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DIARY DATES

3rd February 2022 and 10th February 2022

NO Thursday Night Gymnastics Training Due to COVID Government Restrictions

5th February 2022 and 12th February 2022

NO Saturday Gymnastics Training Due to COVID Government Restrictions

17th February 2022

Thursday Night
Term 1 Commences
6.30pm to 9.00pm

19th February 2022

Saturday
Term 1 Commences
10.00am to 3.45pm

12th March 2022

PHGC Annual General Meeting
11.00am to 12.00pm

TRAINING TERM DATES 2022

Term 1

3rd February to 14th April

Term 2

5th May to 9th July

Term 3

28th July to 1st October

Term 4

20th October to 17th December

GYMNAST OF THE MONTH

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.

“Congratulations”

PHGC

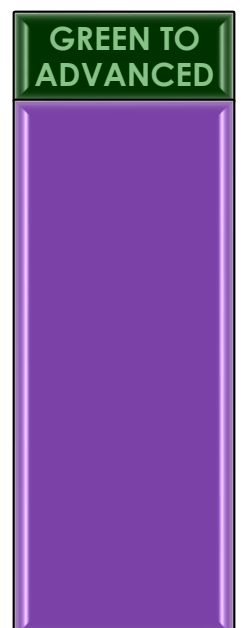
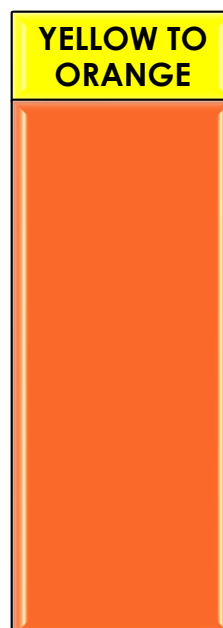
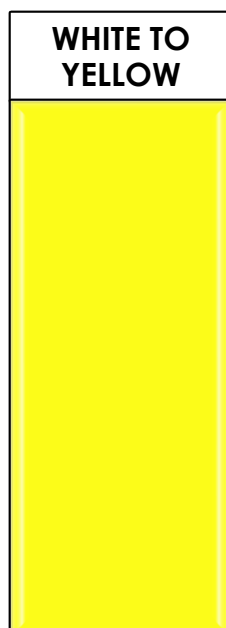
JANUARY 2022

GRADUATING GYMNASTS

At the end of each Month, we are going to recognise our Gymnasts who have graduated up to the next Group. Their names will be placed in our Newsletter, Notice Board in the Foyer of the Ingle Farm Recreation Centre as well as our Website.

“Congratulations”

JANUARY 2022



CLOSURE DATES

NO GYMNASTICS TRAINING

THURSDAY NIGHTS

03.02.2022

10.02.2022

SATURDAYS

05.02.2022

12.02.2022

TERM 1

FIRST GYMNASTICS TRAINING SESSIONS

Thursday Night:

17th February 2022

Saturday:

19th February 2022

PAYMENT OPTIONS

EFTPOS Payment Option is now available. (Tap & Go).

CASH Payment Option is still available.

DO NOT ATTEND TRAINING

If any Gymnast, Coach or Staff and anyone in their household is sick whether respiratory or other, they are **NOT** to attend Training. If you are feeling better after 72 hours you can return to training. If you are still sick after 72 hours, you will need to see a doctor and produce a doctor's clearance before returning to training.

TRAINING SESSION STARTS

Gymnasts should arrive to their session at least **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** by the **clock at the PHGC Entry Desk**.

This is to ensure a full warm-up has been completed for your child's safety.

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.

LATE ARRIVAL

All Sessions start on time by the **Club Clock on Entry Desk**, anyone who is 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.

WHEN UNABLE TO ATTEND GYMNASTICS TRAINING

We would appreciate Parents/Guardians contacting us via: **Mobile: 0451 326 030**. If your child/children are unable to attend their regular gymnastics session. You **MUST** text us with your Childs name and missing session dates and the reason they are away (Sick, Personal Reasons or Family Holiday).

WHEN UNABLE TO ATTEND GYMNASTICS TRAINING CONT:

If your child/children are away for a period of **2 weeks straight** and we have not 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.

ENTRY/EXIT PROTOCOLS

ONE Parent/guardian/carer is to drop child/children at the desk once you have paid for their session at the designated entry.

In line with Government/SA Health guidelines, you will be required to check into the Ingle Farm Recreation Centre using their QR code as you enter the front doors in the foyer or their paper version which is located at the Café Counter **AND** then check into PHGC using our QR code situated on the wall opposite Tracey's Desk.

