



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

Email: canberracity@gymnastics.org.au

Squad 3

Cnr College & Chandler Sts
Belconnen ACT 2617 Australia

Last week's note:

Dear Parents and Gymnasts,

For coaching effectiveness, Head Coach has asked that S3 train through the week with gymnasts having staggered days off. Training on Wednesdays and Saturdays is non-negotiable, however we would like gymnasts to nominate their day off so that, for example, two girls have Monday off, three girls have Tuesday off, three girls have Thursday off, two girls have Friday off. As you can see 7 to 8 gymnasts at most will train every evening with one coach and the coach-gymnast ratio is better.

Would you kindly return the slip as soon as possible (overnight) with your day off in order of preference.

Thank you

We will advise gymnasts as quickly as possible regarding training for the remainder of term 4.

Resulting Training Schedule:

	Monday	Tuesday	Wed	Thursday	Friday	Sat
Gymnasts Training:	ALL	Vannessa Schimizzi Jemma Patat Claudia Frankham Kim Percival Kathryn Finlayson Annalise Nicholson Susanna Gabrielli	ALL	Jemma Patat Claudia Frankham Kim Percival Annalise Moore Annalise Nicholson Mia Beecher	Vannessa Schimizzi Kathryn Finlayson Annalise Moore Annalise Nicholson Susanna Gabrielli Mia Beecher	ALL
Gymnasts Rostered Off:		Mia Beecher Annalise Moore Annalise Nicholson		Vannessa Schimizzi Kathryn Finlayson Susi Gabrielli	Jemma Patat Claudia Frankham Kim Percival	

Coaches would appreciate gymnasts training to this schedule. Wednesdays and Saturdays will be important training days as far as the week's program goes. If a gymnast needs to swap a day off please ask coaches beforehand. If a gymnast wishes to change her rostered day off permanently, please ask coaches/office.

Thank you

Mary

30 October 2007