

NEWSLETTER - MARCH 2023

Welcome back everyone!! Please read all the information below.

A BIG THANKYOU - to everyone who reads our emails and follows the instructions given. You make things much easier for our coaches and committee. You also save our part time administration staff valuable time and also thereby reduce our club's costs on administration.

DRIVEWAY SPEED AND SIGNING IN

The Driveway speed in only 10 km/hour. Please adhere to the speed limit to protect our precious members and families.

Parents are also required to sign in anyone 16 years and under. If you have major difficulties with this, please send an email to info@sbagc.com.au outlining your circumstances.

OUR CLUB COMMITTEE NEEDS YOU.

We desperately need more committee members in order to remain in operation. If you can assist, please contact us via this email -

president@sbagc.com.au .

OUR AGM is on Friday 10th March at the gym.

CLUB COMPETITION

Sunday 19th March 2023

- there is a section for everyone.

See separate email.

FUNDRAISING

We are currently endeavouring to raise \$150,000 in order to replace our leaking roof. Activities are listed below but if you could assist with the setting up of a GOFUND ME page, please let us know via info@sbagc.com.au. If you can help organise any other fundraising activities we would love to hear from you. Thanks.

CAR PARK SALE - FUNDRAISING

This Saturday 4th March, 2023.

Have you donated items or offered to assist?

Please come along or tell your friends and family.

The sale will be cancelled if it is wet, if there are not enough helpers OR if there are insufficient donations.

SHOWBAGS - FUNDRAISING

Showbag orders are due on Saturday 4th March, 2023

. Please give orders to the person at the front table.

ONE MINUTE CHALLENGE

Week 8 (20th - 26th March)

Can you hop for one minute?

Gold coin donation to receive a certificate and small prize.

HOW TO PROGRESS TO HARDER SKILLS.

When your child starts at Springwood and District Citizens' Boys and Girls Club, they will start in circles. As they develop their skills and increase their strength they will progress to Stars, then to Triangles and then to either Diamonds, Advanced Boys OR Intro WG (if they are interested in doing some competitions). No one can jump a level and everyone must be able to perform the skills at each level to the required standard before progressing due to significant safety concerns.

WG is the competitive stream for Girls. In this programme, girls progress through Levels 1,2,3,4, 5 and 6.

Participants are required to attend club competition 4 times a year. Levels 3 - 6 must attend regional and state competitions. There is also a higher emphasis put on strength and flexibility work in order to facilitate the safe learning of new skills.

Trampoline and Tumbling classes are mixed levels and aim to teach tumbling skills and trampoline skills depending on the readiness of participants.

Physical Preparation is important in ALL classes in order to help prepare for harder skills and reduce the possibility of injury. Many children do not like this part of the class but it is REALLY important and performance of these activities are also checked and required at a certain level before anyone can progress to a higher level.