You can check in using the mySAGov COVID safe app or you camera on a smart phone.

Children will be dismissed outside near the lawn area at the front of the Ingle Farm Recreation Centre. When collecting your child/children please wait on the lawn area. If any changes occur, you will be informed when you drop your child/children off for training.

Gymnasts are to bring their own hand sanitiser. There will also be Hand sanitation available at entry and exit points and Gymnasts are required to sanitise their hands at these stations upon entering and exiting.

A PHGC Staff Member with a valid working with children check will help direct you child/children to you as well as ensure no children are unsupervised.

Ensure that your child arrives dressed and ready to train/participate. It is important that we adhere to the methodology of '**get in - train - get out**'.

General parent viewing will **NOT** be available at this time. (**NO** Spectators).

UNIFORM POLICY

INTRODUCTION

Para Hills Gymnastic Club Inc takes great pride in the presentation and representation of the Club. The following uniform requirements have been endorsed to ensure all members of our team wear the appropriate attire to participate in activities safely, are easily identified as Club Members and represent our Club in a positive and professional manner.

UNIFORM REQUIREMENTS

Coaches

Coaches are required to wear:

- Club polo shirt (provided)
- No Jewellery, Fit Bits, Watches (Stud Earrings and Wedding Rings are acceptable)
- Hair tied back neatly

UNIFORM REQUIREMENTS

CONT:

Gymnasts

General Gymnastic Programs

Gymnasts participating in General Gymnastic Programs
Uniform requirements:

- **Club Leotards:** All gymnasts **MUST** wear plain black shorts or plain black 3/4 leggings over leotards.
- **Non-Club Leotards:** Shoulder strap **MUST** be **NO LESS THAN** 2cm/2.5cm in width. All gymnasts **MUST** wear shorts or 3/4 leggings over leotards and are **NOT** to have pockets, cords, belt loops, buckles, diamantes or designer holes/gaps etc.
- **Jewellery:** **NO** jewellery including watches, fit bits etc are to be worn out on the floor, stud earrings are ok, but sleepers must be taped over if left in.
- **T-Shirts or Tank Tops:** Tank top shoulder straps **MUST** be **NO LESS THAN** 2cm/2.5cm in width. Tank tops are not to be loose. Shoe string tops and crop tops are **NOT** accepted.
- **Clothing:** Fashionable Torn Clothing, open split/gapped shirts, pockets, cords of any sort are **NOT** accepted.
- **Shorts/Pants:** Pants **MUST** not go below the ankles and are **NOT** to have pockets, cords, belt loops, buckles, diamantes or designer holes/gaps. Denim/Corduroy and Jeggings are **NOT** suitable either. Shorts **MUST** be at a suitable length as short Shorts are **NOT** accepted. Clothing should promote due modesty for all gymnasts/coaches and therefore should not be too short.
- **Pockets/Belt Loops:** Items with pocket and/or belt loops are **NOT** to be worn as coaches' fingers may get caught up and injure them when assisting your child.
- **Jumpers:** Hooded tops and jackets are **NOT** to be worn out on the floor.
- **Shoes or Socks:** Are **NOT** to be worn out on the floor. Training must be done in bare feet.
- **Hair:** Long hair (shoulder length or longer) to be tied back. **NO** hard headbands are to be worn.

Displays/Competition:

Gymnasts participating in Displays/Competition are required to wear:

Girls

- Club Leotard and Plain Black Bike Shorts or Plain Black 3/4 leggings over leotards.
- Hair must be tied back neatly.
- **NO** jewellery including watches, fit bits etc are to be worn out on the floor, stud earrings are ok, but sleepers must be taped over if left in.

UNIFORM REQUIREMENTS

CONT:

Boys

- Club Leotard and Plain Black Shorts.
- Hair must be neat and/or tied back neatly if long.
- **NO** jewellery including watches, fit bits etc are to be worn out on the floor, stud earrings are ok, but sleepers must be taped over if left in.

Judges

Judges are required to wear the uniform specified by their respective Technical Committee.

Volunteers (Staff)

Volunteers who help with the day to day running of the Club and are in public view for promotional work will be provided with one Club Polo Shirt to be worn neatly on these occasions.

CONTACT INFORMATION

Mobile:

0451 326 030

Postal Address:

PO Box 402, Modbury North SA 5092

E-mail:

phgclubinc@outlook.com

Website:

www.parahillsgymnastics.com.au

Facebook Page:

[Para Hills Gymnastic Club Inc](#)

Facebook Group:

[Para Hills Gymnastic Club Inc](#)

We are thankful for your ongoing support to our Club.