

JANUARY, 2026

# CLUB NEWS



## Welcome back!

Welcome back, Eclipse members! We hope you all had a wonderful Christmas break and lovely New Year. It's great to see so many familiar faces returning to gymnastics, as well as many new members joining our community. We are so glad to have you here and are very excited for the year ahead.

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# 2026 Calendar

Australia Day holiday  
**Monday, January 26th**

**NO CLASSES**

Labour Day holiday  
**Monday, March 9th**

**NO CLASSES**

Easter holidays  
**Friday, April 3rd**  
**Saturday, April 4th &**  
**Monday, April 6th**

**NO CLASSES**

ANZAC Day holiday  
**Saturday, April 25th**

**NO CLASSES**

King's Birthday holiday  
**Monday, June 8th**

**NO CLASSES**

Eclipse Invitational  
**Saturday, August 22nd**

**NO CLASSES**

EVENT: Club Competition  
**Saturday, September 12th &**  
**Sunday, September 13th**

Event for Development 1-4 &  
Gymstar 4-10

Grand Final Friday holiday  
**Friday, September 25th**

**NO CLASSES**

Melbourne Cup holiday  
**Tuesday, November 3rd**

**NO CLASSES**

EVENT: End of Year Display  
**Saturday, December 12th &**  
**Sunday, December 13th**

Event for all gymnasts in  
General Gym, Development,  
Gymstar & ALP

Last class for 2025  
**Saturday, December 19th**

**REMINDER**



Classes run as normal through  
all school holidays up until  
Saturday, December 19th.

# 2026 Club T-shirts

We are excited to announce that our new club t-shirts are now available for collection at reception. Each gymnast receives a club t-shirt as part of their registration fee. Additional t-shirts can be purchased for \$15.00.

Drop by reception to grab your gymnast's 2026 t-shirt. Available in even sizes from 2 - 14, and S, M & L. Please remember to name your shirt!



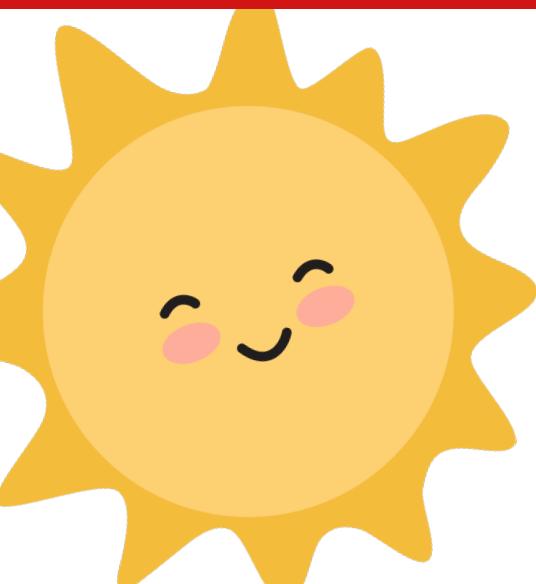
## Spectator Area Safety

To help keep our spectator area and foyer a safe and comfortable space for all families, we'd like to share a gentle reminder that these viewing areas aren't suitable for children to be running around.

We completely understand that children are full of energy and that keeping them settled can be tricky at times. If you have children with you while watching, we kindly ask that you bring along a quiet activity to help keep them occupied. We also have some small activities available at reception, such as blocks, colouring sheets and pencils, which you're more than welcome to borrow.

If devices are being used, we ask that volumes are kept low or headphones are used.

Thank you so much for your support and understanding as we work together to create a respectful and welcoming environment for everyone.



## Warm Weather

A friendly reminder that all classes still run during the warmer weather.

Our venue is fully air-conditioned (from the foyer and spectator area, right through to the gymnastics area), and lesson plans will be adjusted to suit the heat with extra drink breaks and lighter workloads. Please make sure your gymnast brings their named drink bottle to their class.

We completely understand that hot days aren't for everyone. If you'd prefer to skip a particularly hot session, you're very welcome to book a make up class within the next 10 weeks.

## Late Pick Up

The safety of our gymnasts is our top priority. This includes ensuring they are being collected safely from the gym after their class.

If you are late to pick up your child by more than 10 minutes, we ask that you please come into the gym and notify our reception staff that you have arrived. The coaches often are heading straight into another class so they cannot always supervise pick up but if there are any children waiting to be picked up after a few minutes, the coach will ask them to wait with the reception staff. We appreciate parking and getting out of the car can be an inconvenience, however this system allows us to maintain a secure and organised environment for all our gymnasts, staff, and parents.



# End of Year Gymnast Awards

Congratulations to the following gymnasts in our ALP & Gymstar Squad groups who received awards at our 2025 Gymnast Awards Day.

**Values Award** - Sophie, Elody, Charlie & Katherine

**Most Improved Overall** - Amelia, Brooklyn & Ella

**Most Improved Vault** - Arkie, Sabine, Skye & Soraya

**Most Improved Bars** - Grace, Sophie, Sienna & Ava

**Most Improved Beam** - Tiahn, Isobel, Ella & Lauren

**Most Improved Floor** - Rahni, Heidi, Ruby & Yunman

**Most Improved P/bars & Rings** - Eloise

**Gymstar Gymnast of The Year** - Alexis Milliken

**ALP Gymnast of The Year** - Kiralee Blythe



# Gymnast of the YEAR



## GYMSTAR GYMNAST OF THE YEAR - Alexis Milliken

Alexis is a great gymnast who consistently demonstrates commitment, resilience and a strong work ethic. She had a great competition season and has worked hard all year on many new skills while managing nerves with maturity and resilience.

