



Canberra City Gymnastics Club Inc.

NSW Trial #3 Participation

Dear Parents and Gymnasts,

Canberra City is participating in this trial on Sunday 16th May. The Level 7 gymnasts have an early start, so we are travelling up to Penrith on the Saturday afternoon after training. The Club has hired a 14-seater bus, which Brian Hewett has kindly offered to drive. Travelling will be the seven gymnasts, Coaches Derui and Yun, Judge Lesley Dickens, a chaperone and Brian. Accommodation has been organised at the Nepean River Holiday Village, which is quite close to the Penrith City YMCA. We have stayed here in the past and it is quite pleasant. You may wish to check out the website. We have a Group Cottage and a couple of motel rooms. All linen will be supplied.

NEPEAN RIVER HOLIDAY VILLAGE

MacKellar Street

Tel..02 4735 4425

Emu Plains NSW 2750

Fax:02 4735 6301

www.holidayvillages.com.au

Gymnasts may travel in comfortable clothes – their tracksuit jacket should be handy in case we stop somewhere.

What to bring:

- CCGC backpack; CCGC black travel bag if you have one; Waterbottle;
- Competition uniform: Leotard, grips, polo shirt, tracksuit, hair ribbons, white sox, etc;
- Post-training food plus healthy snacks and a couple of pieces of fruit for travel up/next morning; Lesley has offered to make a large Lasagne for dinner and we will bring salad bits, cereal, bread, milk, etc... We are planning to provide ham/cheese and salad rolls for lunch Sunday; There is also a supermarket across the road from the Village;
- Some warm & fuzzy good luck notes for your club team mates :)

Scores from this competition will count for qualification – gymnasts need 2 qualifying scores to be eligible to represent the ACT at Australian Championships.

Attached is the timetable for the day and the competition rotations. The competition venue address is:

Penrith City YMCA
1 Pattys Pl
Jamisontown.

Accommodation has been paid using Hewett's mastercard. We will also use the mastercard for the van hire and petrol.

Travellers excluding coaches are asked to contribute \$40 each for group accommodation/food and \$20 each for the van and petrol. If any funds are left over we will refund to the gymnasts. It would be useful if parents can Bpay \$60 into the following mastercard account.

BPAY

Bill Code: 8862;

Reference: 5446 3711 0089 2401

I am sure everyone will enjoy this outing.

Mary
0402078283

WAG Level 7-10 Trial 3
Penrith City YMCA, 1 Pattys Pl, Jamisontown
Timetable

Sunday 16th May

Level 7

General Stretch	8:00 - 8:20 am
Apparatus Warm-up	8:20 - 9:35 am
March-On	9:40 am
Competition	9:45 - 12:30 pm
Presentation	12:30 - 1:00 pm

Lunch

12:30 - 1:30 pm

Levels 8 - 10

General Stretch	1:00 - 1:20 pm
Apparatus Warm-up	1:20 - 2:35 pm
March-On	2:40 pm
Competition	2:45 - 5:00 pm
Presentation	5:00 - 5:30 pm

Sunday 16th May

Session 1

Level 7



Vault	Bars	Beam	Floor	Rest
Dubbo RSL (1)	Caringbah YMCA (1)	North Coast (2)	Blackert Academy (3)	NSW Academy (7)
Epping YMCA (1)	Five Dock (1)	Shire Gymnastics (2)	Nepean Gymnastics (1)	Tamworth (2)
Hornsby RSL (3)	Penrith YMCA (3)	Wollongong City (4)	Northern Beaches (3)	
Gym Dance & Tumble (1)	Sydney Academy (2)	Canberra City (2)	SCYC Nowra (2)	
PLC Sydney (3)	Woden Valley (3)			

Session 2

Levels 8 - 10



Vault	Bars	Beam	Floor	Rest
Canberra City (5)	Hornsby RSL (1)	Australian Academy (1)	Bunnerong (1)	Northern Beaches (6)
Elite Gymsports (1)	NSW Academy (6)	Blackert Academy (1)	Carmel & Co (2)	Woden Valley (2)
Southern Canberra (2)	Westfields (1)	Narellan Gymnastics (1)	Epping YMCA (4)	
		PLC Sydney (2)	Tamworth (1)	
		Sydney Academy (3)		