

Greater Green Island Rhythmic Gymnastics Club



Term 3 Classes, 2017

Beginning: Tuesday July 25th

Dear Parents

What a busy term we have had with two competitions gone and another one in two weeks time. All the coaches have been busy preparing the gymnast for competition, and we must say they all looked amazing last weekend.

We are sure most of you have noticed how much brighter it is in the gym, this is thanks to the new lights that have been installed. Over the holidays the rest of the lights will be installed and they are replacing the all the curtains. We are really looking forward to seeing all the improvements when they are finished.

- **Door:**

As some of you may have noticed the keypad to enter the gym isn't always working. The DCC is aware of this and are in the process of fixing it. In the mean time, we will try to have the door open while it is still day light, but for safety reasons once it gets dark the door will be closed. If the keypad is not working please use the buzzer, or use the door up the steps at the back of the building, it will be left ajar.

- **Holiday Training:**

There is **No TRAINING** over the holidays for recreational classes, or for those not attending either the Canterbury or the South Island Champs.

Week 1: Training at usual times only for those attending Canterbury Champs.

Level 2: Training this Saturday 8th July from 12.30-3pm.

Tuesday 11th & Thursday 13th 3.45-6pm.

Please do not arrive at the gym before 3.45 as there will be workmen there to replace the curtains.

No training Saturday 15th July

Week 2: Training at usual times for those attending the South Island Champs. (Level 4 and above.)

- **Training times:**

Please let your coaches know if you are going to be late or unable to make training, it interferes with the running of classes if the coaches don't know what is happening.

- **Training attire:**

Girls need to be prepared for training with drink bottles and all hair tight off their face. Tight clothing is needed in order for coaches to be able to evaluate body position so as we get into the cooler months thermals & microfleece are encouraged. **NO BAGGY HOODIES.**

- **Closed training:**

As stated in our club handbook that is given out with all registrations;

"At GGI we have a closed training policy for all competitive athletes which means that spectating is prohibited unless otherwise arranged with your daughter's coach. This is aligned with other dance institutions and has been implemented in the best interest of your child. We aim to keep distractions for them and the coaches to a minimum and it is important to keep the focus on training and listening to the coach. We will offer opportunities at the conclusion of each term and at competitions to watch the girls. Our expectations of closed training is that parents do not sit in on classes. You may enter the stands 10min before class finishing. Girls should also pack up quickly and leave the training area so the following classes can continue in a closed manner. Social discussions after class should be out the back or downstairs."

Coaches are always happy to help and answer any questions and provide guidance however, please do save these discussions for after training or contact us via email.

- **Waiting List:**

We are now running at full capacity, this is great news that there is such a high interest in our beautiful sport. However we do only have a small coaching team whose number one priority is the girls that they coach, for this reason we have gymnast: coach ratio in order to provide individual competitors with individualised coaching. We always endeavour to do our best to find a space for anyone interested but are not in a position to promise immediate entry or that they will be in the same class as a friend. For this reason, we ask that if you have friends interested in joining or finding out more please have them email us (ggigymclub@gmail.com) in the first instance. This is in line with the above message of closed training where friends will not be able to join in without prior arrangement.

- **Downstairs:**

Again this is not an area our coaches are able to patrol, we are lucky to have the extra space however if children are to play down there please ensure they

are **supervised** – and not swinging on the punching bags as this is expensive equipment that belongs to other users of the facility.

- **Competition Etiquette:**

It is important that the gymnasts arrive at the time the coaches have requested for competitions.

The gymnasts need time to warm up and stretch and get physically and emotionally ready for the competition.

The coaches have the right to pull a gymnast from a competition if they don't arrive with enough time to warm up correctly before they compete.

It is also nice to come and support other GGI gymnasts during competitions. It doesn't matter who came first and who came last, it's just great that the gymnast went out and did their best on the day.

- **Tracksuits:**

Quite a few tracksuits got mixed up after the Otago Champs.

Please check that the number on your tracksuit matches the number on the list below. If the number on the tracksuit doesn't match our records, it needs to be returned to your child's coach or you need to email us and let us know.

If you have more than one tracksuit, please return the one you are not using.

1	Georgia B	23	Mikayla W	46	Lauren I
2	Needs to be returned	24	–	47	Needs to be returned
3	–	25	Jade G	48	Stephanie D
4	–	26	Olivia S	49	–
5	Lilly C	27	–	50	Regan K
6	Bethany S	28	Shanti K	51	Alyssa T
7	Isabelle L	29	Ruby H	52	–
8	–	30	Taliah B	53	–
9	Ruby M	31	Ruby W	54	–
10	Effie K	32	Kiah W	55	Vivienne L
11	–	33	Caitlin O	56	–
12	Frances T	34	–	57	–
13	–	35	–	58	–
14	Isabella T-S	36	–	59	–
15	Ruby C	37	Holly P	60	Kate G
16	–	38	–	61	–
17	Amelia G	39	Sofia R	62	Dale H
18	Layla B	40	–	63	–
19	Isla O	41	–	64	–
20	Emily K	42	Jessica C	65	Georgia T
21	–	43	–	66	Sophie B
22	Taylah D	44	Ella H	67	–
		45	Sofia A		

68	–	72	Zaliah S	77	–
69	–	73	Ruby G	78	–
70	Sophie T	74	Miseki H	79	Annie M
71	Madeleine M	75	Anezka C	80	Brooke H
		76	Isobel T		

Thank you for your cooperation with these matters.

Continue the good the work throughout the rest of this busy competition season.
Stay up to date with GGI online at www.ggirhythmic.co.nz

Gymnastically Yours,

GGI Coaching Team & Committee