

Feb 2, 2024

NEWSLETTER



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.

Dates for your diary

Club Competition - Saturday, September 14th & Sunday, September 15th, 2024

Gymnasts involved: Development 1-4, Gymstar 4-10 and Pre-Competition

*** The event will run over two days but gymnasts will only compete on one of the days.*

End of Year Display - Saturday, December 14th & Sunday, December 15th, 2024

Gymnasts involved: All gymnasts in after school programs

Last day of classes for 2024 - Saturday, December 21st, 2024

Class Reminders

Public holidays

Classes will not run on any public holidays. This has been taken into account regarding your fees, and your payment for that month will be reduced accordingly. Classes run as normal on the days either side of the public holiday. Eg. no classes on Cup Day (Tuesday) but normal classes on the Monday.

School holidays

Classes run as normal through all school holidays up until the Christmas break.

2024 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 gymnasts 2024 t-shirt. Available in sizes 2, 4, 6, 8, 10, 12, 14, S, M & L.

Have you started your Eclipse t-shirt collection? If you have, we'd love to see it - send us a photo of how many you have!



Club Uniform & Training Uniform Options

General Gym - Club leotards and crop tops are optional. General Gym gymnasts can wear their club t-shirt as uniform or they can wear optional clothing for their classes.

Development - Gymnasts will need a club leotard, crop top or singlet for club events. Gymnasts can either wear club uniform or optional uniform for classes.

Gymstar - Gymnasts will need a Gymstar competition leotard or singlet for external competitions or club events. Gymnasts can either wear club uniform or optional uniform for classes.

Club uniform options:

Leotards: Red or Teal Eclipse leotard, black leotard with silver swirl, Gymstar leotard

Crop tops and singlets: Black crop top with silver swirl, Gymstar singlet top

Shorts: Black velvet shorts, teal shorts

We keep limited stock of each club uniform item, but if we don't have your size, don't worry! You can place an order with us and we will be placing bulk orders every 3-4 weeks. Once the orders are placed, please allow approximately 2-3 weeks for delivery. We'll notify you via email when your order is ready to collect from reception.

Other optional uniform suggestions and information:

Singlet or tank tops, leggings, bike shorts, leotards, crop tops

You can purchase optional gymnastics uniform from places like Kmart, Big W, Target; or here are a few businesses who specialise in gymnastics wear: Chalk Gymnastics Wear, RS Gymwear, Sylvia P, Owlete Active, Every Turn.

You can also join our 'Buy, Swap, Sell' gymnastics wear Facebook page for second hand uniform - <https://www.facebook.com/groups/2253059234779847>

Australian Levels Program (ALP) Competition Season

Naomi Pears (ALP 10, Division 2) and **Grace Gill (Senior International)** will start their competition season at the Judges Invitational at MYC Gymnastics.

Grace will then compete at two State Team Trials and Victorian Championships with a goal to qualify at Senior International and secure a place at the Australian Gymnastics Championships in May. Naomi will compete at one event with a goal to pass ALP Level 10 and qualify to compete at Victorian Championships in April.

- Judges Invitational, Feb 24/25 (Grace & Naomi)
- State Team Trial 1, March 9/10 (Grace)
- State Team Trial 2, March 17/18 (Grace & Naomi)
- Victorian Championships, April 5-7 (Qualifying gymnasts)

We wish the girls the best of luck for the start of their competition season! Keep an eye out for updates on Facebook and Instagram.

Congratulations!

A huge congratulations to 2 of our senior coaching staff, Emily Hill and Tori Ricchetti, who participated in the FIG level 2 coaching course held at the Australian Institute of Sport in Canberra from January 15th – 19th.

The girls worked very hard to complete an online course and exam to qualify to attend the practical, face to face course in Canberra. The course ran for 5 days with multiple lectures every day, culminating with a practical exam on the last day of the course with all participants having to present a 10 minute presentation of a skill they were randomly assigned at the start of the week. All the coaches had to demonstrate to the assessors and their peers a thorough understanding of the biomechanics, the physical preparation and progressions for teaching the skill, and the common errors and corrections of their assigned skill – and all in 10 minutes!!

Emily and Tori excelled, topping the course with scores of 99% and 98% respectively, coming first and second out of 63 participants.

An awesome achievement for both of them. It was a very intense week, and indeed for some months leading up to the course and we are so very proud of their commitment in doing this course to further develop their coaching skills. A great demonstration of the Eclipse values of Excellence, Continuous Improvement and Dedication!!



**Australian Institute of Sport, Canberra
January 15th - 19th, 2024**

Hiroaki Sato (Lecturer & Japanese National MAG Team Coach), Erin (Participant - Indigo Gymnastics),
Tammy Johnson (Lecturer & Gymnastics Australia Staff), David (Lecturer), Tori & Emily

End of Year Display

A few cute snaps from our 2023 End of Year Display!

