

START OF TERM INFORMATION

Regional Competitive (Gym Sports)

Term 1, 2018

Welcome to Term 1, 2018 at Christchurch School of Gymnastics! We are happy to have you in our programmes and hope that you will gain a lot from being in our Regional competitive classes. We have grouped gymnasts together that wish to participate in novice competitions throughout Canterbury and Marlborough. These classes have a focus on skill development and sequences of elements on all apparatus.

<u>TERM 1, 2018</u>	<u>Start Date</u>	<u>Finish Date</u>	<u>No Classes on:</u>	<u>Number of weeks</u>
Monday Classes	29 th January	9 th April	Easter Monday 2 nd April	10
Tuesday Classes	30 th January	10 th April	New Zealand Day 6 th February	10
Wednesday Classes	31 st January	4 th April		10
Thursday Classes	1 st February	5 th April		10
Friday Classes	2 nd February	13 th April	Good Friday 30 th March	10
Saturday Classes	3 rd February	7 th April		10

PLEASE KEEP THESE TERM DATES FOR YOUR FUTURE REFERENCE

TERM FEES

Your term fee includes GST and the GSNZ Affiliation fee. Fees and deposits are non-refundable, except if notification is given at least 3 working days prior to the start of the first class – refunds attract a \$15 administration fee. **Fees are due in full before the start of the term. Your payment confirms your place in the class.** If we do not receive any payment from you, your place in the class may be lost. There are no refunds for missed classes.

YELLOW TICKET SYSTEM FOR ONE DAY PER WEEK GYMSPORTS CLASSES AT QEII CAMPUS

All regional competitive classes will be under the yellow ticket system for the first day of term at QEII campus. Please ensure your child's fees are paid in full **BEFORE** the first day of term. When you check in at the sign in desk on the first day of term you will be given a yellow ticket to confirm that you have paid. Your child will need to give their yellow ticket to the coach to be able to join the class (first day of term only). **If you have not paid in full your child will not be able to join the class.** If you have any concerns about this policy please contact us.

INTERNET BANKING

Christchurch School of Gymnastics / Westpac Eastgate / 03 1591 0125730 00. Add **gymnast's full name & class** as reference. *Is your last name different to your child's? Do you have a common last name? If so, it is especially important to include the gymnast's full name as reference when paying online. Please note it can take up to 48hrs to process online payments.*

Phone App

We have a CSG phone App. Please download this free of charge to keep up to date with the latest information

WHAT TO WEAR

For female gymnasts wearing a gymnastics leotard is required. If you wish to wear shorts over the top, we prefer snug fitting shorts like bike shorts (this is so body form can be corrected). **Long hair must be tied back. NO JEWELLERY.**

For male gymnasts a leotard with shorts over the top is preferred, but not compulsory.

All gymnasts participate in bare feet, but please wear shoes to and from the gym as bare feet traipse in dirt, which damages our equipment. No belts, buttons, buckles or zips.

There is a CSG regional competitive Leotard available to buy. Please ask at reception. As of Term 1 2018 these will be compulsory for all children in the programme.

The CSG GymSports tracksuit is available in a range of sizes, from only \$15!

The extremely popular GYMNAST shorts are available from reception at QEII. \$35 a pair.

WHEN YOU ARRIVE

Please ensure you tick the roll every week as you come in.

ABSENCES

If your child will be absent from class, you can use the CSG phone app to report an absence or call/text QEII (03) 388 6616 / 0223947268 or ImpactAlpha (03) 3434950 / 0275033320

LOST PROPERTY

Please make sure all of your child's clothing + drink bottle is named. We have lost property bins at both venues. Please check these regularly. They are emptied and all un-named items given to charity at the end of each term.

FOOD

No food on the floor or any of the other equipment please. We have members with severe food allergies so we ask please that any food be consumed either upstairs or in the couch area in the foyer at QEII or in the seating area at ImpactAlpha.

CSG ONLINE

Please check our website www.csg.org.nz. Like us on Facebook to receive regular updates: <https://www.facebook.com/pages/Christchurch-School-of-Gymnastics/163321601373> or follow us on Twitter or Instagram @ChchGymnastics

E-MAIL CORESPONDENCE

Our main form of contact is via E-Mail. Please check your Spam and Junk boxes on a regular basis as not to miss any important information. You can also download our free smart phone App from your apple or android app store. We use this app to communicate lots of important information.

