

# **Greater Green Island Rhythmic Gymnastics Club**

## **Term 2 Classes, 2017**

**Beginning: Tuesday May 2nd**



Dear Parents,

I hope you have all had a happy and safe Easter holiday. The break has just flown by and my apologies for getting this notice out later than intended. As term 2 begins we are well into the swing of things now and competitions are right around the corner. The first being Otago invitational that will be held at the gym on Sunday May 21<sup>st</sup>. This past weekend we have had 5 of our club coaches attend a jam-packed judging course to get up to date with the latest rules and expectations associated with the new code of points that has come into action this year. With this course having been completed the competition organisers will be able to establish what can be offered at this up-coming competition and more information will be available soon.

As we come into the competition season there are a few points to be reminded of in order to make sure the gymnasts are able to get the most out of their training.

- **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 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 to 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 and 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](mailto: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.

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

We also have some points in regards to safety:

- **Door:**

The code for entry is 5640 "ent". As our coaches are busy upstairs please ensure that it is closed and locked behind you, occasionally it can become stuck or the wind will hold it, so a small nudge to ensure that those passing by are not able enter (Fortunately there have been no instances of this, but it is our responsibility to ensure you all know that this is something you can help with as it is difficult for our coaches to patrol).

- **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.

- **Sign In/Out System:**

This is part of our health and safety procedures in case of an emergency, a sign in sheet/book will be on a desk at the top of the stairs. Please sign your daughter in at the beginning of the session and our when she is collected at the end. It is important that children are accompanied upstairs.

Thank you for your cooperation with these matters.

Another reminder of the 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:

Wellington Open	All Levels	June 10/11	Lower Hutt
Counties Invitational	All Levels	June 17/18	Auckland
Otago Championships	All Levels	June 24/25	Dunedin
Spiral 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	<u>Selected Gymnasts Only</u>	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](http://www.ggirhythmic.co.nz)

Gymnastically Yours,  
GGI coaching team

