



Canberra City Gymnastics 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

National Levels Pre 3 and Pre 4 - Squad 5

Cnr College & Chandler Sts
Belconnen ACT 2617 Australia

canberracity@gymnastics.org.au

Dear Parents and Gymnasts,

Gymnasts training in Kelly's National Level 2 group will now move to a three-day training program on days: Monday, Wednesday and Friday. Start times are expected to be 4pm Monday, 4pm Wednesday and 5pm on Friday. Coaches believe there is enough spread of training days for gymnasts to recover as well as to provide a free weekend. This three day training (Mon, Wed and Friday) will begin during the October holidays (Kelly will provide holiday training times) and continue during Term 4. The gymnasts will train as two groups and the coaching team will be Kelly and Brian Hewett.

Gymnasts will be working on conditioning, strength and skill development. Gymnasts' level for competition will be assessed closer to the competition season and it is expected that gymnasts will qualify to compete at National Level 3 or 4.

Please consider the time commitment for your family. Fees will also increase to match the increase in hours, although the Club will not impose new fees until your next account (ie: quarter 4 from 1st November).

Please do not hesitate to contact the Office (Jenny Xian) or speak to coaches if you have any questions or concerns.

Kelly, Brian and Mary

15th September 2007