



### INSIDE THIS ISSUE

<b>Gymnast of The Month</b>	1
<b>Graduating Gymnasts</b>	1
<b>Christmas Raffle Winners</b>	2
<b>2022 Registration Days</b>	2
<b>2022 Term 1 Commences</b>	2
<b>Contact Information</b>	2

### DIARY DATES

**16th December 2021 to  
22nd January 2022**

**NO** Gymnastics Training During  
Christmas School Holidays.

**27th January 2022**

2022 Registration Day  
Thursday Night  
6.30pm to 8.30pm

**29th January 2022**

2022 Registration Day  
Saturday  
10.30am to 12.30pm

**3rd February 2022**

Thursday Night  
Term 1 Commences  
6.30pm to 9.00pm

**5th February 2022**

Saturday  
Term 1 Commences  
10.00am to 3.45pm

### 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”**

**PHGC**

**DECEMBER 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”**

**DECEMBER 2021**

WHITE TO YELLOW	YELLOW TO ORANGE	ORANGE TO GREEN	GREEN TO ADVANCED
<ul style="list-style-type: none"> <li>• Nicole F.</li> <li>• Mishka P.</li> <li>• Praambi R.</li> <li>• Amira Z.</li> <li>• Alexis B.</li> <li>• Sallie P.</li> <li>• Isabella P.</li> <li>• Alisha T.</li> </ul>		<ul style="list-style-type: none"> <li>• Jacey C.</li> <li>• Melek S.</li> </ul>	<ul style="list-style-type: none"> <li>• Chitra D.</li> <li>• Alexis B.</li> <li>• Jorja W.</li> </ul>

## CHRISTMAS RAFFLE WINNERS

Congratulations to our Christmas Raffle Winners.

Tracie Gould

Nancy Collins

## 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

#### SATURDAYS

18.12.2021

25.12.2021

01.01.2022

08.01.2022

15.01.2022

22.01.2022

## REGISTRATION DAYS

### NO GYMNASTICS TRAINING ON REGISTRATION DAYS.

All 2021 current Members who have paid their deposit towards Registration Package for 2022, **MUST** attend one of the below Registration Days to pay the remainder of your Registration Package and collect your Registration Packs.

Creche/Party Room. Located next to Court 1 Where we have Gymnastics Training.

You can attend anytime between the below times:

#### Thursday 27th January 2022

6.30pm to 8.30pm

#### Saturday 29th January 2022

10.30am to 12.30pm

## TERM 1

### FIRST GYMNASTICS TRAINING SESSIONS

Thursday Night: 3rd February 2022

Saturday: 5th February 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.

## TRAINING SESSION STARTS

## CONT:

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 Child's name and missing session dates and the reason they are away (Sick, Personal Reasons or Family Holiday).

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.**