

**Greater Green Island Rhythmic Gymnastics Club**

**Term 4 Classes, 2012**

Beginning: Tuesday February 5th

Dear Parents,

Welcome back! I hope that everyone is feeling refreshed and looking forward to another exciting year of gymnastics. As most of you will be aware, 2012 marked the end of an Olympic cycle which means that the code of points has come under review and has been restructured for 2013. The most noticeable changes that parents watching their daughters may observe is a block section of dance (6-8s long). The idea behind this is that it will improve the appearance of the sport by incorporating more performance and expression into routines which has always been a key aspect of Rhythmic Gymnastics but has taken a back seat in recent years. The judging system is also under review and routines will return to being marked out of 20. This will see a drop in overall scores from the current structure as routines are currently marked out of 30. Coaches will do their best to accommodate for these changes, but this is a reminder that the change is new for everyone so please be patient.

As 2013 brings a year of change with a change in leadership in the Coaching Team we would like to use this as an opportunity to remind gymnasts of what is expected of them at training. As we are not a club in a position to train more often it is essential gymnasts make the most of the time they do have in the gym and so the following guidelines are to ensure this happens:

* ***Training Uniform:***
	+ Pre-level 1 – Level 3: Tight singlet and tight leggings/bike shorts or a leotard
	+ Level 4 – 10/Stage 3: Tight ***black*** singlet and Black bottoms or leotard

If gymnasts are not in the correct clothing there will be a “stunning” alternative supplied.

We are looking into getting a GGI training singlet/t-shirts which will be compulsory at competition so we therefore strongly recommend that you make use of these at training.

* ***Hair:***

Hair should be tied back *tightly* off face at all times. Buns will not be enforced as we understand that many girls come to training straight after school. However coaches will prefer a bun.

* ***Drink Bottles:***

The girls should have a drink bottle of **water** at every training session. If they are going to make the most of the training they get they need to stay hydrated especially in the hot weather. There is a water filter at the gym so I suggest they have a bottle permanently in their bags and fill it up **before** training.

* ***Equipment:***

Please make sure the girls have the correct equipment needed for training especially for Level 4 and up. Check with the coach to see what routines they are doing this year, most of you should know what is needed. E.g. rope, hoop, clubs, ribbon, toes shoes, training gear, drink bottle, spare hair ties etc. Equipment can be purchased from [www.amco.com.au](http://www.amco.com.au) have a wee talk to you coach first about what type/brand is best. The club does have some gear but is not enough for everyone.

* ***Term Trophies:***

Some of you will remember Term Most Improved Trophies being awarded at the end of each term (quite a few years ago now). We would like to start this again! This will be a great incentive for the girls to work just that wee bit harder during the terms.

These are things that gymnasts are able to take responsibility for so that the coaches’ time and energy can be used productively so thank you for your co-operation.

We are also aware of the following Competition dates:

Queensland State Champs Level 7-10 TBC Brisbane

Trials of National Team Level 7-10 TBC Auckland

Canterbury Champs All Gymnasts May 4/5 Christchurch

Wellington Open All Gymnasts June 8/9 Wellington

Counties Invitational All Gymnasts June 15/16 Auckland

Otago Champs All Gymnasts June 29/30 Dunedin

Australian Nationals Only Selected Gymnasts July 7-18 Sydney

Spiralz Rhythmic All Gymnasts July 13/14 Hamilton

South Island Champs Level 4 and above August 3/4 Dunedin

Secondary Schools Secondary School Pupils August 10/11 TBC

Shore Champs All Gymnasts August 18/19 Auckland

New Zealand Nationals Only Selected Gymnasts October 3-6 Napier

**As there is only one sanctioned competition held in Christchurch this year, I strongly suggest that those intending on going to Nationals this year travel to the Shore Champs in August – Start saving now!**

Lastly, you can now keep up to date with GGI online at [www.ggirhythmic.co.nz](http://www.ggirhythmic.co.nz) – a huge thanks to Renee Flockton for making this possible, as the website is in its early days please keep in mind that all details are provisional only and subject to change. Please continue spreading our name around to friends as we have a few vacancies in some of our wee classes and would love to fill them this term. Speak to Kendall if you have someone interested and she can give you times, alternatively I can be contacted via email at kendallking17@hotmail.com

