



Canberra City Gymnastics Club Inc.

Performance/Control Tests
Squads 1 to 4

Dear Parents and Gymnasts,

The Club is holding performance tests for Levels 4 to 7 gymnasts on Saturday 17th May 2008 in anticipation of the ACT competitions and trials coming up to qualify for ACT representation at L7-10. Coaches and judges will be checking routines against the code to ensure maximum benefit to each gymnast. The levels we are aiming for are as below... the control tests will help coaches decide a substantive level for each gymnast. We will aim to have two judging panels.

Session 1: Levels 4 and 5 will warm up from 12 noon with the test starting at 1pm, finishing 2:30pm;

Table with 3 columns of gymnast names and levels (L4, L5).

Session 2: Levels 6 and 7 will warm up at 2pm with the test starting at 3pm, finishing 5pm;

Table with 2 columns of gymnast names and level (6).

All other gymnasts will be judged according the L7-10 code.

Levels 9 & 10 will be checked during training in the week before Trial #1.

Uniform:

Training - We would like to see squad gymnasts wearing their warm up/test leotards on a regular basis. As a start, the following 'team dress' schedule is suggested. Gymnasts may re-arrange to suit coaches & training.

Table with 3 columns showing training schedules for different squads and days.

Trials & Competitions:

Gymnasts will need to wear their tracksuit, Club shirt and performance leotard for all trials and carry their paraphernalia in a CCGC black bag. For the performance tests L6 to 10 please wear your short sleeve Dreamlight leotard. Levels 4 & 5 can wear their junior competition leotard. (Competition leotards have been ordered for all new Level 4's). Also please check your tracksuit requirements - a reminder that all tracksuit jackets that do not have ribbed cuffs on the sleeves will need to be returned for fixing.

Gymnasts will receive the entry form for the following suite of competitions in May.

- WAG Levels 4 to 6 competition #1 and Levels 7 to 10 Trial #1 - 1st June at Southern Canberra;
WAG Levels 4 to 6 competition #2 and Levels 7 to 10 Trial #2 - 8th June at Canberra City;
WAG Levels 4 to 10 ACT Championships; Levels 7 to 10 Trial #3 - 22nd June at Southern Canberra;
WAG Levels 7 to 10 Competition Day 2 - Tuesday 24th June at Canberra City;
WAG Levels 7 to 10 ACT Team Training - Sat 28th June or Sunday 29th June at CCGC;
Depart for National Championships, Brisbane, Sunday 6th July.

We would very much appreciate it if parents got together and provided a 'Judges' lunch for 'our' designated competition.

Please do not hesitate to ask if you have any questions regarding the above or anything else. Mary ☺

Gymnast and/or Parent Name: \_\_\_\_\_

[ ] Requires Club Jacket sleeves fixed; leave in the office with note pinned to jacket.

[ ] Requires a Club Jacket size [ ] and/or Club Track pants size [ ].

Please return by 28/4/2008. Thank you.