



Greater Green Island Rhythmic Gymnastics Club

Term 1 Classes, 2017

Beginning: Tuesday February 7th

Dear Parents,

Welcome back! I hope that you have all had enjoyable holidays and are feeling refreshed and looking forward to another exciting year of gymnastics. As 2017 will soon be under way the Coaching Team we would like to use this as an opportunity to remind gymnasts and parents their expectations at training.

- **Hair:**

Hair should be tied back *tightly* off face at all times. Buns will be compulsory on Saturdays. This will not be enforced during the week as we understand that many girls come to training straight after school. However coaches do 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.

- **Clothing:**

Should be tight fitting so that coaches are able to evaluate body position of the athletes, shorts and singlets are best in the summer and thermals should be worn in the winter. **NO BAGGY HOODIES.**

- **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 www.amco.com.au or second hand on trademe on facebook groups such as 'Rhythmic Leotard/Apparatus selling group' have a talk to your coach first about what type/brand is best. The club does have some gear but is not enough for everyone.

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. As we are not in a position to train more often it is essential gymnasts make the most of the time they do have in the gym, the above mentioned and guidelines in the information booklet are to ensure this happens.

A competition calendar for sanctioned competitions that count towards nationals qualification is now on the GSNZ so I would like to advise you of the following dates so far:

Queensland State Champs

Level 9-10/Groups

06/07 May

Brisbane

Auckland Championships	Levels 4-10/Groups	20/21 May	Auckland
Wellington Open	All Levels	June 10/11	Lower Hutt
Counties Invitational	All Levels	June 17/18	Manukau, Auckland
Otago Championships	All Levels	June 24/25	Dunedin
Spiralz of Hamilton	All Levels	July 08/09	Hamilton
Canterbury Championships	All Levels	July 15/16	Christchurch
South Island Championships	All Levels	August 05/06	Dunedin
NZ Secondary Schools	Secondary School Pupils	TBC	Auckland
North Shore Championships	All Levels	August 12/13	Auckland
New Zealand Nationals	Selected Gymnasts Only	TBC	TBC

Those wishing to be considered for Otago team selection will need to attend 2 competitions in Dunedin, 1 Christchurch and it is highly recommended to attend the North Shore Championships also, please consider this and start saving now!

Stay up to date with GGI online at www.ggirhythmic.co.nz

Gymnastically Yours,

GGI coaching team

GGI Term 1 Classes 2017

TUESDAY

Time	Class	Music	Coach	_____
4.00 – 5.00	Level 1	M=4.15-4.45		Lauren/Sophie
4.00 – 5.30	Level 2	M=4.45-5.30		Steph/Ella/Jess
5.00 – 7.00	Level 3/4/5	M=5.30-6.30		Regan/Kendall
5.00 – 7.30	Grade 5 Group	M=6.30-7.00		Regan/Dale
5.00 – 8.00	Level 6/7/9/10	M=7.00-8.00		Dale/Kate

THURSDAY

Time	Class	Music	Coach	_____
4.00 – 5.00	Level 1	M=4.15-4.45		Lauren/Sophie
4.00 – 5.30	Level 2	M=4.45-5.30		Steph/Ella/Jess
5.00 – 7.00	Level 3/4/5	M=5.30-6.30		Regan/Kendall
5.00 – 8.00	Level 6/7/9/10	M=7.00-8.00		Dale/Kate

SATURDAY

Time	Class	Music	Coach	_____
12.30 – 1.30	Concession	M= 12.30-1.30		Sophie/Lauren
1.30 – 3.30	Level 3/4/5	M= 2.00-3.00		Regan/Kendall
1.30 – 4.30	Grade 5 Group	M= 3.00-3.30		Regan/Dale
1.30 - 4.30	Level 6/7/9/10	M= 3.30-4.30		Dale/Regan

For any questions, inquiries or concerns please email us at ggigymclub@gmail.com