

# Gymsports

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**Teacher in Charge:** tbc

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**Coach:** Julene McQuoid

**When:** Terms 1,2,3 and 4

**Where:** Hamilton and the greater Waikato area

**Fees:** Refer to the Piako Gymnastics website <https://piakogymnastics.co.nz/timetable>

**Comments:** GymSport activity is a great way to improve a range of skills, including extra strength, flexibility and balance that can support skill development for all sports.

The programme focuses on the Waikato Secondary Schools' GymSport Champs in June and the New Zealand Secondary Schools' GymSport Champs in August.

Practices for both Teen Gym and Trampoline Classes will depend on numbers and will be advised as registrations are taken.

Morrinsville College students can access Gymnastics-based sports (GymSports) through the Piako Gymnastics Club. The club offers College students a Teen Gym class that focuses on developing new skills and the opportunity to represent the school at Waikato and NZ Secondary Schools' GymSport events.

Recreational Trampoline classes are also available to college students. Entry to the competitive Trampoline is by trial.

Please note that there are additional fees for the Waikato, North Island and National Secondary Schools tournament.