



INSIDE THIS ISSUE

Gymnast of The Month	1
Graduating Gymnasts	1
Term 1 Last Training Days	2
Easter Long Weekend	2
April School Holidays	2
Term 2 Commences	2
Classroom/Close Contacts	2
Covid-19 Information	2
When Absent from Training	2

DIARY DATES

9th March 2022

Last Saturday Gymnastics Training Session for Term 1.

14th April 2022

Last Thursday Night Gymnastics Training Session for Term 1.

16th April 2022

NO Saturday Gymnastics Training Due to Easter Long Weekend.

21st & 28th April 2022

NO Thursday Night Gymnastics Training During April School Holidays.

23rd & 30th April 2022

NO Saturday Gymnastics Training During April School Holidays.

5th May 2022

Term 2 Thursday Night Gymnastics Training Commences.

7th May 2022

Term 2 Saturday Gymnastics Training Commences.

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”

Amelia M.

MARCH 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”

MARCH 2022

WHITE TO YELLOW

YELLOW TO ORANGE
<ul style="list-style-type: none"> • Mariam A. • Khushi D.

ORANGE TO GREEN

GREEN TO ADVANCED

LAST GYMNASTIC TRAINING DAYS IN TERM 1

Saturday: 9th March 2022

10.00am to 11.00am

White 1 Groups

11.00am to 12.00pm

White 2 Groups

12.00pm to 1.00pm

Yellow 1, Orange 1 & Green 1 Groups

1.45pm to 3.45pm

Advanced Group

Thursday Night: 14th March 2022

6.30pm to 7.30pm

White, Yellow, Orange & Green Groups

7.30pm to 9.00pm

Advanced Group

EASTER LONG WEEKEND

NO GYMNASTICS TRAINING

Saturday: 16th April 2022

APRIL SCHOOL HOLIDAYS

NO GYMNASTICS TRAINING

Thursday Nights: 21st April 2022
28th April 2022

Saturdays: 23rd April 2022
30th April 2022

TERM 2 COMMENCES

Thursday Night: 5th May 2022

6.30pm to 7.30pm

White, Yellow, Orange & Green Groups

7.30pm to 9.00pm

Advanced Group

Saturday: 7th May 2022

10.00am to 11.00am

White 1 Groups

11.00am to 12.00pm

White 2 Groups

12.00pm to 1.00pm

Yellow 1, Orange 1 & Green 1 Groups

1.45pm to 3.45pm

Advanced Group

PAYMENT OPTIONS

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

CLOSE CONTACTS/CLASSROOM CONTACTS

While we understand that children want to participate in sport, Gymnastics is non-essential, inside and in close contact. Group sessions vary in number, people are unmasked due to the type and associated safety of activity.

A close contact from any source outside a school setting must follow SA Health guidelines for testing and quarantine. Remember a close contact can become COVID positive at any time.

With everyone's cooperation we will be able to continue offering gymnastics to our members.



IF YOU BECOME A CLOSE CONTACT / CLASSROOM CONTACT

If anyone in your household is a close contact/classroom contact. You **CAN NOT** attend gymnastics Training for 14 days from date of exposure.

If anyone in your household becomes a close contact/classroom contact within the above 14 days, the 14 days start again.

IF YOU BECOME COVID-19 POSITIVE

If anyone in your household becomes Covid Positive. You **CAN NOT** attend gymnastics Training for 14 days from date of exposure.

If anyone in your household becomes Covid positive within the above 14 days, the 14 days start again.

WHEN ABSENT FROM TRAINING

You **MUST** text us one of the reasons below if you are going to be absent:



- Classroom Contact
- Close Contact (of any sort)
- Covid Positive
- Family Holiday
- Personal Reasons
- Unwell (non-covid related)
- Work Commitments
- Resigned (leaving the club)

We need to work together to keep everyone safe, Students, Gymnasts, Volunteers Coaches and Door Staff.

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.

CONTACT INFORMATION

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Facebook Group:

[Para Hills Gymnastic Club Inc](#)

We are thankful for your ongoing support to our Club.