

Greater Green Island Rhythmic Gymnastics Club

Term 1 Classes, 2016

Beginning: Tuesday February 2nd



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 we 2016 well soon be under way the Coaching Team we would like to use this as an opportunity to remind gymnasts of what is expected of them 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 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.
- **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 from www.amco.com.au have a wee 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 is available on the GSNZ website therefore I would like to advise you of the following dates:

Queensland State Champs	Level 7-10	TBC	Brisbane
Trials of National Team	Level 7-10	March 20	Christchurch
IGA Rhythmic Competition	All Levels	May 21/22	Tauranga
Wellington Open	All Levels	June 11/12	Lower Hutt
Counties Invitational	All Levels	June 18/19	Manukau, Auckland
Canterbury Championships	All Levels	June 18/19	Ohoka, Christchurch
Spiralz Rhythmic	All Levels	July 02/03	Te Awamutu
South Island Champs	All Levels	July 16/17	Lincoln, Christchurch
ARGOS Championships	All Levels	July 23/24	Tauranga
NZ Secondary Schools	Secondary School Pupils	July 30/31	Manukau, Auckland
Otago Championships	All Levels	August 06/07	Dunedin
Shore Championships	All Levels	August 18/19	North Shore, Auckland
New Zealand Nationals	<u>Selected Gymnasts Only</u>	Sept 28 - October 3	Invercargill

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

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

Gymnastically Yours
Kendall King ☺
Head Coach

GGI Term 1 Classes 2016

TUESDAY

Time	Class	Music	Coach
3.45pm-4.45pm	Pre Level 1	M=4.00-4.30	Ava/Sophie
3.45pm-5.00pm	Level 1	M=4.15-4.45	Steph/Lauren
3.45pm-5.15pm	Level 2/3	M=4.45-5.15	Ella/Mikayla
4.00pm-6.00pm	Level 4	M=5.15-6.00	Rosie
4.30pm-7.30pm	Level 5/6	M=6.00-7.00	Regan/Dale
	Grade 4 Group	M=7.00-7.30	Regan/Dale
5.30pm-8.30pm	Level 7/8/9/10	M=7.30-8.30	Kendall/Kate/Kass

THURSDAY

Time	Class	Music	Coach
3.45pm-4.45pm	Recreation	M=4.15-4.45	Ava/Ella
3.45pm-5.15pm	Level 2/3	M=4.45-5.15	Ella
4.00pm-6.00pm	Level 4	M=5.15-6.00	Rosie/Mikayla
4.30pm-7.30pm	Level 5/6	M=6.00-7.00	Regan/Dale
5.30pm-8.30pm	Level 7/8/9/10	M=7.00-8.30	Kendall/Kate/Kass

SATURDAY

Time	Class	Music	Coach
12.30pm-1.30pm	Recreation	M= 12.30-1.15	Kassidy
1.00pm-2.00pm	Junior Ballet	M= 1.15-2.00	Jacqueline
2.00pm-2.45pm	Senior Ballet	M= 2.00-2.45	Jacqueline
12.45pm-3.45pm	Level 4/5/6	M= 2.45-3.45	Rosie/Dale
1.45pm-4.30pm	Level 7/8/9/10	M= 3.45-4.30	Kendall/Kass
4.00pm-5.30pm	Grade 5 Group	M= 4.15-4.45	Kendall