



PARA HILLS GYMNASTIC CLUB INC NEWSLETTER June 2017

Welcome to all our New Members, we hope you enjoy your Experience here at PHGC.

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 Facebook Page and Facebook Group.

Gymnast Of The Month For May 2017

MADISON B.



GYMNAST RECOGNITIONS FOR GRADUATING UP TO THE NEXT GROUP

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

Congratulations To The Following Gymnasts For May 2017

<u>JUNIOR GYM TO WHITE</u>	<u>WHITE TO YELLOW</u>	<u>YELLOW TO ORANGE</u>	<u>ORANGE TO GREEN</u>	<u>GREEN TO ADVANCED</u>
	Isabella L. Toneeka L. Bella H. Sarai H. Kiara W. Chitra D. Arley M. Chelsea O. Sahla W. Mina K. Jemma G. Ainsley M. Tiffany B.	Lozan A, Alana E. Shikira H. Blake K. Isabella L Taneeka L.	Taneeka L. Dayna K.	Tahlia H.

WINNERS OF THE MOTHERS DAY RAFFLES

Congratulations to our Winners of the Mothers Day Raffles.

Arlene O. Nate S. Jayden L. Ruby B. Sue B.

CHEWING GUM DURING GYMNASTICS TRAINING

Over the last few sessions we have noticed athlete's chewing gum while training, this is an extreme choking hazard. We ask for your assistance in keeping your children safe by not allowing them to have gum before sessions. We will remove athletes from the floor if they are found to have gum. We apologise if this upsets your children but this is preferable to them choking.

GYMNASTICS OUTSIDE OF GYM

We wish to remind families that gymnastics can be a dangerous sport. Children can injure themselves, especially when trying skills at home, school or a park. While we cannot govern what you allow your children to do outside of our sessions, we ask that you strongly discourage them from doing gymnastics when outside the gym for their own safety.

WHAT TO WEAR FOR TRAINING

Wear anything comfortable, but not baggy, please see below:

Jewellery:	NO Jewellery is to be worn out on the floor, stud earrings are ok, but sleepers must be taped over if left in.
Tank Tops:	Tank tops are ok, but are not to be loose. Shoe string tops are NOT accepted.
Clothing:	Fashionable Torn Clothing of any sort are NOT acceptable.
Pants:	Pants must not go below the ankles and are NOT to have pockets, belt loops, diamantes or designer holes/gaps. Denim/Corduroy & Jeggings are NOT suitable either.
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 (below shoulder length) to be tied back. NO Hard headbands are to be worn.

IMPORTANT UP COMING DATES

Thursday 29th June 2017	YES THERE IS GYMNASTICS Thursday Nights 6.30pm to 9.00pm
Saturday 1st July 2017	NO GYMNASTICS AT THE INGLE FARM RECREATION CENTRE Saturday Afternoons 12.30pm to 5.00pm
Saturday 1st July 2017 and Sunday 2nd July 2017	GFA CHALLENGE 1 Marion Leisure and Fitness Centre Cnr Oaklands Road & Rosedale Avenue, Morphettville SA 5043 We will let you know information regarding times closer to Challenge.
Thursday 6th July 2017	YES THERE IS GYMNASTICS Thursday Nights 6.30pm to 9.00pm
Saturday 8th July 2017	NO GYMNASTICS AT THE INGLE FARM RECREATION CENTRE Saturday Afternoons 12.30pm to 5.00pm
Saturday 8th July 2017 And Sunday 9th July 2017	COACHES CONGRESS Saturday & Sunday
Thursday 13th July 2017 Saturday 15th July 2017 Thursday 20th July 2017 Saturday 22nd July 2017	NO GYMNASTICS DURING JULY SCHOOL HOLIDAYS Thursday Nights 6.30pm to 9.00pm Saturday Afternoons 12.30pm to 5.00pm