



## Canberra City Gymnastics Club Inc.

Active Australia Provider

CLUB 10 member

WESTS Affiliate

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### *Squads 3 & 4*

Cnr College & Chandler Sts  
Belconnen ACT 2617 Australia

Dear Parents and Gymnasts,

With Ludmila's return from overseas, the Club is now able to confirm the coaching team for new Squads 3 and 4, as set out below:

<b>Squad 3</b>	<b>Squad 4</b>
Mia Beecher	Alanah Christie
Yasmin Budack	Maddie Chung
Kathryn Finlayson	Jordyn Collins
Claudia Frankham	Sally Franklin
Susanna Gabrielli	Rebecca Gesling
Annalise Moore	Cristina Held
Annalise Nicholson	Lucy McCafferty
Jemma Patat	Jessie Nel
Kim Percival	Claire Purdham
Vanessa Schimizzi	

Coaches will be Sasha Kostenko and Ludmila Kostenko. Luda will coach Beam for both squads and Sasha will coach Bars for both squads. Possible assistants will be Connor Bye and/or Genevieve Preston.

Thank you for your patience regarding these changes.

#### *October Holiday - Training*

Training will be available every weekday (expected to be mornings) during the school holiday period. Squad 4 will continue to train on their designated days (Tues, Thurs and Friday) but may increase this to 4 days if interested (coaches are anticipating an extra day's training for this group early next year.....). Training may also be available on Saturdays if there is sufficient interest from the Squad 3 gymnasts). It is our experience that gymnasts make substantial progress during these holiday periods.

#### *National Clubs*

Please read the bulletin attached for your information.

Club performance tests will be run on Saturday 10<sup>th</sup> and Saturday 17<sup>th</sup> 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.



