



General Gymnastics Newsletter

Term One 2009

We wish a happy new year to all our members and warmly welcome them to our new general gymnastics program offered for 2009.

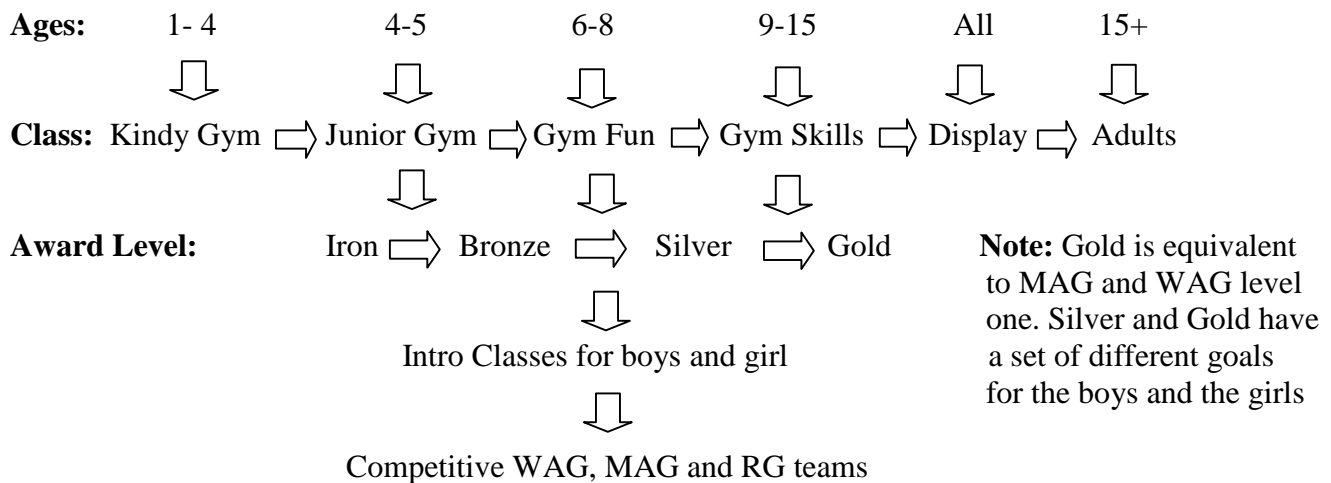
1. Coaches of 2009

This year a new head coach for the general gymnastic program has been appointed. David Capill has come from coaching in New Zealand to help build up our membership and the quality of our program. David welcomes any comments or questions on the program or on the development of the children involved, so feel free to contact him before or after your child's class.

2. Changes in our 2009 program

Gladstone gymnastics offers a progressive and rewarding program for your child in 2009. A new award system has been put into place this year to ensure your child is continuously moving forward. Gym Fun and Gym Skill members will be working toward achieving a series of skills that will be tested and rewarded in Term 2 and 4. Your child will be given a report card at this time to keep you in contact with how he/she is going and the opportunity to move onto the next set of skills. These sets of skills run in conjunction with the Australian Gymnastics National Levels system and provide children with the opportunity to continue into the competitive gymnastic program offered by Gladstone Gymnastics. Every term your child will also have the opportunity to be part of the Gladstone Gymnastics term events. These events give your child the opportunity to perform the skills they have been working so hard to achieve to their family and friends.

3. Pathways for you child at Gladstone Gymnastics



4. Bring a drink bottle to training

For the hotter summer days a drink bottle will come in handy. We offer drinking facilities in the gym to the children but to prevent large lines your welcome to bring your own bottled water. Please do not take these bottles onto the floor, the coach will give your child the opportunity to have a drink throughout the class.

5. Term Event

This terms term event will be held on April the 4th. Please keep this date free as it is a brilliant opportunity to see how far your child has progressed through the term in our General Gymnastic program.

6. Working Bee

Gladstone Gymnastics has recently added some new equipment to the gymnasium. The job is not fully compete yet as some sections of the big blue floor need to be replaced and a few final touches are in order. The staff at Gladstone Gymnastics plan to hold a working bee on Sunday the 15th of February to finish the work. If you or any one you know can make it to help out at any time on the 15th your help would be very much appreciated!
