



KWAZULU-NATAL GYMNASTICS UNION

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Email to : Clubs and KZNGU Board Members
From: P Chadwick / KZNGU Office & J Schurmann
Date: 10th March 2014

CIRCULAR 05 / 2014

WAG: NANDOS SQUAD INFORMATION

WAG Nandos Training 2

Dear Club Leaders/ Coaches

The schedule for the second Nandos training on 15 March 2014 will run as follows:

10:00 – 10:15	Gymnasts receive leotards and tops
10:15 – 10:25	Photos of gymnasts in kit
10:25 – 10:30	Line up
10:30 – 10:50	Warm up
10:50 – 11:15	Rotation 1
11:15 – 11:40	Rotation 2
11:40 – 12:05	Rotation 3
12:05 – 12:30	Rotation 4
12:30 – 12:55	Rotation 5
12:55 – 13:00	Line up

The gymnasts have been grouped based on their results from the first training session:

<u>Junior 1</u>	<u>Junior 2</u>	<u>Junior 3</u>
Phume	Heidi	Abigail L
Quaid	Taylor	Joanne
Daisy	Shura	Leah
Isabelle	Kiara	Hannah
Rachel	Christel	Grace
Kay	Helen	Carla
Kyla	Erin G	Abigail P
	Jessica	

<u>Class 2 1</u>	<u>Class 2 2</u>
Aimee	Trinity
Bethany	Thea
Isabella	Demi Lee



Official Provincial Association for: Gymnastics for All, Artistic Gymnastics, Rhythmic Gymnastics, Aerobic Gymnastics, Rope Skipping and Trampoline. Affiliated to the South African Gymnastics Federation



Erin B
Skye
Jaimee
Alexandra F
Demi
Megan

Jess
Azemahle
Andrea
Alexandra N

Any other gymnasts who did not attend the first training will be put into a group on the day. They will also only receive their squad leotards at the third training.

Rotations will be as follows:

	Physical Assessment Sarah	Vault Julie Angie Mbali	Bars Tracey Corne	Beam Natalie Gail	Floor Louise Nobuhle
Rotation 1	Junior 1	Junior 2	Junior 3	Class 2 1	Class 2 2
Rotation 2	Class 2 2	Junior 1	Junior 2	Junior 3	Class 2 1
Rotation 3	Class 2 1	Class 2 2	Junior 1	Junior 2	Junior 3
Rotation 4	Junior 3	Class 2 1	Class 2 2	Junior 1	Junior 2
Rotation 5	Junior 2	Junior 3	Class 2 1	Class 2 2	Junior 1

Please note that the physical testing will not be done unless the gymnasts return the forms sent to the clubs by the Union office.

Julie Schurmann
WAG HP Co-ordinator

With thanks

Paddy Chadwick

KZNGU Administration

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