



Canberra City Gymnastics Club Inc.

*Squad 5
Control Test*

Dear Parents and Gymnasts,

Just a quick note to explain the 'control test'/'mini comp' being held on Saturday. In the past you may have seen Club gymnasts participate in these tests usually as a lead up to competitions. Essentially these are to benefit the coaches and athletes by checking that the essence of the 'code' and/or national competition rules are being followed optimally, as well as to develop competition etiquette for future external events. You will see a number of such tests coming up during May.

It is also an opportunity for the Club to check gymnasts' progress/confidence/completion-of-Level so that coaches may continue to develop skills for the best possible future outcomes for each athlete. Gymnasts will be encouraged to support their team-mates as well as to aim for their own 'personal bests' – this is the nature of gymnastics, particularly in the more advanced levels.

Performance tests are also *the* opportunity for the gymnasts to show families what they have been working on during the many hours of training. We welcome your attendance in the Gallery upstairs. Gymnasts should wear their competition leotard, have hair tied back and have a water bottle (water only please) so that they do not need to leave the floor.

The Club has always believed that what is best for the gymnast turns out to be best for their team and their Club.

We look forward to seeing you on Saturday.

Mary, Brian and Joy
21st April 2008