COACH FEEDBACK FOR PARENTS

We will endeavour to make time for coaches to give feedback to parents during the term. If you wish to speak to a coach please ask at reception to make a time.

GYMSPORTS COMPETITIONS COMING UP

ALL Gymnasts in our regional competitive programme, are expected to compete. Timetables will be available soon on our website. Please sign up and pay entry fee at reception - \$25.

FLIPPING BRILLIANT CLUB NEWSLETTER

Watch out for the Flipping Brilliant Club Newsletter released mid-term. This will keep you up to date on all news. It will be emailed out to all parents. Hard copies will be available at the gym.

RECEPTION HOURS

QEII:

Monday 9.00am-6.30pm
Tuesday 9.00am-6.30pm
Wednesday 9.00am-6.30pm
Thursday 9.00am-6.30pm
Friday 9.00am-5.30pm
Saturday 8.15am-12.30pm
Sunday 4.00pm-7.00pm

ImpactAlpha:

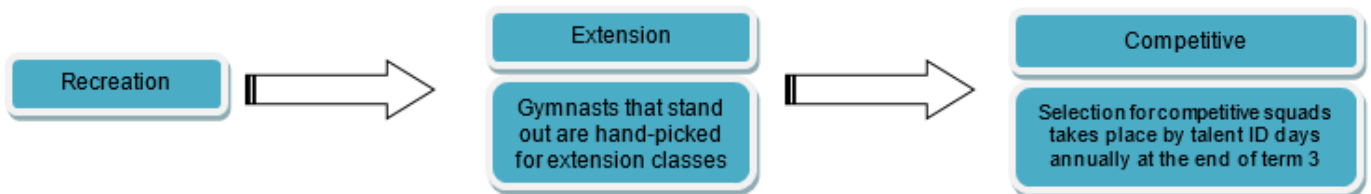
Monday 1.00pm-6.00pm
Tuesday 9.00am-5.00pm
Wednesday 9.00am-9.00pm
Thursday 9.00am-5.00pm
Friday 10.00am-6.00pm
Saturday 9.00-1.00pm
Sunday CLOSED

PARKING & VIEWING

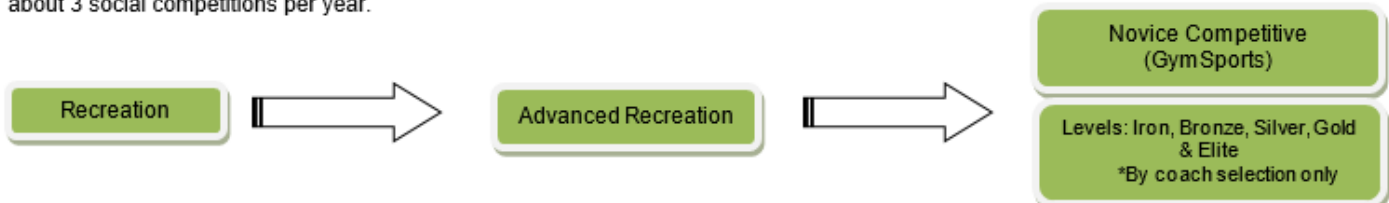
Parking is available just outside at both venues. The drop off area at QEII is for **drop off only**. Please do not park here – long lines of cars here block other people from getting out. Please supervise your children to and from the car. We have viewing areas at both venues if you wish to stay and watch, but please do not speak to your child while they are on the gym floor. Parents can take a gymnast's focus away from the task and may undermine the relationship between the coach and the gymnast. If there is an emergency and you need to take your gymnast from class please talk to reception.

RE-ENROLMENTS FOR TERM 2, 2018

We expect Regional competitive to be a long term commitment, so we do expect you back in term 2. Please let us know if you **do not** plan to return after this term, otherwise you will be rolled over automatically.



Regional Competitive (GymSports): This pathway is for gymnasts who want to experience the challenges and excitement that regional competitions provide without the intensity of training that the national competition structure requires. This route is best suited for gymnasts who enjoy a more social training atmosphere while training to achieve competition skills and routines. Gymnasts compete in about 3 social competitions per year.



Contacts:

Christchurch School of Gymnastics PO Box 18-827, Christchurch

Gymsports Manager: Marie Lakin

QEII Campus: QEII Park, Travis Rd, Burwood

ImpactAlpha Campus: 18 Watts Road, Sockburn

(03) 388 6616 / 0223947268

(03) 3434950 / 0275033320

admin@chchgymnastics.co.nz / www.csg.org.nz