

Mid Island Gym
Sports
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MIGS News

Term 1 Feb 2020



WELCOME BACK!

We hope you have had a relaxing summer holiday enjoying the fabulous weather! Term 1 has started back and its hard to believe its February already!



MIGS Gym Sport Rotorua



Mid Island Gym Sports

www.migs.co.nz



March 14-15th—North Island iTRACSS Tumble Competition at MIGS

March 14-15th—MAG & WAG Senior Artistic Gymnastics Competition at Hamilton City Gymsports

March 28-29th—North Island Trampoline Competition at Icon Auckland

April 4-5th—MAG & WAG Senior Artistic Gymnastics Competition (KB Memorial) Auckland

April 9th—End of Term 1

April 10-12th—Midlands Trampoline and Tumbling Competition at MIGS

April 14-24th—MIGS School Holiday Programme

April 25-26th—MAG & WAG Senior Artistic Gymnastics Competition at MIGS

April 28th—Term 2 Starts

May 2-3rd—North Island Tumble at MIGS



Parents—You are most welcome to stay and watch your children BUT you must remain upstairs on either of the mezzanine floors

ALL children are to wear suitable clothing for classes and bring socks. Their torso must be covered. No loose or baggy shirts. Pants/shorts must be stretchy with elastic type waist, no buckles, zips, domes, studs etc. No bracelets(except Medic Alert bracelet taped down) bands, watches or fitbits. Earrings must be stud style. No necklaces, however if Taonga's arent removable they are to be firmly taped down.
****WE DO NOT hold spare leotards, socks etc****

Parents, please remember to pick your child up from inside of the gym for their safety and your piece of mind.

If you wish to talk to a coach, please do so at the end of the session or arrange a time to meet with them.

Please remember to supply your child with a water bottle especially as the hot weather continues.

Please do not park in the disabled car parks outside the front doors if you do not hold a valid parking permit.



Can you lend us a hand?

We always welcome new committee members to join us in the governance of our club, if you're keen to help out please get in contact, we'd love to hear from you!

Meet the staff.....

Each term we will profile some of our staff members so you can put a name to all the friendly faces around the gym!



Lynette Farkash

Centre Manager/Head coach of WAG and Tumbling

Having been a very successful Women's Artistic Gymnast herself (competing at the Commonwealth Games!) and a founding member of MIGS, Lynette brings a wealth of knowledge to our club. You can always contact Lynette at admin@migs.co.nz

Jo Squires

Head coach general gymnastics/WAG Step 1 coach

Jo has been with MIGS for many years and as well as being head of general gymnastics and a Step 1 coach, Jo is also the programme manager for our special needs classes and our very successful holiday programme. Contact Jo at gymforall@migs.co.nz



It is with great pleasure that we welcome you to join us at the 2020 Pacific Rim Gymnastics Championships, to be held from 17-19 April 2020 in Tauranga. The biennial event gathers the best of artistic, rhythmic and trampoline gymnastics from the Pacific Rim nations - New Zealand, Australia, Japan, Canada, USA, Columbia. For more information visit www.gymnasticsnz.com



Book your next birthday party at MIGS! We provide a party host, games and all the equipment, see www.migs.co.nz for more info



Juicies are available to purchase at MIGS! Just \$2 each! Perfect for a HOT day!

REMEMBER—Coaches are people too!
Dont forget to thank your coach!