



Circular TRA TC 15-2019

24 Jun 2019

*To: SAGF Board & TTC Members
Trampoline Coaches
All Provinces, Districts, Clubs & Members*

RE: TRA NATIONAL SQUAD TRAINING 4TH & 5TH JULY

Previous correspondence refers - the first National squad training sessions will take place Thursday 4 July and Friday 5 July at Frederika Sportstadium, Gezina, followed by the 2nd WC and WAGC trial on Saturday 6 July.

As this is a compulsory event, we assume that all gymnasts entered for the trials will participate in the National Squad Training Camp however, they must still be entered online for the event.

Squad training will consist of 3 groups

1. **SENIOR SQUAD - Level 8 and Level 7, 17-21 age group.**

Squad training: preparation for SA representation at International High Profile events and Olympic development.

2. **JUNIOR SQUAD - Level 7 age groups 11-12, 13-14, 15-16**

Squad training: preparation for SA representation at International events and preparation for senior squad.

3. **PRE-JUNIOR SQUAD - Level 6**

Squad training: preparation to compete at Level 7

All personal coaches of squad members should make an effort to attend. Please send to Tiaan at tiaanvdwalt@gmail.com the names of all coaches attending the training sessions.

All squad members must complete the Information and Indemnity forms and hand it in at the registration session before squad training starts. No gymnast will be allowed to train without registering first.

Complete the current routines and additional info on the Squad Training information forms. Mail the information to Tiaan and cc it to Cheryl. Send a printout of all training information to accompany the participants.

Provisional Training Time:

Senior squad - 8:30 Registration, followed by training until 10:45

Junior squad - 10:45 Registration, followed by training until 13:15

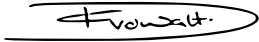
Pre-Junior Squad - 14:00 Registration, followed by training until 16:00

Camp Fee: R200.00 Cat A & R100.00 Cat C per day

All Coaches to please provide their own lunches daily – Tea, coffee, rusks and biscuits will be provided.

Coaches please ask your coaching questions during the training session, when it is possible to explain and demonstrate skills.

Kind Regards

A handwritten signature in black ink, enclosed in a hand-drawn oval. The signature appears to read "F. van der Walt".

Cheryl van der Walt
Trampoline Programme Manager