

March 20th, 2024

# NEWSLETTER



## Important dates

### Easter

**NO classes running on the following days:**

Friday, March 29th, Saturday March 30th & Monday, April 1st

### School Holidays

All other classes will run as normal throughout the school holidays.



# Welcome!

Please welcome Lola, Charli, Sian, Kaia, Montana, Hannah and Zaina to our 2024 coaching team!

We are delighted to announce that we have seven new trainee coaches joining our team this year. Our new coaches have started their journey by observing classes and getting to know the gymnasts; they have since had two full training days where they got some hands on experience learning different coaching methods, technical skill information and spotting. We are very thankful to the parents and gymnasts who came along on a Sunday to assist these coaches in their learning.

We welcome our new trainee coaches and look forward to watching their growth and impact on our gymnasts' development.

## 2024 Club T-Shirts

A reminder for you to collect your gymnasts club t-shirt from reception if you haven't done so already. We are so happy to see so many gymnasts proudly wearing their 2024 t-shirts!

We did have a huge demand for t-shirts at the beginning of the year due to an unexpected high number of gymnasts (which is awesome!), however this means we have already run out of a few sizes. We are expecting a new delivery of t-shirts, hopefully before Easter. We apologise for any disappointment if your gymnast has not yet received their t-shirt. Thank you for your understanding and patience.

## Hoodies & Uniform

We have club hoodies available for purchase from reception. Please note that we have limited sizes currently in stock. If you find that your size is currently unavailable, don't worry! We will be running a hoodie pre-order in May to give everyone the opportunity to get their preferred size. Available in junior and adult sizes.

We have a number of club training uniforms (leotards, crop tops, singlets) available from reception. You can also join our 'Buy, Swap, Sell' gymnastics wear Facebook page for second hand uniform using the link below:  
<https://www.facebook.com/groups/2253059234779847>



## Heat Policy

As we are experiencing hot weather, we want remind you that our classes will continue to run as normal. The gym area is air conditioned and we also make adjustments as necessary to our programs to make some of the activities a little less intense. Extra drink breaks are also incorporated to ensure everyone stays hydrated on those hot days.

## 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 that 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.

## Noise In Foyer

We kindly ask that during classes, if you are watching from the foyer, to please keep noise to a minimum. Our receptionists are handling phone calls and assisting other enquiries during this time, and it can sometimes be challenging for them to hear with excessive noise in the background. We appreciate your understanding and cooperation in helping maintain a comfortable environment for everyone in the club.

## Handbooks

Our club handbook will be emailed out within the next few weeks. Please take some time to have a read through to familiarise yourself with our policies.

# Congratulations!

Congratulations to Grace (Senior International) and Naomi (ALP Level 10) on the start of their competition season. While there were a few things that didn't quite go to plan, the girls took it in their stride and still came away with lots of positives.

Naomi competed her new bars routine that included a straddle back which is a huge achievement! This is a skill that Naomi has been working on since 2019 and we are so proud of the work she's put in to get this skill out on the competition floor. Naomi has also qualified to compete at Victorian Championships where she will be aiming to achieve the Level 10 pass score.

Grace competed her yurchenko layout for the first time. She also showed off a lovely bars routine and a super powerful floor routine. Grace also has lots of exciting skills in the works which we can't wait to see make their way into competition over the coming months. Grace will also be competing at Victorian Championships with a goal of achieving the Senior International pass score, as well as qualify to compete at Australian Championships.

You can check out some of their routines on our social media!



## Results

### Judges Invitational

Naomi Pears - ALP Level 10  
2nd Place Bars, 6th Place All Around

Grace Gill - Senior International  
1st Place All Around

### State Team Trial 2

Grace Gill - Senior International  
4th Place Floor, 5th Place All Around

### Victorian Championship Qualifier

Naomi Pears - ALP Level 10  
4th Place Bars, 10th Place All Around