastics is one of the partners of the unique GO Centre being built on the University of Alberta grounds. Ortona will spend this last year under the Bubble getting the new and existing coaching staff developing the programs that will lead the Club into the fantastic new and expanded gymnastics facility in the GO Centre this spring. A celebration of the Club and the final days of the bubble are planned for June of 2011 with an Invitational Meet and alumni party to say farewell to the old dome.

For more information about Ortona Gymnastics and the programming options for ages infant to senior please visit the website at www.OrtonaGymnastics.com. To read more information about the new GO Centre please visit www.GOCentre.com.