

PRESS RELEASE
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Ortona Gymnastics Club Welcomes New Coaches
Edmonton, AB

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 under the large dome.

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.

So it is with great delight that Ortona Gymnastics Club is announcing the newly signed Women's Programs Manager Rebecca Sykes, and the General and Men's Programs Manager David Sykes to the Ortona coaching staff. As Level 4 NCCP (National Coaching Certification Program) gymnastics coaches, both Rebecca and David bring a high level of skill, expertise and experience that will push our competitive athletes into new levels of accomplishments and further develop the dozens of very popular recreational programs offered to the public.

Rebecca Sykes is a career gymnastics coach. She was the assistant Head Coach at both the Salta Gymnastics Club and at the West Wind Gymnastics Club. Her enthusiasm and passion for the sport are matched equally by her high level of sport education, reputation, and credentials. As well as being a Level 4 NCCP trained coach, she is certified as a Provincial 5 Judge. She currently sits on the Women's Judges Committee.

In terms of team management experience, Rebecca has managed a Photo Studio in Lethbridge, Alberta. As a young kid, her best friend introduced her to the world of gymnastics. She fell head over heels for the sport...literally. She started training and hasn't looked back since.

David Sykes has been involved in gymnastics since he was five years old. From the moment he stepped into the gym, he knew that he had found something special. After his career as an athlete, he began coaching at the University of Manitoba while attending that school, eventually becoming the Head Coach at the Flairs Gymnastics Club. He then moved to Lethbridge, taking the Head Coach position at the West Wind Gymnastics Club while finishing his B.Sc. (major: Kinesiology). From there, he relocated to Medicine Hat in order to acquire his Bachelor of Education degree through the U of A.

David is a fully trained Level 4 NCCP coach. He is also a Level 2 and Foundations NCCP Learning Facilitator. In such capacity, he has taught gymnastics courses throughout Canada. He is a member of the Men's Technical Assembly and was the past Chair of the Women's Technical Committee and Assembly. He has also been involved in consulting for the Medicine Hat Coalition for Active and Alternative Transportation.

Rebecca and David are parents of three: a six year old gymnast and a set of three year old twin boys. When not in the gym, they enjoy spending time with family. Rebecca also enjoys renovating her house, and taking oodles of pictures while David hacks away at the piano, much to the delight of the children we're quite sure.

As coaches and as parents, Rebecca and David bring a wealth of possibilities and enthusiasm to Ortona and are eagerly looking forward to the trip to Edmonton.

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 next year. 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.

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