



Para Hills Gymnastic Club Inc

Important Dates

- **01/01/2018**
Introducing
PHGC new
Newsletter.
- **01/02/2018**
REGISTRATION DAY
See inside for
details.
- **03/02/2018**
REGISTRATION DAY
See inside for
details.

Inside This Issue

Enrolment Information	2
Sports Voucher Information	2
Thursday Training Schedule	2
Saturday Training Schedule	3
Christmas End Of Year Show	3
Website Information	3
Contact Information	4
Attendance At Training	4

January Newsletter

Happy New Year

1st January 2018

Happy New Year

January 2018

PHGC Would like to wish all our Members a Happy New Year and hope you all enjoyed Christmas with your family and friends.

Graduating Gymnasts

December 2017

Junior Gym to White

Charlotte B.
Daniel B.
Zara C.
Lilly C.
Amelia H.
Jackyla T.

White to Yellow

Makayla F.
Rylee G.
Alyssa G.
Blake L.
Jayden L.
Pia M.
Olivia M.
Tamara N.
Nate S.
Jade W.
Paige W.
Savanah Z.

Yellow to Orange

Tanika M.
Tayla S.

Orange to Green

Angelina A.
Madison B.
Alana E.

Green to Advanced

Ruby B.
Taylor E.
Shikira H.
Bella H.
Abigail O.
Kiara W.
Tyler W.

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

Congratulations

Award Winner 2017

Years Of Service Pins 2017

Jim Hale Award



10 Years

Caitlin Poole
Tayah Sullivan

15 Years

Andrew Beeby
DJ Beeby
Sue Beeby
Nancy Collins
Cody Hamlyn

20 Years

Andrew Beeby
Sue Beeby
Kimberley Collins
Michael Collins

25 Years

John Tonkin

30 Years

John Tonkin



Registration Information for 2018 Enrolments

Registration days below are **ONLY** for our 2017 Members who are returning in 2018. Please make sure you bring your Medicare Card as we need to sight it if you are illegible for Sports Voucher.

What is the Sports Voucher Program?

The Sports Vouchers program is a Government of South Australia initiative administered by the Office for Recreation and Sport. The program provides an opportunity for primary school aged children from Reception to Year 7 to receive up to a \$50 discount on sports membership/registration fees. The purpose is to increase the number of children playing organised sport by reducing cost as a barrier to participate in sport.

Who is eligible for the program?

All South Australian primary school aged children, meaning if the child is attending or is eligible to attend primary school. Remember it is one voucher for every primary school aged child per calendar year.

We will have PHGC Sport Voucher Forms available at the desks for you to fill out.



Registration Days for 2018

Current Members ONLY

Ingle Farm Recreation Centre

Thursday 1st February 2018

Registration Day

Sunset Room
Thursday Night

6.30pm to 8.30pm

Saturday 3rd February 2018

Registration Day

Crèche/Meeting Room
Saturday Afternoon

12.30pm to 2.30pm



2018 Thursday Training Schedules

First Session 6.30pm to 7.30pm

White Group
Yellow Group
Orange Group
Green Group

Second Session 7.30pm to 9.00pm

Advanced Group

New 2018 Saturday Training Schedules

First Session
9.30am to 10.30am

Junior Gym
White Group 1

First Session
10.30am to 11.30am

Yellow Group 1
Orange Group 1
Green Group 1

First Session
11.30am to 12.30pm

White Group 2

First Session
12.30pm to 1.30pm

Yellow Group 2
Orange Group 2
Green Group 2

Second Session
2.00pm to 4.00pm

Advanced Group

Third Session
4.00pm to 5.30pm

FreeG (12+ Years)
GFA
Routine Development
TeamGym

Third Session is for PHGC
Members in Green or
Advanced Groups **ONLY**
(Subject to change)



Christmas End Of Year Show 2017

Congratulations to the winners or our Christmas Raffle.

Thank you to all who participated in our End Of Year show, We are very proud of you all and you did an amazing job.

Thank you to our Committee and Coaches for all your help throughout the End Of Year Show.

It was a complete success and have received fabulous reviews.

Photos and videos of the End Of Year Show will be placed on our website soon.

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Website Information

**VISIT OUR WEBSITE
REGULARLY FOR
UPDATES, NEWS
AND IMPORTANT
INFORMATION**

Newsletters are available for downloading/ printing on our Website.

Important/Urgent information is found on our Notice Board on the Homepage of our Website.





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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.

