



Term 1, February 2016

From the Club

Welcome to our returning and new members!! We hope all of our gymnasts have settled in and are enjoying their classes. Our coaches spent countless hours over the holidays, preparing programs and meeting with management to plan what we hope will be an exciting year for all of our members.

We realise it can be difficult to find a time to have a chat with your child's coach as they don't have time in between classes but if you have any concerns, please email the club and we will try to either answer your questions over email or if necessary, schedule a meeting at a mutually convenient time.

Please make sure that you like us on Facebook and keep an eye out on our website to keep up to date with relevant information and news. A Parent Handbook, Competitive Squad Information Booklet, Policies, Fee table, Calendar of Events and much more can be found on our website so please take the time to have a look.

We thank you for your support and look forward to a positive year for all!!

Regards
 Karen - Club Manager



Crowded Waiting Area:

As you may have noticed, it can become very crowded inside the viewing/waiting area in the hall at times. This congestion can make it difficult for gymnasts to safely and comfortably enter and exit the training floor. We would appreciate it if parents/gymnasts could wait until gymnasts from the previous classes can make their way out before entering the building (especially on a Saturday morning).

**Many thanks to our wonderful Sponsors ...
 Please support these great Territory Businesses**

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What's ahead @ DGC

MARCH:
 Easter Friday: Classes
Cancelled 25th

Easter Saturday & Monday:
Training as usual
 26th-28th

APRIL:
 Last day Term 1:
 25th

First day Term 2:
 25th



Save these dates:

- Competition Uniform Order day 15-16th April- MAG, WAG, Acro
- Pink Sports Day 7th May – BCNA Fundraiser
- PAD Testing 19th March ALL MAG/WAG/ACRO Levels (2-6pm)
- Sea Breeze Festival Display 30th May (Rhythmic & Cheer)
- Australian National Championships 23rd May- 4th June
- DGC Invitational 11th and 13th June (MAG, WAG, Acro, Cheer, Rhythmic and Tumble)
- NT Champs 2-4th September (MAG, WAG, Acro, Rhythmic, Cheer, GFA)

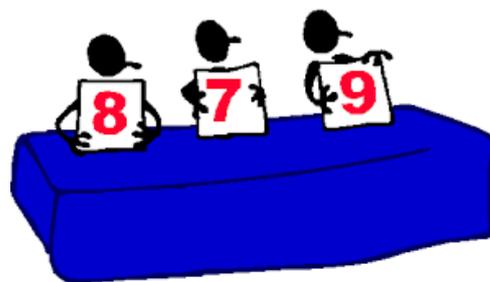
Please note: the full Calendar of Events can be found on our Website and also on the noticeboard!!

Planning Ahead:

- Prime Invitational Singapore (Open to MAG and WAG) 18-20th November **TBC**



JUDGING COURSES:



Expressions of Interest:

GNT are hoping to facilitate a number of Judging courses between the 9th – 14th June!

If you are interested in becoming an Acro, MAG or WAG Judge, please let the club know!! This is a great way to learn about your child's sport and to support our gymnasts in the NT.

Our coaches and judges are happy to mentor new judges in the lead up to competitions and the DGC Invitational will be the perfect opportunity for you to get some "on the job training" alongside the visiting interstate judges.

FUNDRAISING



Bunnings BBQ:



DGC will be running the BBQ at Bunnings (Bagot Rd.) on Sunday 3rd April, so buy a sausage and support your club! :) Funds raised will be put towards our gymnasts' trips away. If you are able to assist on the day, please email the club.

Gym Clothing Fundraiser

Do you have any unwanted training leotards, crop tops or shorts your children have grown out of?

The committee will put up for sale any unwanted items for you.

When your item sells, DGC will take 60% of the sold price and you take 40%! Or if you wish to donate all proceedings to the club it would be greatly appreciated!

If you are interested please place your item in a bag with an envelope indicating current date, how much you wish to sell the item for or donation, your full name, and contact number.

Items not sold within 3 months can be given back to you, or you can donate them to the club (please indicate on envelope which you prefer).

How: Pass bagged items and envelope with details onto coach Sharon.

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Second Hand Gymnastics Clothing Sales

You can purchase donated second hand gym clothes from the club for your children.

When: The last Saturday of each month 12.30-1.30pm

Where: Marrara Training Gym. Next to the BBQ Stall.

Prices as listed on clothing

Saturday BBQ:

Thank you to our volunteer parents who run the Saturday BBQ/Tuck Shop each fortnight.

Funds raised support all our gym-sports with their activities throughout the year.

Thanks for your support!!





Want cheap movie tickets?? At DGC's homepage follow the link to voucherfundraising.com.au to purchase movie vouchers at reduced price as shown below. Each sold through DGC link will earn us \$1.00, and they can be purchased 24/7 - vouchers will be delivered to the nominated e-mail address within minutes. They can be printed and/or presented on a smartphone. Anyone can purchase through DGC - so spread the word!

Visit us on-line @ www.darwingymnastic.org.au

Dropping Off and Picking Up Members @ Training Hall



Marrara Management has arranged for line marking in the car park to make it a safer space for all our members. It is illegal to park/stop on the yellow lines. Therefore please note that you cannot stop and drop off or pick up directly outside the hall door. Please proceed to the carpark and walk your child to and from the hall for training!!

AMART SPORTS

Darwin Gymnastic Club

You are now a part of Amart Sports
Community Kickbacks program

5% of every purchase

made in store will go towards supporting your club

It's Easy !!!!!

When in store ask one of friendly team members to sign you up to Team Amart and let them know you're a part of Darwin Gymnastics Club.

Great way to fundraise for your club



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Useful Resources:

Nutrition Guidelines for Gymnasts:

https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/SDA_Junior-Gymnast_FINAL.pdf

<http://www.ausport.gov.au/ais/nutrition/factsheets/sports/gymnastics>