



1st Term 2012

Day W/k	Mon East Vic Park	Tues High Wycombe	Wed	Thurs Kalamunda	Fri	Sat	Sun
1	30Jan NO GYM	31Jan NO GYM	1	2 NO GYM	3	4	5
2	6 <i>Welcome Back</i>	7 <i>Welcome Back</i>	8	9 <i>Welcome Back</i>	10	11	12
3	13 <i>Gymnastics For All</i>	14 <i>Gymnastics For All</i>	15	16 <i>Gymnastics For All</i>	17	18	19
4	20 <i>Skills Colour Award</i>	21 <i>Skills Colour Award</i>	22	23 <i>Skills Colour Award</i>	24	25	26
5	27 <i>Beam Colour Award</i>	28 <i>Beam Colour Award</i>	29	1Mar <i>Beam Colour Award</i>	2	3	4
6	5 Mar Public Holiday	6 <i>Gymnastics For All</i>	7	8 <i>Tumbling Colour Award</i>	9	10	11
7	12 <i>Tramp/Vault Colour Award</i>	13 <i>Tramp/Vault Colour Award</i>	14	15 <i>Tramp/Vault Colour Award</i>	16	17	18
8	19 <i>Bars Colour Award</i>	20 <i>Bars Colour Award</i>	21	22 <i>Bars Colour Award</i>	23	24	25
9	26 <i>Tumbling Colour Award</i>	27 <i>Tumbling Colour Award</i>	28	29 <i>Presentation Day</i>	30	31	1
10	2Apr <i>Presentation Day</i>	3 <i>Presentation Day</i>	4	5 NO GYM	6 Good Friday	7 Easter	8

Jollettes GYMNASTICS

Welcome to Jollettes Gymnastics 2012

Happy New Year & a very big welcome to our 2012 gymnastic programme. I'm hoping everyone had a restful break & are now ready for another exciting year of gymnastics.

Zowie Howard will continue to Head Coach at Kent St-East Vic. Park, High Wycombe & Squad Coach at Kalamunda.

Simone Tormey will also continue to Head Coach at Kalamunda.

It's great to welcome back our coaches Melissa, Carolyn, Belle, Nicola as Squad Coach at High Wycombe & Kalamunda, Rebecca, Rachel, Karen & Taneka.

Congratulations to all our Recreational gymnasts who were selected for our Development Squads.

Please see inside for 1st Term Program

Kent St High School-East Vic Park

When: Mondays

Head Coach: Zowie - 0423 613 641

High Wycombe Recreation Centre

When: Tuesdays

Head Coach: Zowie - 0423 613 641

Kalamunda High School

When: Thursdays

Head Coach: Simone - 0408 097 456

www.jollettes.com.au

Simone Tormey Phone 0408 097 456

Email: hills@jollettes.com.au



Welcome to Term 1-2012

Gym Rules

Gymnasts

- NO playing on the equipment before or after class
- NO running unless instructed by a staff member
- Appropriate clothing and bare feet, hair tied up and no jewellery
- Participants are to bring their own water bottle to be placed in designated area
- Children are not to leave the gymnastic area without staff authority
- Abide by the Participant Code of Behaviour (refer to POLICIES MANUAL)

Parents

- Please keep children not involved with the gymnastic class out of the gymnastic area
- No food to be brought onto the gymnastic area.
- Please ensure all valuables are kept close to you - we don't want your things to go wandering.
- Abide by the Parents / Spectator Code of Behaviour (refer to NOTICE BOARD).
- In the interest of member protection, NO photographs or videoing will be allowed unless you have prior permission by the head office or head coach.
- NO SMOKING, Smoking is prohibited on the grounds including car parks.

Change of Address

Please contact your Area Manager if you have recently changed address or telephone number as data information will need to be up dated. Complaints or Compliments

If you have any complaints or compliments please complete a Complaints or Compliments Form available from the front desk. Please return your completed form to the Front Desk Administrator prior to departing the centre.

First Aid and Medical Information

Jollettes Gymnastic has a fully trained first aid person to attend to any first aid situations if required. A detailed incident report form will be completed and must be signed by the parent or guardian.

In Case of an Emergency

Jollettes Gymnastics will be conducting quarterly emergency evacuation drills. Please assist us in our endeavour to supply a safe environment and follow the evacuation process as set out in our emergency procedure displayed on the front notice board.

We ask all Parents/ Guardians/ Participants to complete the Medical Information on the Member Information Form to ensure the participant is medically fit to participate in the Jollettes Gymnastic Program. A Medical Profile will need to be completed for current and ongoing medical conditions of which Jollettes Gymnastics Staff should be aware to ensure safe participation in the program. All forms can be obtained from the Front Desk Administrator.

If an Injury should occur and you require to make a Personal Accident Claim (Non-Medicare Medical reimbursement and loss of Income) contact you Area Manager (refer to numbers on opposite page).

Sick Children

Please refrain from bringing your child to gymnastic sessions if he/ she has had any Infectious ailments.

Our 1st term program includes –

Welcome Back – during the first week, gymnasts will concentrate on landings from all apparatus. Landings are a vital part of gymnastics and other sports. The children love learning how to fall safely. We teach landing drills to reduce the occurrence of injuries.

Gymnastics For All- GFA is for children of all ages & abilities. Any & all gymnastic movements - where the participant manages their body in a wide variety of situations- is the basis of GFA. Once the fundamental skills & physical abilities are developed, gymnasts can master more complex & advanced skills.

Colour Award Days

Beam, Bars, Tramp/Vault, Special Skills & Tumbling

During the term, including special theme days, all gymnasts will be working on skills from their Colour Award cards in preparation for "Colour Award Days". There are several Colour Award Days on the calendar, we like to assess the children throughout the term instead of it all being on one day.

It is important that all gymnasts attend all lessons throughout the term, coaches teach lead-up skills & break down each technique. We also include physical conditioning to enhance your child's development. When students do not attend these sessions it may prove harder for the participant to achieve their Colour Award Stripe. Gymnasts attaining a level 2 or 3 pass for all of their skills will be presented with their Colour Award Stripe. For More information about Colour Award Day please refer to our calendar (on the back) or see one of our friendly

staff.

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