



## Western Cape Gymnastics Association

Postal Address: P.O. Box 293 Edgemead, 7407

www.westerncapegymnastics.com

NPO Registration: 142 – 856 NPO

Email: info@wcga.co.za

Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics, Eden Gymnastics, Overberg Gymnastics and West Coast Gymnastics

11 March 2016

### Course: Rope Skipping Provincial Training Camp, Coaches Course and Judges course

All rope skipping coaches and judges **MUST** attend plus anyone interested in Rope Skipping.

Dates	Friday 15 April 2016 from 14:00 to 18:00 Saturday 16 April 2016 from 08:00 to 16:00 Sunday 17 April 2016 from 08:00 to 12:00 Coaches course – Friday afternoon and Saturday morning Judges course – Saturday afternoon and Sunday
Venue	Philippi Indoor Sport Centre
Closing Date for Entries	Thursday 7 April 2016
Entry fee	Please note: <b>All entries to be done ONLINE via the registration system. ONLY registered coaches and judges can enter the course. Manuals and cd/dvd's will only be ordered for participants who have entered online.</b>  Entry fee: Free
Facilitator	Sandile Ntombela

Please bring your own lunch / refreshments

Prescribed material to bring to the Course:	New Levels Program (available from the Western Cape Website) Clicker Judges Manual (will be issued at the course) Skills DVD (will be issued at the course)
Queries and contact	Sadicka Isaacs Email: sadicka@flairs-sports.com

President: Anne Vermaak, Vice President: Michelle Kleu, Treasurer: Angelique Portelli  
Committee: Warren Buchanan, Eugene de Villiers, Melvin Edwards, Karl Schneeberger, Christo Swanepoel  
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)  
and the Western Cape Provincial Sport Confederation (WCPSC)

