



Canberra City Gymnastic Club Inc.

Active Australia Provider

CLUB 10 member

WESTS Affiliate

www.canberracity.org.au

ABN: 19 656 994 313

Telephone: 61 2 62511131

Facsimile: 61 2 62511131

October School Holiday Training-Squads 1 & 2 & National Clubs

Cnr College & Chandler Sts
Belconnen ACT 2617 Australia

Email: canberracity@gymnastics.org.au

Dear Parents and gymnasts,

Training during the October school holidays will be as follows:

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th
1-5pm	3-7pm	1-5:30pm	3-7pm	1-5:30pm	12-4pm
Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th
1-5:30pm	3-7pm	1-5:30pm	1-5:30pm	9am-1:00pm	12-4pm

It is our experience that gymnasts make substantial progress during these holiday periods.

National Clubs

Please read the bulletin attached for your information.

Please note that there will be a L7 to 10 performance test on Saturday 17th November.

Organisational Assistance

Our Club is one of the three Clubs organising this event in conjunction with the ACT Gymnastic Association. We would very much appreciate your volunteer assistance in a number of ways: setting up, setting down, score table, morning and afternoon teas, etc.

We will provide a roster closer to the competition.

National Clubs Championships

Levels 4 to 10

AIS Arena, 1st to 9th December 2007

Bulletin #1

Competition Information

For the first time, this competition will combine the Level 4-6 National Club Championship and the Level 7-10 National Club Championship into ONE Level 4-10 National Club Championship.

Levels 4-6 teams consist of **five** gymnasts with five to compete and **three** scores to count.

Levels 7-10 teams consist of **four** members with 3 scores to count.

Gymnasts are permitted to compete in a level higher than their substantive level (to assist Clubs to enter teams....) without jeopardising a return to their qualified level.

In Levels 4 & 5, the top 16 teams from the 1st round qualify for finals. In Level 6 -10 **all** gymnasts competing in the 1st round qualify for the 2nd round. (The 3 highest scores in the team, per apparatus, count towards the team total.)

Team/Gymnast entries will need to be confirmed by the end of October and we will use both Coaches' advice and in-club performance tests as qualifiers for CCGC teams (L4, L5, L6, L7, L8 & L10).

Competition Entry is \$77 per gymnast and will be required closer to the competition.

Fundraising

Club members continue to fundraise for travel (chocolate sales and other events). Although there is no travel involved this year, there may be a small contribution from the Parents' Support Group Travel Fund.

Essential Items

Club Uniform (as per member's handbook) including tracksuit, polo shirt, shorts (provided by Parents' Fundraising Group), bag.

Training Leotards (Aqua & Black, Pink & Black). Coaches will advise.

Club Team Competition Leotard:

Aqua sparkle velour, white yolk for Levels 4 - 6

Black velour with white mesh, aqua trim: Level 7 & 8.

High Performance leotard: L10 + Optional (day 2).

Thank you ☺

Mary Hewett 17th September 2007

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Reply: 2007 WAG National Clubs, AIS Arena

Gymnast Name: -----

Please tick.....

Yes. Gymnast is intending to trial for National Clubs Championships.

No. Gymnast is not intending to trial for National Clubs Championships.

Comments:

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