

October 2020 - Welcome to Term 4

NEWSLETTER

News

Term 4 2020 Enrolments are Still Open!

Great to see so many members already registered for Term 4. Some of our classes are already full so if you haven't signed up for next term yet please do as soon as possible so you do not miss out on your preferred time/day.

As we **DO NOT** roll-over membership each term all members need to complete re-enrolment.

Follow the link to our website:

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

IMPORTANT: 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.

House Rules/Reminders

- No hoddies, zips, buttons or buckles are to be worn during classes as they are a potential safety hazard and can damage our equipment.
- All long hair must be tied up and off the face.
- Please remember to bring a filled water bottle - our drinking fountain is currently out of order.

Dates for Your Calendar

12th October:	First day of Term 4
26th October:	Labour Day (no classes)
1st November:	Capital GFA Competition
19th December:	Last day of Term 4

Fantastic results from Super Series Trampoline Competition (Icon, Auckland)

15-16 Years Men

Isaac - 1st DMT, 1st Tramp

13-14 Years Men

Caleb - 2nd DMT, 1st Tramp

11-12 Years Women

Epiny - 2nd DMT, 3rd Tramp

11-12 Years Men

Eras - 1st DMT

Henru - 3rd DMT

Ashtyn - (made final), 5th on Tramp

10U Men

Janko - 2nd DMT, 1st Tramp



Staff Profile

Kathryn Oijordsbakken

Hello, my name is Kathryn - I am currently coaching the competitive trampoline squad at Capital, and I am very happy to be based at this club.

I grew up doing gymnastics and started coaching at age 14 at a YMCA program run out of a community hall. When I finished school I worked full time at the Boys and Girls Institute in Wellington coaching recreation and women's competitive gymnastics.

I did my OE to Canada, and worked at Toronto Gymnastics, coaching rec and rec comp, and got involved in trampolining. I worked with lots of knowledgeable coaches, including the Canadian national team coach.

I next ended up in Norway, coaching WAG for Bergen gym club. During this time I ran some junior clinics for the Norwegian Gym Association, and worked alongside coaches from Norway, China and Romania.

I returned to NZ in the early 2000s, and since then I have coached intermittently at Porirua gym sports. My son was doing trampolining there and his coach quit, so I took over coaching the tramp group. My son eventually retired from the sport, but I stayed. That group became the competitive squad that is now based here at Capital. We have had trampolinists qualifying to compete at nationals for the last 4 years.

Outside of coaching, I am a paramedic with Wellington Free Ambulance. Juggling shift work and coaching is tricky, but I love both, so I make it work.



A Huge Thank You to the Following Funders for their Support

Pelorus Trust for the funding for our Uneven Bars, ensuring we are able to provide a safe training environment for our gymnasts.

Four Winds Foundation for the grant for new computers, allowing us to do a much needed and long overdue update of our systems that will certainly help with increased productivity.

