

SAGF



South African Gymnastics Federation
Technical Committee
RHYTHMIC GYMNASTICS



Circular No 5

Date: 10 February 2009

**To: Regions
Board of Directors**

Re: High Performance Development Programme Manual and DVD

The High Performance Development Programme manual and DVD set is available from the SAGF office at a cost of R200.

Please order your set as soon as possible to ensure that your high performance gymnasts are preparing for the correct section for 2009.

For any information on please contact Heather either via e-mail hlmalek@gmail.com or on 082 439 2105.

The order form is attached

Regards

I.van Achterbergh

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