

Kerikeri Gymnastics Club

27/10/16 TERM 1

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GYMNASTICS: FOUNDATION OF ALL SPORTS. MAKER OF CHAMPIONS.

Welcome!

Welcome to all our new members, and welcome back to all those who have returned! We've had a really great beginning of 2016, with almost all of our classes and sessions FULL.

The first few weeks of term are always a bit hectic, and this term has been no exception. It always takes a few weeks to ensure that all gymnasts are in the correct groups. This is a complicated process, especially when we have huge amounts of new gymnasts like we did this year. There are a number of factors that determine which group we place children in, and the most important of these is the ability of the gymnast - but we also take into account their age and previous gymnastics experience. Inevitably there is a fair bit of shuffling around in the first few weeks, but once the gymnasts are settled and we feel they have been placed in the correct group, the groups will remain the same throughout most of the year as the gymnasts all improve together. As of now the majority of groups are settled.

If you have any questions at all in regards to your gymnasts training, please approach either their coach or Janet. The focus this term is on learning and regaining skills, strength and flexibility.

A few things to remember...

Please make sure that your gymnasts are coming to gymnastics in suitable clothing - this means tight, stretchy clothing that has no buttons/buckles/zips/pockets etc. We also have a range of apparel for sale

Remember to bring drink bottles!

Please ensure that gymnasts are dropped off and picked up promptly before and after their session

Gymnasts and/or children who are not training in the current session **must** stay off the gym floor and all equipment - this includes the mat in the front room

Our coaches are always available for any questions regarding your child's progress. If you would like to speak to the coach please make sure to do so after the session is finished
Feedback is very important to us to ensure we are providing the best opportunities for all

We would really appreciate some help in the following areas:

- Stocktake of competition leotards
- Vacuuming the mats fortnightly
- Cleaning the toilets weekly
- Someone to take the roll from 3.00-3.30 on Tuesday and Wednesday

If you are able to help out, please get in touch with Janet

Great news!

Over the summer holidays we had some GREAT news - a massive step has been taken towards building our own purpose-built facility.

Kerikeri Gymnastics Club was awarded a grant from the Lottery Community Facilities fund for the development of a Feasibility Study. This study is required in order to apply for funding to build a new gymnasium.

It's a great achievement to receive this grant, and just another step in the right direction in developing a new gymnastics facility for the Mid-North. This means that our dream is on its way to becoming a reality! The study will be undertaken by

Faye Freeman of Freeman Associates Limited and is expected to take 3 months to complete.

Our Recreation Booklet is available from the front desk, please grab one and have a read through!
The booklet is especially helpful to new parents as it explains the structure of the club and how gymnastics works as a sport.

The Competition Booklet will be out next term!



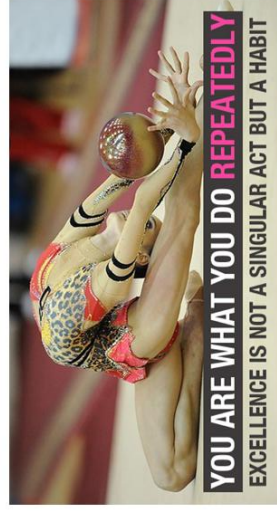
<https://www.facebook.com/KerikeriGymsports>

Competition Info

The following are the competitions this year that we hope to attend. Not all gymnasts are guaranteed to compete in every competition but please mark these on your calendars just in case. Further information about each competition will be sent out a few weeks prior.

May 21-22	<u>Tri-Star Early Bird</u> WAG 1-6
June 4-5	<u>Kerrin Bishop Memorial</u> (Counties Manukau) WAG 1-6 WAG 2-6
June 11-12	<u>WAGS Competition</u> WAG 1-8 WAG 1-6
June 2	<u>Kaitiaki Competition</u> WAG 1-6 WAG 1-6
July 16-17	<u>North Harbour Competition</u> WAG 1-10
July 23-24	<u>Tri-Star Competition</u> WAG 1-10
August 6-7	<u>Auckland/Manukau Champs</u> WAG 5-10
August 13-14	<u>Northland Champs</u> WAG 1-10

Step 1-2s are expected to attend all Northland competitions.
Step 3s are expected to attend all Northland, and at least one Auckland competition.
Step 4+ are expected to attend as many competitions as possible!



YOU ARE WHAT YOU DO REPEATEDLY
EXCELLENCE IS NOT A SINGULAR ACT BUT A HABIT