

November/December 2020 – What a year that was!

NEWSLETTER

News

Term 1 Enrolment Dates

Friday 4th December:

For all members re-enrolling in their current class.
Please note: We DO NOT roll-over. All members need to complete re-enrolment.

Follow the link to our website:

<http://www.capitalgymnsports.org.nz/enrolment.html>

Friday 11th December:

Current members wishing to change the day or time of their classes.

All new members NB Enrolment is not guaranteed until full payment is received. If you have any concerns or questions about payment please contact the office via email: office@capitalgymnsports.org.nz

IMPORTANT:

The office will be closed from 25th December – 7th January. All emails and voice messages received during this time will be answered from the 7th January.

Please check your and your child's details are up to date. Also, under the privacy section don't forget to check the box if you do not want to allow photo's to be taken of your child.

Dates for Your Calendar

Friday 4 th December:	Re-enrolments open for Term 1, 2021 for current classes
Friday 11 th December:	Enrolments open for changing classes/all new members
19 th December:	Last day of Term 4, 2020
25 th Dec – 6 th Jan:	Office Closedown period
9 th February:	First day of Term 1, 2021

House Rules/Reminders

Health and Safety:

- Due to safety reasons please do not let your children play under or around the container. This area is out of bounds.
- Please ensure your children are not playing on the stairs or with the toilet doors/area.

Water cooler/filling drink bottles:

We have had to remove our old water cooler, please fill up your drink bottles upstairs.

Leotard Sale:

We are having a pre-Christmas sale with our older stock leotards now from \$20 and also have new leotards in stock.

What to wear:

As we are heading into the summer, please check your child is dressed for gymnastics in shorts and t-shirts with no zip or buttons. Leotards are also excellent for the summer months (optional).

School Holiday Programme

Bookings are now open for our fantastic holiday programme!

Christmas Holiday Programme

Monday 21st – Thursday 24th December

Please see the attached information and visit our website:

<http://www.capitalgymnsports.org.nz/holiday-programme.html>

January Holiday Programme

Week 1: Monday 11th – Friday 15th January

Week 2: Monday 18th – Friday 22nd January

Week 3: Wednesday 27th – Friday 29th January
(NB No programme on Mon 25th/Tue 26th)

Week 4: Monday 1st – Friday 5th February
(TBC depending on demand)

News (cont.)

Gym for All – EXCEL Programme/Competitions

EXCEL Competitive Gymnastics is a programme that provides an opportunity for gymnasts to work on skills and routines for regional competitions. This class is best suited for gymnasts who wish to experience the challenges and excitement that competitions provide without the intensity of training that the national level competition programme requires. It is great for gymnasts who enjoy a more social training atmosphere while training to achieve competition skills and routines. Our EXCEL programme here at Capital is the largest in Wellington. We started with only 14 children back in 2016 and have grown to over 50.



Our EXCEL Gymnastics programme had a great competition season this year. We have been competing in regional events across Wellington with 5 other gymnastics clubs. Many of our gymnasts came home with medals which is so exciting to see their hard work pay off. The athletes have won 8 Gold medals, 6 Silver medals and 7 Bronze medals over the last three competitions.



We have a full list of results of the EXCEL Competition season on our Facebook page. If you want more information regarding this programme please get in touch with Emily (our Gym for All Head Coach) GFA@capitalgymnsports.org.nz



Our Team Gym Team (placed 3rd on Floor)

Christmas Bauble Fundraiser

Last chance to add a little sparkle to your Christmas tree with a beautiful bauble. You can have a name or club logo (or one each side of the bauble). If you want a look we have a sample in the office! Orders close Saturday 5th December.

Click on the link below to order:
<https://forms.gle/SrHSs9oZRGKPEFD9>



WAG Senior Competitive

With Covid-19 disrupting the competition season, our Senior girls had no NZ competitions in 2020. We were lucky enough to be invited to be part of an Australian run event - the CCC online country cup! This event was the first of its kind in Gymnastics and we were the only club in NZ to participate in this event.

It was a great day for these girls who train 20+ hours a week - earning medals and trophies for great performances. We are super proud of them!

You may have seen these girls training, but most recently, you may have also seen these girls helping our staff with coaching. These girls are super keen to help the younger athletes in our club improve by sharing their knowledge. They are about to embark on a coaching qualification journey - mentored by some of our most Senior coaches.



Gymnast Profile



Bella

Hey, my name is Bella. I'm 16 years old and I currently train 20 hours a week. I'm about to be enrolled in the 'Foundation Coach' course which you have to be 16 to do. I have been a Capital Gymnastics competitive gymnast since I was 8 years old, but even before that I did recreation gymnastics, and since 2018 I have been one of our Senior WAG athletes.

To tell you a little bit more about myself, my favourite gymnast is Simone Biles. My favourite apparatus is vault. I'm looking forward to becoming a coach as I really enjoy helping people, especially kids. The favourite place I've ever visited is Vietnam (you can see me there in the photo!).

In my spare time I like hanging out with my friends and doing art!