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Office Hours  
 Mon-Fri: 9:30am to 5:30pm  
 Saturday: 8am to 1pm

## Club Colours

Members' Newsletter

Xmas 2011

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### President's Report

At this time last year we were devastated to discover that the bar training pit at the gym's west end was flooded to at least a depth of half a metre. The year has continued to see an extraordinary amount of repairs and refurbishments as well as the completion of the Stage 7 extension, which now provides extra upstairs floor space for dance choreography and for littles practising their routines. A better foyer and coach information space has been an added benefit. Repaired drainage, car park levelling and surfacing as well as some landscaping has improved access to the gym. Thanks to all of you for your patience during this period. Although volunteers are still working to complete the repair of the bar pit, it has since serviced both girls and boys in developing the higher level skills and dismounts from the bar.

The management committee hopes to be able to continue improving and maintaining the standard of the training facilities as well as the surrounding grounds.

On the technical side, I would like to congratulate all our athletes and coaches that have achieved personal bests during the year and have upgraded their qualifications.

*Mary Hewett*

### Competition News

This year the Club fielded a record number of athletes to GACT's Skill Day and Awards Day. In the national program, CCGC is the home of All Around champions at Level 1, Level 4, Level 6 and Level 10, as well as several apparatus champions at various boys and girls levels. The Club is also the ACT Level 4 to 6 champion club.

In the boy's program, Level 6 U12s Simon Bewick and Rowan Reed became the first ever CCGC boys to represent the ACT at Men's Australian Championships!

Hannah Breynard Level 7 and Kenyah Lawler L9 returned from Australian championships with a bronze medal and Australian Team selection respectively!

### Term 3 Coach of the Term

Congratulations to Caitlin Pender who is Term 3's Coach of the Term.

Caitlin was also awarded State Levels gymnast of the 2011. Other awards were presented at the recent Presentation Night - a comprehensive list and nominations may be viewed in the foyer and on the website.

### Welcomes

Early this year the club welcomed Olga to the boy's senior coaching team. Olga has transformed the junior boys' program. Look out for Olga's Zumba class - she is fully accredited - running Thursday lunch-times during term (or by demand).

A new Management Committee was elected at the Club's AGM on Saturday 10<sup>th</sup> December. Welcome to Tracey Purdam (gymnast Claire Purdam Competition stream Level 6). A small poster on the office window will help you to identify the Executive Committee. The Annual Report is available in the foyer and on the website.

### Farewells

Farewell and thank you to:

- Connor Bye. Connor and Marty welcomed baby Chelsea Olivia last month;
- GymABLE Coordinator Morgan Barnwell - who will be pursuing uni studies in Perth;
- Ballet Mistress Rita Vatkina - joining husband Vlad in Brazil where he has taken up the Head Men's Gymnastics Coach position there!

### 2012 Committee/Coaches/Coordinators

Take time to look at the coaches' bios hanging in the corner of the foyer near the trophy cabinet.

If you have any questions about your child's class, please do not hesitate to see the afternoon supervisor or talk to the friendly and well informed office staff.

### Kindergym Challenge Week

Kindergym Challenge week (the last week of term 4) has been progressing happily during the week. Of course the highlight of any class has been the presentation of a Gold Medal and the skills certificate at the end - although some little one's still prefer the stamp! Special thanks to the coaches and parents who help to make this week fun.

### Club Fundraising Committee & Volunteers

Thank you to all of the parents of National Levels 3 and up gymnasts for their continued assistance with the CCGC Sausage Sizzle on Saturday mornings. Look out for the new roster for 2012. All proceeds go towards improving Club equipment and services for all our participants. And - the egg and bacon /sausage sandwiches are greatly appreciated!©!

We hope you have enjoyed this year's events such as the Sleepover, the Halloween Disco, Family Portraits, the Gold Coast Holiday raffle and that you



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will participate in the fun events planned for 2012 – an Olympic Year!

Chocolate sales are likely to start up again next year – we welcome your interest in picking up a box to sell at work .....

Finally, a BIG thank-you to all the parents from National Levels 3 and up who have assisted with keeping the gym clean and tidy for all of our gymnasts.

### School Holiday Program

There will be a school holiday program run in the January-February School Holidays from Monday 30<sup>th</sup> January to Friday 3<sup>rd</sup> February. Information is available from the office and on the website.

### Plasma Screen

Helpful basic information about your child's class and what is going on in the club is displayed on the screen each day. Please take the time to read the notes when you drop off or pick up your child.

### What's on NOW!

2012 Christmas Cup is a friendly end of year 'competition' and a great way to finish the year!

### What's on for Term 1 2012 (Term 1 commences on Monday 6<sup>th</sup> February 2012)

#### In the Club

- Full day Holiday program in the last week of the school holidays
- ACT Education Congress will include courses running in CCGC during the 4<sup>th</sup> and 5<sup>th</sup> February.
- Junior gymnasts will be working on their skills in preparation for the ACT Skills Day in Term 2;

#### In the State

-Men's and Women's Trials will lead up to the ACT Senior Championships on the 14<sup>th</sup> and 15<sup>th</sup> April;

For more information about any of the events on during the term please check the up to date calendar on the CCGC website and chat to the CCGC office staff.

#### Nationally

Gymnasts will be aiming to qualify for Olympic representation (27 July-12 Aug 2012)!



### Gymnast Checklist

Parents can you please ensure that your child has remembered to do the following before the beginning of each class.

1. **Water bottle.**  
All water bottles to be placed in the white pigeon holes in the foyer to prevent accidents going up & down the stairs.
2. **Removed socks & shoes.**
3. **Removed all jewellery.**
4. **Secured personal belongings.**

3. **Tied back long hair.**
4. **Placed rubbish in the bin.**
7. **Brought their good listening skills.**

### Lost Property

Has grown to mountainous proportions – see the basket in the foyer . Please check that your child has all their belongings before they leave the gym. The Club will typically provide an opportunity for families to re-discover items after which we will wash and donate unclaimed items to a local charity.

### Community in the Club

The Club welcomes the hire of our facility by a variety of local programs such as: Cheerleaders Australia, Canberra Diving, Snow Sports ACT, Stunt Training for film; Hockey ACT; School excursions, etc...

### Office Closure

The Club office will be closed from Friday 23<sup>rd</sup> December to Wednesday 11<sup>th</sup> January.



From all of us at Canberra City Gymnastics, we wish you a safe and happy holiday season. See you next year!



### If you have any News items or Feedback ....

Email or drop your news story/feedback into the office.

For **Headlines** as they happen, photos, newsletters other reports, have a look at our website home page: [www.canberracity.org.au](http://www.canberracity.org.au)