



## MAG NEWSLETTER

January 2011

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Topics: Welcome, 2011 Calendar, Term 1 Training hours, Term 1 changes to training, What to bring.

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**WELCOME** back to all our MAG team members and their families! We hope you all had a fantastic and refreshing break. The club is thrilled to present to you a very exciting calendar for 2011 (On back of page) including many regional competitions, State competitions and even a Wet and Wild Club Tour on the Gold Coast. The staff is excited to get back into training and looking forward to sharing in your successes this year.

Gladstone Gymnastics is thrilled to WELCOME new coaches for 2011! Brittany Trogi and Nicole Pellitier join us from Canada this year. Both girls bring a huge amount of knowledge and great experience to the club and will be working closely with Dave and Mrs T to continue to push each gymnast to success this year. Ross Madden will also be joining us in mid Term 1. Ross comes from NZ and brings with him experience in many disciplines. His strengths are in MAG and WAG coaching and he will be a huge asset to the team as we work with increasing MAG numbers this year.

### **TRAINING HOURS** for Term 1 2011:

MAG Team 1 – M/W/F 3.30-7.30pm

MAG Team 2 – Tu/Th 3.30-6.30pm and Sat 8.30-10.30am

MAG Team 3 – Tu/Th 3.30-5.30pm

MAG Intro – Fri 3.30-5pm

### **CHANGES TO TRAINING** in Term 1:

AUSTRALIA DAY – 26<sup>th</sup> Jan 2011: Team 1 will train on this day from 9am-12noon

APRIL 15<sup>th</sup> 2011: Leading up to the MAG Grand Prix on this weekend, Team 1 will train from 3.30-6.30pm only and Team 2 will train on Sat 16<sup>th</sup> at normal times.

Please see calendar for school holidays and training times.

**WHAT TO BRING:** As we head into the New Year, please check your training gear. You will need to bring: a towel and drink bottle, Hand grips (Please speak to your coach about getting your grips correct. Team 1 MUST have some type of grip), Cotton gloves (Teams 1-2), Wrist bands (supports), small healthy snack for break. Coaches recommend gymnasts wear a leotard or singlet and shorts to training. Older boys may wish to bring a spare t-shirt to change into on these hot days also.



## 2011 MG EVENT CALENDER

DATE	EVENT	VENUE	Groups-Teams			
			Intro L 0-1	Team 3 L 1-2	Team 2 L 3	Team 1 L 4-6
Mon 24 Jan	Competitive training start	Gladstone	√	√	√	√
Sat 26 Mar	Term 1 Event	Gladstone	√	√	√	√
Sat 16 April	Grand Prix 1 (L 1-10)	Gladstone		√	√	√
<b>School holidays</b> = 16-26 <sup>th</sup> April. All Teams - No Training 18-26 <sup>th</sup> April All Teams resume normal training from Tue. 26 April.						
22 May (TBC)	Junior and Senior Central Queensland Regionals	Gladstone		√	√	√
Sat 18 June	Term 2 Event and Tactical	Gladstone	√	√	√	√
24-28 June	Junior & Senior State C'ships	Brisbane			√ qualifiers	√ qualifiers
<b>School holidays</b> = June 25-July 10. Intro & Teams 3-2 NO Training during school holidays. Team 1 NO training 1 <sup>st</sup> week of school holidays following State championships. Team 1 will train the second week of the school holidays (4/7-10/7/11). All Teams resume normal training from Mon. 11 July.						
Sat 3 Sept	Term 3 Event & L1-3 Club Cships	Gladstone	√	√	√	√
22-26 Sep	Wet and Wild Challenge	Gold Coast			√	√
<b>School holidays</b> = 17 Sept - 2 Oct. Intro & Team 3 – NO training during School holidays Teams 1-2 no training following Wet and Wild, All Teams resume normal training from Monday 3 October						
15 Oct	Dolphin Invitational	Rockhampton		√	√	√
Sat-Sun 22-23 October	Gladstone Invit' & Level 2-10 test	Gladstone		√	√	√
3 Dec	Annual display Dress Rehearsal	GEC	√	√	√	√
4 Dec	Annual Display Club Break-up	GEC	√	√	√	√
Teams 1-2-3 train in the last week of the School term – last day of training is the Sat 10. December 2011						