

Dear CCGC Gymnasts,

Congratulations on qualifying to represent Canberra City at National Clubs!

WAG

<u>Level 10</u> Phillipa Dickens Brittany Thomas Emily Glover Melissa Orr Kaitlin Dawson	<u>Level 8</u> Katrina Le Emma Carroll Amelia James Keira Hopkinson	<u>Level 7</u> Alice Jeffery Annalise Moore Claudia Frankham Jemma Patat Vanessa Schimizzi	<u>Level 6</u> Kathryn Finlayson Susi Gabrielli Mia Beecher Teaghan Hogg	<u>Level 5</u> Alanah Christie Jessie May Nel Madison Chung Jordyn Collins Claire Purdam	<u>Level 4</u> Georgina Matan Hannah Breynard Shani Edwards Millie Corin Megan Kilby
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MAG

<u>Level 2</u> Simon Bewick Callum Burden Jamie Gumbrell Patrick Miller	Max Ringland Brennan Wade James MacGregor Atticus Toyne	<u>Level 3</u> Jeffery Young Tristan Vergano Declan Vogt Huon Porteaous Max Maloney
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The next two weeks will be very busy – classes as usual in the Club and other venues plus visiting National Clubs' teams booked in to the Club for training sessions during the day. ***Please be understanding during this time.*** Competition and training schedules for CCGC competitors will be advised by personal coaches. Below is the schedule for **WAG L6 to L10...** and **L4 competition(s)**

Monday 24 th Nov	Tuesday 25 th Nov	Wed 26 th Nov	Thursday 27 th Nov	Friday 28 th Nov	Saturday 29 th Nov
<u>L8:</u> 6:50am arrive 7:30 to 9:30 Podium Training	<u>L6:</u> 7:20am arrive 8:00 to 9:30 Podium Training	<u>L6:</u> 7:50am arrive Competition I	<u>L4:</u> 7:20am arrive Competition I <u>L5:</u> 9:20am arrive Competition I	<u>L6:</u> 7:50am arrive Competition II	Watching L4;L5 finals. Presentation at 1:30pm (ALL WAG gymnasts)
<u>L9-10:</u> 8:50am arrive 9:30 to 11:30 Podium Training	<u>L7:</u> 8:20am arrive 9:00 to 11:30 Podium Training	<u>L7:</u> 11:50am arrive Competition I	<u>L8:</u> 2:20pm arrive Competition II	<u>L7:</u> 11:50am arrive Competition II	
	<u>L8:</u> 11:50am arrive Competition I		<u>L9-10:</u> 5:50pm arrive Competition II	<u>L8;L9-10:</u> Watching the L6;L7 competitions	
<u>L6;L7:</u> 4pm to 6:30pm Training at CCGC	<u>L9-10:</u> 3:50pm arrive Competition I	<u>L8;L9-10:</u> 4:30pm to 6:30pm Training at CCGC	<u>L6;L7:</u> REST		

Good Luck everyone!
Head Coach, Derui.