



Canberra City Gymnastics Club Inc.

Active Australia Provider

CLUB 10 member

WESTS Affiliate

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Introduction to CCGC Coach

Cnr College & Chandler Sts
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Dear Club Members,

The Club is pleased to announce that Alexander (Sasha) Kostenko is joining our coaching team as a senior coach and master 'spotter'. Sasha is no stranger to Canberra City, having been senior coach here for 10 years prior to an invitation to coach in Canada. Sasha returned to coach in Australia and more recently the Australian Institute of Sport gymnastic program.

Sasha will coach Levels 4 to 7 with Brian until Ludmila returns. Recommendations for term 4 squads and groups will follow the current L1-3 competition season. Derui and coaching coordinators will aim to make placements according to gymnasts' interest and capability for increased training while maintaining a keenness for the sport. The Club will communicate training patterns as soon as organised although individual coaches may discuss options with families.

We also hope to have meetings with L4 to 10 groups leading into National Clubs Gymnastics Championships to be held at the AIS Arena in the first week of December.

During the coming days we will introduce Sasha to gymnasts and coaches. Please make him welcome!

Mary H for Committee and Derui
22 August 2007