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14 February, 2021.

Good evening Tri Star Families,

Sadly this is not a sweet Valentine note to you all. You are likely to have heard that Auckland will move into Alert Level 3 as of 11:59pm tonight, Sunday 14 February for at least the next three days. This means that the Tri Star facility will be closed to all members until at least Thursday 18 February. We will update you all following the governments advice prior to Thursday regarding any next steps.

For those who are new to Tri Star, firstly welcome to the club! We know how much your kids love gymnastics and the team here at Tri Star are really keen to keep your kids moving. While there will be no classes for the next few days we will be providing access to some online resources that will be useful if they do start driving you crazy! We'll send out some instructions on how to access tomorrow. Any missed classes will be able to be made up during specially scheduled classes in the April School holidays.

Competition athletes you all have your regular warm up and conditioning routines so get stuck into them as well as any low level mat based skills, (e.g. press to handstands, walkovers) that you can safely perform at home. Competition season is just around the corner and once Jacinda has this latest bout of covid licked, we want you ready to get out on the competition floor looking sharp!

Enjoy the family time everyone, and please reach out if there is anything myself or the team can do to support you in your bubbles.

Stay safe. Be kind. Breathe.

David Phillips

**General Manager**

Tri Star Gymnastics

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*Jump into it!*