

Apsley Gymnastics 2019

Story + Photo by Robin Miszuk

It's been an exciting year in Apsley for gymnastics at the NKCC and Apsley Central Public School. Our NKCC season introduced the Obstacle Course Challenge where children are run through a rigorous training course and scored. We focus on building strength, stamina, balance and agility. We separate the course into eight stations that develop upper body strength, core strength, lower body and cardio. At the end of each session we hold an awards ceremony with the highest score going to Cody Dunford, second place Addison Kirtley and third Brody Baylis. In the most improved category we had Addison Kirtley, Jerrilyn Patterson and Sullivan Kirtley.

Our team spirit awards were earned by Audrina Wease and Brooklyn Nicholson. The recipient for leadership last term was Addison Kirkly followed by Hailey Hopkins for 2019. We can always count on Addison and Hailey to bring an outstanding sense of responsibility and assistance to every class. Our show featured children aged four and older to demonstrate their floor, beam and bar routines. We are always so proud of the excellent job they do entertaining friends and family at our show. Our toddler tumble participants are a little young for the show but it is always a joy to watch them develop knowing they will be performing their skills in just a few short years or months.

The Assistant Coaches that keep the programs running smoothly are vital and we are sorry to see my first Assistant retire after five years to attend college. It has been a joy working with Hannah Fischer and thankfully she has promised to visit frequently and help out with shows and rehearsals in the future. We wish our very best for Hannah on a bright future ahead. My other assistants include Samantha Hopkins, Klarissa Johnson and Jayla Yoeman whom keep the ship sailing and I always appreciate their selfless efforts.

Thanks & Good Luck Hannah!

Coach Robin, Assistant Coaches Samantha, Klarissa and Jayla and all of the members of the North Kawartha Gymnastic Club and the Apsley Central Public School Team are thankful and grateful for the time and efforts which Assistant Coach Hannah Fischer has given over the past five years with gymnastics in Apsley.



Good Luck at college next term!

Our school team competed on April 25th and thanks to kind donors, we were outfitted with gorgeous new custom training suits to complement our existing uniforms. We also used the donated funds for costumes for our school dance troupe dancing to "Something Just Like This" by Coldplay. Many thanks to kind donors Klaas Bookma, Sharon Hainer, Joe Benedetto, Drs. S. & W. Reyes, Jim Franks, Denver Tucker and Evelyn Raspberry. A special thanks to Lindsay Halcovitch for designing and acquiring our uniforms on a tight deadline. It's been 15 years since Sharon Hainer, Donna Friedrich and I started up the first gymnastics team in Apsley and we have grown to remarkable heights with our programming since then. School Principal Karen Brohart and Parks and Recreation Director Gary Garaldi are always there to support Apsley Gymnastics because they both understand that it truly does *take a village*.

Robin Miszuk is the Head Coach, of the NKCC Gymnastics Club and of the Apsley Public School Gymnastics Team.

Below: Photo of the North Kawartha Gymnastics Club

