Dear Parents & Gymnasts,

Santa Sabina College established its Gymnastics Club in 1999, which will continue to operate in 2013. The Club will operate each term with students registering on a per semester basis. Gymnasts at the school will have the opportunity to stand for selection in the school gymnastics team to compete in the CGSSSA Championships in June 2013. Following are some details about the Club that may assist members and their parents. No experience is required to join the gymnastics club, beginners are very welcome.

Training: Training sessions will be for 2-3 hours, possibly more for higher levels, and will be held on Saturdays between 1:00 – 5:00pm at the Five Dock Leisure Centre, Five Dock. The exact time for training will be determined once registrations have been taken and numbers are confirmed. Gymnasts are expected to attend all training sessions and to be on time as warm up and regular practices are very important for the safe development of skills.

Training Dates: These may vary slightly depending upon venue availability. Notification will be given of any changes.

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>WEEK</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>09/02/2013</td>
<td>9</td>
<td>04/05/2013</td>
</tr>
<tr>
<td>2</td>
<td>16/02/2013</td>
<td>10</td>
<td>11/05/2013</td>
</tr>
<tr>
<td>3</td>
<td>23/02/2013</td>
<td>11</td>
<td>18/05/2013</td>
</tr>
<tr>
<td>4</td>
<td>02/03/2013</td>
<td>12</td>
<td>25/05/2013</td>
</tr>
<tr>
<td>5</td>
<td>09/03/2013</td>
<td>13</td>
<td>01/06/2013</td>
</tr>
<tr>
<td>6</td>
<td>16/03/2013</td>
<td>14</td>
<td>08/06/2013</td>
</tr>
<tr>
<td>7</td>
<td>23/03/2013</td>
<td>15</td>
<td>15/06/2013</td>
</tr>
<tr>
<td></td>
<td>EASTER</td>
<td>16</td>
<td>22/06/2013</td>
</tr>
<tr>
<td>8</td>
<td>06/4/2013</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Attire: Gymnasts should wear black bike pants/black leggings and College sports shirt or black leotard. College track suit can be worn for warm up and training in cool weather. Hair is to be tied in and NO jewellery is to be worn to training as this creates a safety risk for the gymnasts and coaches.

Cost: Gymnastics Club membership will be no more than $250.00 for the semester (Two Terms). This includes coaching and access to the facilities at the Five Dock Leisure Centre, entry to the CGSSSA Championships and use of a school leotard for competition, if selected to compete. This fee will appear on your next school fee account and is NON REFUNDABLE.

Competition: The College will be entering a team in the CGSSSA Championships in 2013 and we would hope that members of the club would compete in this competition. If trials are required for the school team the date(s) of the trials will be announced in 2013.

Gymnastics Contract Return: Please complete the attached contract and return it to the Senior Sports Box in the Sports Office by Wednesday 17 October 2012 or at Orientation Day if a new student to the College.

If you have any further inquiries please do not hesitate to contact me at the College.

Miss Sue Wells
Director of Sport
Phone: 9745 0221
Email: s.wells@ssc.nsw.edu.au
Contracts Due: 17 October for students in Years 8 – 12 in 2013

On Orientation Day, Tuesday 9 October for students in Year 7 in 2013

STUDENT NAME: ____________________________________________

POSTAL ADDRESS: __________________________________________

______________________________ Post Code: ________________

EMAIL ADDRESS: ___________________________________________

(mum / dad)

PHONE No. Home: __________________________

Parent Mobile: __________________________ (mum / dad)

Parent Mobile: __________________________ (mum / dad)

YEAR GROUP (2013): _________ D.O.B: ______________________

HOMEROOM TEACHER: __________________________ HR NUMBER: __________

RELEVANT HEALTH INFORMATION:

_______________________________________________________________________________________

_______________________________________________________________________________________

_______________________________________________________________________________________

_______________________________________________________________________________________

GYMNASTICS HISTORY: (Please Tick appropriate box and add additional information if needed)

- Member of the Santa Sabina Gym Club in 2012 [ ] Level: ______
- Trained in 2012 at a club outside Santa Sabina [ ] Level: ______
- Trained prior to 2012 [ ] Level: ______ Year: ______
- No previous training experience [ ]

We understand and agree to meet the commitment being made in participating in the Santa Sabina Gymnastics Club and acknowledge that
- sporting activities can be dangerous and may result in personal injury, disability, illness or death and resultant economic loss or property damage and that the named student participates in sporting activities voluntarily and at her own risk.
- a NON-REFUNDABLE fee of no more than $250.00 will be added to our next school fee account.
- the information collected in Sports Contracts may be made available to sports associations, parents, student and coaches to facilitate the smooth running of the College sports program.

SIGNED: Student: _______________________________ Date: ________________

Parent: _______________________________ Date: ________________