Gymnastically Yours

Kendall King ☺

Head Coach

**GGI Term 1 Classes**

**TUESDAY**

Time Class Music Coach

3.45pm-4.45pm Pre Level 1/Level 1 M=4.00-4.30 Rosie

3.45pm-5.00pm Level 2 M=4.00-4.30 Sarah/Rosie

3.45pm-5.15pm Level 3 M=4.30-5.00 Dale/Sasha

3.45pm-5.45pm Level 4 M=5.00-5.30 Regan/Rosa

4.00pm-6.30pm Level 6 M=5.30-6.30 Kendy/Kara

5.00pm-7.30pm Level 5/Stage 3 M=6.30-7.00 Kass/Brooke

5.30pm-7.30pm Grade 5 Group M=7.00-7.30 Kendy

5.30pm-8.30pm Seniors M=7.30-8.30 Kendy/Kate

**THURSDAY**

Time Class Music Coach

3.45pm-4.45pm Pre Level 1/Level 1 M=4.00-4.30 Rosie

3.45pm-5.00pm Level 2 M=4.00-4.30 Sarah/Rosie

3.45pm-5.15pm Level 3 M=4.30-5.00 Dale/Sasha

3.45pm-5.45pm Level 4 M=5.00-5.30 Regan/Rosa

4.00pm-6.30pm Level 6 M=5.30-6.30 Kendy/Kara

5.00pm-7.30pm Level 5 /Stage 3 M=6.30-7.00 Kass/Brooke

5.30pm-8.30pm Level 7-10 M=7.00-8.30 Kendy/Kate

**SATURDAY**

Time Class Music Coach

12.30pm-3.00pm Level 6 M= 1.30-2.30 Kendy/Kara

12.30pm-3.00pm Grade 4 Pink M= 2.30-3.00 Kendy

1.30pm-4.00pm Grade 4 Blue M= 2.30-3.00 Kass

1.30pm-4.00pm Level 4/5 M= 3.00-4.00 Kass/Brooke

2.30pm-5.30pm Level 7-10/Stage 3 M= 4.00-5.30 Kate/Kendy

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| GGI Junior Levels Term 1**Pre Level 1/Level 1****Coaches: Rosie****2 x 1.25hr**Abbie McDonaldSophie Broadly**Level 2****Coaches: Sarah and Rosie****2 x 1.25hr**Courtney ParataJosephine TarasiewiczCassie BloemJessica Christie**Level 3****Coaches: Dale and Sasha****2 x 1.5hr** Caitlin O’BrienLily ReidJanaya AndertonBeth LynchIsabel Harrison | GGI Intermediate Levels Term 1**Level 4****Coaches: Regan and Rosa****2 x 2hr and 1 x 2.5hr**Ruby CameronRuby McFadgenSavanah CastlesSofia Amer**Level 5/Grade 4 Group****Coaches: Kassidy and Brooke****3 x 2.5**Sophie TurnerLauren IsaacsAnnie McDonald**Grade 4 Group****Coach: Kassidy****1 x 2.5hr**Cheyenne Flockton**Stage 3****Coach: Kassidy****2 x 2.5hr and 1 x 3hr**Ali Bloem | GGI Senior Levels Term 1**Level 6****Coaches: Kendall and Kara****3 x 2.5hr**Alice BarrowMikayla ScottZoe FlocktonElla CameronLibby BloemStephanie DevereuxAva McFadgen**Level 7/8/9/10****Coaches: Kendall and Kate****3 x 3hr**Sasha HaydeAlexi HartElla HjertquistRosie HardieSarah MorrisonDale HurringRegan King**Grade 5 Group****Coach: Kendall****1 x 2hr**Rosa Waters |

Greater Green Island Rhythmic Gymnastics Club

Coaches Contact Numbers

Kendall King 027 473 5444

Kassidy Wytenburg 027 374 1126

Kara Moffat 022 604 6072

Kate Greeve 027 311-0831

Joanne Scott 027 383-7004

Regan King 027 781-3444

Brooke Hannah 027 824-0515

Dale Hurring 027 335-5940

Sarah Morrison 027 259-4611

Sasha Hayde 021 206-7008

Rosie Hardie 027 854-7813

Please text your coach if you daughter will not be at training.