



### GYMNAST OF THE MONTH

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#### DIARY DATES

**4th November 2021**  
Registration Non-Refundable  
Deposit for 2022 Due.

**6th November 2021**  
Registration Non-Refundable  
Deposit for 2022 Due.

**11th November 2021**  
Registration Non-Refundable  
Deposit for 2022 Due.

**13th November 2021**  
Registration Non-Refundable  
Deposit for 2022 Due.

**4th December 2021**  
Last Saturday Gymnastics  
Training for Term 4.

**9th December 2021**  
Last Thursday Night Gymnastics  
Training for Term 4.

**11th December 2021**  
PHGC Latitude Event.

#### 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

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”**  
**Annika L.**  
**OCTOBER 2021**

### GRADUATING GYMNASTS

#### 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”

**OCTOBER 2021**

WHITE TO YELLOW
•Michael A.

YELLOW TO ORANGE
•Ruby L.
•Ada M.
•Sophie M.
•Ivy N.
•Alyssa R.
•Kaylee W.

ORANGE TO GREEN
•Alexis B.

GREEN TO ADVANCED

## REGISTRATION DEPOSITS FOR 2022

To assist us with our forward planning, Tracey will call you between **Saturday 30th October 2021** and **Wednesday 3rd November 2021** to update all information on your 2022 Enrolment and Sports Voucher Forms, which will then be ready for you to sign and pay a **Non-Refundable** Deposit of **\$5.00** cash or EFTPOS per Gymnast on the below dates. This will hold their place and will be taken off their 2022 Registration Package.

Registration **\$5.00** Non-Refundable Cash or EFTPOS Deposit Days are:

**Thursday Nights: 6.30pm to 8.00pm**  
**Saturdays: 10.00am to 3.00pm**

**Thursday Night: 4th November 2021**  
**Saturday: 6th November 2021**

**Thursday Night: 11th November 2021**  
**Saturday: 13th November 2021**

If you have any questions, please do not hesitate to come and see Tracey at the desk or via **Email:** phgclubinc@outlook.com, **Phone:** 0451 326 030.

## SPORTS VOUCHER FOR 2022

All South Australian primary school aged children, who is attending or is eligible to attend primary school (Reception to Year 7). Plus, year 8s and 9s from 1 January 2022 It is one voucher for every child per calendar year.

If you have any questions, please do not hesitate to come and see Tracey at the desk or via **Email:** phgclubinc@outlook.com, **Phone:** 0451 326 030.

## TERM 4

### LAST GYMNASTICS TRAINING SESSIONS

Saturday: 04.12.2021  
Thursday Night: 09.12.2021

## PHGC LATITUDE EVENT

We are hiring the **FULL VENUE** at Latitude. Come and enjoy some fun at Latitude.

This is for all PHGC Members: Coaches, Committee, Staff, Gymnasts and their siblings **ONLY**.

Please keep **10.00am to 12.00pm** free on **Saturday 11th December 2021** as there will be **2 Sessions** and you will have **ONE** of them which will either be **10.00am to 11.00am** or **11.00am to 12.00pm**. You **DO NOT** get a choice, we will let you know which Session you will be in.

## SCHOOL HOLIDAYS

### NO GYMNASTICS TRAINING

#### THURSDAY NIGHTS

16.12.2021  
23.12.2021  
30.12.2021  
06.01.2022  
13.01.2022  
20.01.2022  
27.01.2022

#### SATURDAYS

18.12.2021  
25.12.2021  
01.01.2022  
08.01.2022  
15.01.2022  
22.01.2022  
29.01.2022

## 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

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.

## CONTACT INFORMATION

### Mobile:

0451 326 030

### Postal Address:

PO Box 402, Modbury North SA 5092

### E-mail:

[phgclubinc@outlook.com](mailto:phgclubinc@outlook.com)

### Website:

[www.parahillsgymnastics.com.au](http://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.**