



**Para Hills
Gymnastic
Club Inc**

**Important
Dates**

- **13/10/2018**
NO Gymnastics
Training Due to
Coaches
Wedding.

**Inside This
Issue**

Coaches Wanted	2
Fathers Day Raffle Winners	3
Contact Information	4
Attendance At Training	4

September Newsletter

Term 3

1st September 2018

Gymnast Of The Month

August 2018

At the end of each Month we are going to have a Gymnast Of The Month who will be nominated by the Coaches and presented with a Certificate on the last Training Session of that month. A photograph will be taken and put in the following months Newsletter and our Notice Board in the Foyer of the Ingle Farm Recreation Centre as well as our Website.



Taylor R.

Graduating Gymnasts

August 2018

Junior Gym to White

White to Yellow

Yellow to Orange

Aimee L.
Nishtha S.

Jemma G.
Jayden L.
Jemma L.
Soraiya S.
Georgia T.
Hayden L.

Orange to Green

Green to Advanced

Ruby B.
Alessia C.
Hayley F.
Jade A.

Zoe R.
Alana M.
Yordanos T.

At the end of each Month we are going to recognise our Gymnasts who have graduated up to the next Group.

Congratulations



Gymnastic Volunteer Coach Vacancies

COACHING POSITIONS AVAILABLE

Volunteer Coaching Positions Available:

Opportunity to make a real difference to our community
This is a great opportunity for passionate and friendly coach and/or interested parties who enjoys assisting in the development of athletes of all ages and experience levels.

The Company

Para Hills Gymnastic Club Inc is a GFA (Gymnastics for All) Club and we are affiliated with Gymnastics Australia. We are a Not for Profit organisation with a wonderful, friendly group of volunteer staff and coaches. We are located at the Ingle Farm Recreation Centre.

The Role

As a Gymnastic Coach you will assist in developing programs and instruct a variety of levels in gymnastic classes in a safe, positive and fun environment for participants. Under the guidance of currently qualified Advanced Coaches.

Volunteer Coaching times are:

Thursday Nights: 6.30pm to 7.30pm
Saturdays: 9.30am to 1.30pm (Hourly Sessions).

Skills & Attributes:

Beginner/Intermediate Coaching Level preferred.
Assistance with obtaining beginner coaching level would be considered for dedicated volunteers.

14 Plus Years, Adults, Parents/Guardians of the PHGC

Current First Aid - Minimum HLTAID003 or willing to obtain when required.

Working with Children Check (DCSI) - (Can be done through The Club (for dedicated volunteers) if you don't already have one)

Initial Technical Membership is at your cost. Renewal of Technical Membership may be paid by The Club (for dedicated volunteer coaches) (Subject to change at any time)

Inhouse training of coaches occurs at PHGC during session times. If you are a gymnast with us fees may be reduced when you are coaching.

If you are a passionate person who realises the tremendous opportunity that this role offers and want to utilise your skills and passion in the sport of Gymnastics, we want to hear from you!

Please email your resume to:

Attention: Tracey Williams
Email: phgclubinc@outlook.com



Fathers Day Raffle

2018

PHGC would like to congratulate all the winners of the Fathers Day Raffles.

Wishing all the Dads, Grandfathers, Brothers and Uncles a very Happy Fathers Day on Sunday 2nd September 2018. Hope you all have a fabulous day.

WINNERS OF THE FATHERS DAY RAFFLES

Thursday Night 1st Session

Keira O.

Thursday Night 2nd Session

Caitlin P.

Saturday 1st Session White 1 Group

Donia.

Saturday 1st Session Yellow 1, Orange 1 and Green 1 Groups

Tiffany L.

Saturday 1st Session White 2 Group

Sarah B.

Saturday 1st Session Yellow 2, Orange 2 and Green 2 Groups

Leslie S.

Saturday 2nd Session

Sue B.





Para Hills Gymnastic Club Inc

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The Home Of Para Hills Gymnastic Club Inc

Contact Information

E-mail: phgclubinc@outlook.com

Website: www.parahills.gymnastics.org.au

Facebook: Para Hills Gymnastic Club (Inc)

<https://www.facebook.com/ParaHillsGymnasticClub>

Facebook Group: Para Hills Gymnastic Club Inc

[https://www.facebook.com/groups/
ParaHillsGymnasticClubInc](https://www.facebook.com/groups/ParaHillsGymnasticClubInc)

Facebook Page: Para Hills Gymnastic Club Inc

<https://www.facebook.com/ParaHillsGymnasticClubInc>

Please Share Our Facebook Group and Page .

Attendance At Training

Gymnasts should arrive to session **5 minutes** before their scheduled start time, dressed in training clothing and hair tied back as necessary. Gymnasts should ensure they bring a drink bottle filled with only water to replace fluid lost through physical exercise.

All sessions start on time, anyone more than FIVE minutes late will not be able to participate in that session. This is to ensure a full warm-up has been completed.

It is potentially dangerous for the late child and other participants in the group. Warm-up contains many of the most important physical conditioning and injury prevention exercises gymnasts perform and as such it should not be missed under any circumstances for the safety of your child.

We would appreciate Parents/Guardians contacting us via:

Mobile: 0451 326 030, if your child/children are unable to attend their regular gymnastics session. (This may be a text with your Childs name and missing session dates or phone call)

If your child/children are away for a period of 4 weeks straight and we haven't heard from you within that time, we will attempt to call you. However if we cannot establish contact your child/ children will be temporarily placed on the waiting list and we may offer their place to a new member of the waiting list.

