



# CHALK TALK

January 2012

## WHATS NEW

### **P**rogram – NEW !

Our pre-school & beginner classes will be using a new program from the beginning of this term – we have purchased the “GymMix” program from the Australian Gymnastics Federation. Even though I hate to admit it the Aus Federation is very well resourced and with over 20 full time staff produce excellent reference material and programs – I trust that this (expensive at current exchange rates) program will go a long way to our dream of being world class in everything that we do.

## FOR YOUR DIARY

**9 January** – Office operational and high level classes fitness training

**16 January** – Classes resume for 2012 as per normal schedule

**19 – 23 January** – International training course for coaches in Pretoria for Louise & Jesse

**3 > 4 March** Coaches training course hosted at Pinetown Gym

**9 > 11 March** – Training camp for Africa Champs team members @ Matsport training centre in Pretoria

**21 March** – Public holiday – no gym classes

**24 March** – Last day of classes for Term 1 – 2012

**9 > 14 April** – Africa Championships – Tunisia

## REPORT BACK

### **A**frica Champs Team

After a very late trial event on December 9 & 10 where 7 of our boys competed we are please to announce that Lindo and Sips have been named as part of the Men's senior team that will travel to Tunisia (North Africa) in April to contest the African Championships.