Alexis takes responsibility for her learning by trying every skill with purpose by seeking feedback and aiming for quality. She is always ready to try again and take challenges head-on.

A good gymnast is not defined by scores or medals, but by the way they show up for themselves and for others. Alexis has attended multiple competitions of her teammates, celebrating them and contributing to a positive club environment. Alexis shows initiative and teamwork by helping with equipment set-up and pack-up, always ensuring the equipment is ready before starting. She understands that success is built not just on performance, but on attitude, accountability, and commitment to the team, making her an excellent role model within the program.

## ALP GYMNAST OF THE YEAR - Kiralee Blythe

After a challenging few years with injury, Kiralee believed 2025 would be her final year in competitive gymnastics and decided to finish her 17 year career with a strong competition season.

As Kiralee embarked on what was going to be her last competition season, she qualified for Australian Championships and was selected into the Victorian team at the Developing International level. Despite challenges leading into the event, she competed very successfully becoming the Australian champion in the All Around competition, the Australian champion on bars and was a member of the winning Developing International team.

Following her Nationals performance, she was selected onto an Australian team to compete at the Gymnova cup in Belgium which was her first selection onto an Australian team. Kiralee was then selected to attend a national team training camp at the AIS in December, with 20 of the best athletes from across Australia.

Kiralee's dedication and devotion to the sport she loves has finally paid off. She has been rewarded for persevering through many challenging years and putting trust in the process even when she wondered whether she was going to achieve her goals. There is a quote that says 'to be successful you just keep going; you celebrate the wins, you mourn the losses. You get up the next day and do it all again. Sometimes, not giving up is the bravest thing you can do'. We believe this perfectly sums up what Kiralee has been doing year in and year out, and what has ultimately brought about her success.

We are excited that Kiralee will be competing again in 2026 and has her sights set on a number of international events.

# Gymnast Dedication **AWARDS**

We recognise and thank the following gymnasts for their dedication to the sport of gymnastics and for being a valued member of our Eclipse community.

**10 Year Members** - Isobel W, Neve V, Emily W & Erin B

**12 Year Members** - Ruby H, Kate W, Gabby B, Sienna C

**15 Year Members** - Arwen H, Emma P, Caeley M

**18 Year Members** - Naomi P, Bree H, Miranda B

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# Coaching Service **AWARDS**

We thank and appreciate the following coaches for the respect, dedication, continuous improvement, excellence and integrity consistently shown to all within the Eclipse community.

**3 Year Coaching Award** - Arwen Hughes, Ava Perpoli, Emily Wilson, Kiralee Blythe, Mia Caruana, Naomi Pears

**5 Year Coaching Award** - Elaine Daw, Ella Winder, Jasmine Taylor, Katie Laukart

**8 Year Coaching Award** - Becky Lissenburg

**15 Year Coaching Award** - Emily Hill

**20 Year Coaching Award** - Tori Ricchetti



# Back to Basics!

## Why your child might be saying their class is 'too easy'

After the Christmas holiday break, we always begin the year by revisiting the basics. For parents watching from the spectator area, this might mean the classes may look a little slower, and gymnasts might even say the class is a bit easy - especially when everyone is excited to be back in the gym! Rest assured, this is completely normal and very intentional.

While we understand the gymnasts are keen to get back into their programs, time away from training over the holidays means their bodies need a gentle reintroduction. Strength, flexibility, balance, and coordination all take a small step back, even for experienced gymnasts. Temporary setbacks in these areas can also be particularly noticeable if the gymnast has grown over the break - which they tend to do! Returning to basics allows coaches to safely rebuild these areas while the gymnasts' muscles have a chance to catch up, and their brain a chance to readjust to the increased length in their arms, legs and body.

The basics are the building blocks of everything in gymnastics. Strong shapes, good foundations and body awareness are what make the next skills safer and more successful later in the year. For more advanced gymnasts, basics are not a step backwards. They are a crucial to rebuild strength and sharpen technique. Even the highest level gymnasts who train upwards of 25 hours per week regularly spend time on basics such as simply walking along the beam or practicing straight jumps and landings because they know strong foundations lead to better performance.

So while the first few weeks may feel simple, they play a big role in setting gymnasts up for a safe, confident, and successful year.

## THE MAIN POINTS

### SLOW IS FAST

- Starting slow and returning to basics at the start of the year is intentional to rebuild strength, body awareness and get the techniques correct for harder skills

### IT MIGHT BE A BIT EASY

- It's very normal for gymnasts to feel their class is a bit easy at the start of the year

### GROWTH IMPACTS

- Holiday growth spurts can impact strength and body awareness

### BASICS ARE FOR EVERYONE!

- Basics are the building blocks for all gymnastics skills so it's important we get them right
- Even the highest level gymnasts regularly do their basics, especially at the start of the year!