



Canberra City Gymnastics Club Inc.

Active Australia Provider

CLUB 10 member

WESTS Affiliate

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Squad 3 & 4

Cnr College & Chandler Sts
Belconnen ACT 2617 Australia

Dear Gymnasts and Parents,

Coaches have reviewed training arrangements following retirements and transfers as well as the developmental moves usually made after the ACT competition season. Below is a training schedule for Squads 3 & 4. As you can see, Thursday is a popular day for 'rest'.

We have taken this opportunity to recommend four gymnasts from Luda's group to train as Squad 3 on Thursdays and also to begin a 5th day of training on Saturdays. Please advise if your family and athlete are ready to make this extra commitment, both financial (5 or more days attracts the maximum class fee at present) and time-wise. Coaches believe these gymnasts are ready to benefit from the extra training session and would like them to start Saturday 9th August.

The opportunity to train an extra session will also be extended to those ready in Squad 5 (the new Level 4s training with Brian and Joy) this will be with Ludmila on Thursdays.

Training Schedule:

	Monday	Tuesday	Wed	Thursday	Friday	Sat
Gymnasts Training:	ALL	Claudia Frankham Jemma Patat Mia Beecher Susanna Gabrielli Vannessa Schimizzi	ALL	Annalise Moore Claudia Frankham Kathryn Finlayson Alanah Christie Cristina Held Jessie May Nel Madison Chung	ALL	ALL Alanah Christie Cristina Held Jessie May Nel Madison Chung
Gymnasts Rostered Off:		Annalise Moore Kathryn Finlayson		Jemma Patat Mia Beecher Susi Gabrielli Vanessa Schimizzi		

Coaches anticipate that Squad 3 gymnasts will train to this schedule. If a swap is very much needed please advise Sasha beforehand. Wednesdays and Saturdays will be important training days as far as the week's program goes.

Mary, Sasha & Luda

31st July 2008

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Gymnast: Alanah Cristina Jessie May Madison

Yes. We will take up the offer of Saturday training.

No. We are unable to take up the offer of Saturday training.

Please return to the Office by Saturday 2nd August 2008 if possible. Thank you ☺