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DIARY DATES

4th February 2021

Thursday Night
Term 1 Commences

6th February 2021

Saturday
Term 1 Commences

13th March 2021

Annual General Meeting

1st April 2021

YES Thursday Night
Gymnastics Training

3rd April 2021

NO Saturday Gymnastics
Training Due to Easter Long
Weekend

10th April 2021

End of Term 1
Last Training Day

TRAINING TERM DATES 2021

Term 1

4th February to 10th April

Term 2

29th April to 3rd July

Term 3

22nd July to 25th September

Term 4

14th October to 11th
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 2021

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 2021

WHITE TO YELLOW	YELLOW TO ORANGE	ORANGE TO GREEN	GREEN TO ADVANCED
•Welcome	•All	•New	•Members

PAYMENT OPTIONS

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

CASH Payment Option is still available.

TERM 1

Term 1 Gymnastics Training Commences on the below dates for Thursday Nights and Saturday.

4th February 2021

Thursday Night Term 1 Commences

6th February 2021

Saturday Term 1 Commences

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 from the Ingle Farm Recreation Centre Entry Foyer/Outside. When collecting your child/children please **DO NOT** come to court 1. See supervising PHGC Staff Member in foyer.

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**'.

ENTRY/EXIT PROTOCOLS

CONT.

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

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.

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

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.

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

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[Para Hills Gymnastic Club Inc](#)

Facebook Group:

[Para Hills Gymnastic Club Inc](#)
Page.

We are thankful for your ongoing support to our Club.