



## SCG COMMITTEE NEWSLETTER (Sept 2018)

Dear Club families,

### **Head Coach Update**

Of recent, you may have noted that Sally has not been present at the centre.

You also may have heard rumours, gossip, or general comments relating to her absence.

Please be assured Sally is still employed by SC Gymsports, and is currently on leave. For reasons pursuant of the Privacy Act, we can not disclose any, or part of this information.

We are unsure of the duration of this absence, but we will, where applicable, keep you updated with this situation.

We would recommend you ignore all gossip and/or rumours which may be circulating.

### **South Island Gymnastics Championships**

The Committee would like to extend a very heartfelt thank you to all the SC Gymsports families who offered assistance with the pack up of equipment, set up at the Stadium on the Friday evening, the smooth running of the canteen over the weekend, and the pack down, and reset of our Club after the event, on Monday night.

This was a massive task, and an extremely successful one, with approx \$4,000 raised from the Canteen, \$400 from the setup and pack down of the gym equipment, and a further \$600 raised from the manning of 3x door entry sessions, which was covered by the Aerobics families.

Brilliant team effort!!!!!!

### **Fixed Term Position: Recreational Lead Coach**

In March 2018, the Committee floated the idea of employing a part-time Recreational Lead Coach, to ensure the ongoing smooth operation of the recreational programme with our Club.

The Committee have recently revisited the requirement for this position, and we will soon be advertising for a Recreational Lead Coach, on a Fixed Term contract for Term 4, 2018 (10-12 hours per week during term).

This role will oversee the recreational programme, and in no way takes away from Sally's role within the Club, as the Head Coach. The job description of the Head Coach is to focus on the competitive WAG / MAG (along with other codes) athletes, and in particular, provide hands-on coaching support to the advanced Step levels, i.e. Step 4 and above.

Our focus as a committee is to define the separate recreational and competitive programmes running within the Club, and have clear lines of communication.

### **Term 4: Change of Class Times \*IMPORTANT\***

As our Club is reliant on 99% of our coaching support being volunteers, and with many of these volunteers also juggling full-time employment, or secondary school commitments, the committee have voted to amend the sessions times for Term 4, 2018, as follows:



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### RECREATIONAL: Kiwi / Incentive / Regional Comp / Trampoline / Aerobics

Class Name:	Current Time:	Amended Time:
MON / WED: Recreational Kiwi (5-8yrs)	<u>3:30pm</u> till <u>4:15pm</u>	<b><u>3:45pm - 4:30pm</u></b>
MON / WED: Recreational Kiwi (9-12yrs)	<u>4:15pm</u> till <u>5:00pm</u>	<b><u>4:30pm - 5:15pm</u></b>
MON / WED: Recreational Incentive	<u>5:00pm</u> till <u>6:00pm</u>	<b><u>5:15pm - 6:15pm</u></b>
MON / WED: Regional Competition	<u>5:00pm</u> till <u>6:30pm</u>	<b><u>5:15pm - 6:45pm</u></b>
FRI: Junior / Intermediate Aerobics		No change

### TRAMPOLINE: Junior / Advanced

These classes will not be offered in Term 4. Once our Head Coach is back in the gym, we will reassess this decision.

### COMPETITIVE: WAG Step 1 - 5, Aerobics

Class Name:	Current Time:	Amended Time:
TUE / THU: WAG Step 1	<u>3:30pm</u> till <u>5:30pm</u>	<b><u>4:00pm - 6:00pm</u></b>
TUE / THU: WAG Step 2	<u>4:30pm</u> till <u>6:30pm</u>	<b><u>5:00pm - 7:00pm</u></b>
MON / TUE / THU: WAG Step 3	<u>4:30pm</u> till <u>7:00pm</u>	<b><u>5:00pm - 7:30pm</u></b>
MON / TUE / THU: WAG Step 4	<u>4:30pm</u> till <u>7:00pm</u>	<b><u>5:00pm - 7:30pm</u></b>
MON / TUE / THU: WAG Step 5	<u>4:30pm</u> till <u>7:00pm</u>	<b><u>5:00pm - 7:30pm</u></b>
TUE / THU: Comp Aerobics		No change

### **Placement of Athletes: STEP Levels**

Our focus for the Competitive STEP athletes throughout Term 4 will be on building strength, conditioning, flexibility, while focusing on specific skills pursuant to their levels.

Upon Sally's return, she will be working with each competitive gymnast regarding their placement into the relevant level for the 2019 competition season.

Many factors need to be taken into consideration, i.e. the 2018 results obtained, and the athlete's individual skill set, etc.

It is very important that this task is completed by our qualified Head Coach, for consistency, and thoroughness.

Regards

**South Canterbury GymSports Committee**