



WAG NEWSLETTER

January 2011

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

WELCOME back to all our WAG team members and their families! We hope you all had a fantastic and refreshing break. The club are thrilled to present to you a very exciting calendar for 2011 (On back of page) including many regional competitions, State competitions and even an International Tour. The staffs are excited to get back into training and looking forward to sharing in your successes this year.

Gladstone Gymnastics are thrilled to WELCOME new coaches for 2011! Brittany Trogi and Nicole Pellitier join us from Canada this year in the WAG program. Both girls bring a huge amount of knowledge and great experience to the program and the club and will be working closely with Dave and Mrs T to continue to push each gymnast to success this year.

TRAINING HOURS for Term 1 2011:

WAG Team 1 – M/W/F 3.30-7.30pm, Sat 10.30-2.30pm and Tu 6-8pm (Optional Skill Training)

WAG Team 2 – M/W/F 3.30-7.30pm, Sat 10.30-1.30pm

WAG Team 3 – M/W 3.30-7.30pm, F 4.00-7.30pm, Sat 10.30-1.30pm

WAG Team 4 – M/W 3.30-7.30pm, Sat 10.30-2.30pm

WAG Team 5 – Tu/Thu 4.30-7.30pm, Sat 9.30-12.30pm

WAG Team 6 – Tu/Thu 4.30-7.30pm

WAG Team 7 – Tu/Thu 4.30-7.00pm

WAG Intro 1 – Fri 4.30-6.00pm WAG Intro 2 – 6.00-7.30pm

CHANGES TO TRAINING in Term 1:

AUSTRALIA DAY – 26th Jan 2011: Teams 1,2,3,4 will train on this day from 9am-12noon

APRIL 15th 2011: Leading up to the HCI on this weekend, Teams 1,2,3 will train from 3.30-6.30pm only and Team 4 is invited to train with them also.

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. Teams 1,2,3, and 4 MUST have some type of grip), Cotton gloves (Teams 1-5), Wrist bands(supports), small healthy snack for break. Coaches recommend gymnasts wear a leotard and bike shorts to training. Training tops can be purchased from the club also.



2011 WG EVENT CALENDER

DATE	EVENT	VENUE	Groups-Teams							
			INTRO Level 1	INTRO Level 2	Team 7 L 2	Team 6 L 3	Team 5 L 3-4	Team 4 L 4	Team 2 -3 L 4-5	Team 1 L 6-10
Mon 24 Jan	Competitive training start	Gladstone	√	√	√	√	√	√	√	√
Sat 26 Mar	Term 1 Event	Gladstone	√	√	√	√	√	√	√	√
Sat 16 April	Harbor City Invitational and Test	Gladstone				√	√	√	√	√
School holidays = 16-26th April. All Teams - No Training ALL teams 18-26th April All Teams resume normal training from Tue. 26 April.										
14 May	Junior and Senior Central Queensland Regionals	Yeppoon				√	√	√	√	√
27-29 May	Level 7-10 State Team Trials	Toowoomba								√ Levels 7+
Sat 18 June	Term 2 Event and Tactical	Gladstone	√	√	√	√	√	√	√	√
24-28 June	Junior & Senior State C'ships	Brisbane						√ qualifiers	√ qualifiers	√ qualifiers
School holidays = June 25-July 10. Intro & Teams 7-6 NO Training during school holidays. Teams 1-2-3-4-5 NO training 1st week of school holidays following State championships. Team 1-2-3-4-5 will train the second week of the school holidays (4/7-10/7/10). All Teams resume normal training from Mon. 11 July.										
11-15 July	WG National Championships	Perth								√ qualifiers
20-21 Aug	Yeppoon Invt L1-10 test	Yeppoon			√	√	√	√	√	√
Sat 3 Sept	Term 3 Event & L1-3 Club Cships	Gladstone	√	√	√	√	√	√	√	√
School holidays = 17 Sept - 2 Oct. Intro & Team 7-6 – NO training during School holidays Teams 1-2-3-4-5 training during 2 nd week of School holiday, All Teams resume normal training from Monday 3 October										
Sat-Sun 22-23 October	Gladstone Invt & Level 2-10 test	Gladstone			√	√	√	√	√	√
3 Dec	Annual display Dress Rehearsal	GEC	√	√	√	√	√	√	√	√
4 Dec	Annual Display Club Break-up	GEC	√	√	√	√	√	√	√	√
Teams 1-7 train in the last week of the School term – last day of training is the Sat 10. December 2009										
2011										
13-16 Jan	Aloha Gymfest	Oahu, Hawaii						√	√	√