

PRESS RELEASE
For Immediate Release
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Contact:

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The Ortona Fabulous Flippin' Challenge for National Sports Day *Edmonton, AB*

Dear Sir/Madam,

*Your organization is formally invited to compete in the **Ortona Fabulous Flippin' Challenge**.*

We understand if you decline because you are too scared to take on a bunch of small gymnasts. Indeed, it will be difficult on the ego when we win.

Consider yourself challenged!

*Sincerely,
The Gymnasts of the Ortona Gymnastics Club*



IN ALL SERIOUSNESS...

As part of the National Sport day, on September 18th, 2010, the Ortona Gymnastics Club will be hosting the **Ortona Fabulous Flippin' Challenge**. Ortona Gymnastics is a youth organization that values the positive impact that physical activity has upon youth. Participants of the **Ortona Fabulous Flippin' Challenge**, are showing that they also value both quality programming for youth and the integration of physical activity into our lifestyle.

Gymnasts from the Ortona Gymnastics Club have personally challenged several traditionally tough organizations to this competitive event. The boys from Fire Hall 14 are attending and we are currently awaiting responses from the Edmonton SWAT team, Edmonton EMS, and the Edmonton Rush lacrosse team. We can't wait to see which group thinks that it's "tough enough" to take on the petite gymnasts of the Ortona Gymnastics Club.

The competition will involve simple exercises like chin-ups, leg-lifts, rope climbs, and simple feats of balance like walking across a Balance Beam. Join us for the tension and excitement; come to witness the thrill of victory and the agony of defeat. Honestly, we're just gymnasts...are you "tough" enough?

Event Information: The event will be held at the Ortona Gymnastics Club Saturday September 18 at 3:00 pm. Teams must be pre-registered to compete. Register yourself or your team (maximum four) by calling Ortona prior to Thursday September 16, attention Paula Polman.

If your group is not scared of being beaten by a bunch of little gymnasts, then take the challenge - come take us on. Register yourself or your team (maximum four) by calling Ortona prior to Thursday September 16, attention Paula Polman.

The Challenge is Flippin' On!

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 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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ATTENTION MEDIA

If you are interested in featuring the **Ortona Fabulous Flippin' Challenge** community event in your coverage through interviews, photography, video recording or live coverage please contact Paula Polman (contact information at the top) for more details or to coordinate your coverage.

If you have a cast or team that would like to participate and actively demonstrate your organization's support of active lifestyles for youth as part of your coverage, we would welcome your participation. While you'll still lose to our six year olds (yes really!), a lot of fun will be had by all, reinforcing to our youth that physical activity can be not only enjoyable but that all ages can play together too. Truly a spirit of community that is exemplified in our fabulous city.