

AUGUST, 2025

CLUB NEWS



Australian Championships Wrap

A huge congratulations to Kiralee and Indi for their outstanding performances at the Australian Gymnastics Championships in July! Both gymnasts showcased beautiful quality routines, proudly representing Eclipse Gymnastics and the state of Victoria on the national stage.

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Australian Championships Wraps

Kiralee Blythe - Developing International

- Australian All Around Champion
- Australian Bars Champion
- 2nd Place Floor
- Member of 1st Place Victorian Team

Indiana Gilson - Level 10

- 12th Place All Around
- 6th Place Bars



Indi, competing in the highly competitive Level 10, 17 years & over division, delivered a fantastic performance, securing an impressive 12th place All Around, 6th on Bars, and 9th on Floor.

Kiralee was an integral part of the Victorian team that achieved the honour of being crowned All Around National Champions in the Developing International team competition. Individually, Kiralee also dominated her division, placing a remarkable 1st All Around in the Developing International 16 & over division, 1st on Bars, and 2nd on floor.



Beyond their incredible achievements, both Kiralee and Indi demonstrated great attitudes, unwavering focus, immense determination, and exemplary sportsmanship throughout the lead up to and during the event. Their commitment to their sport is truly inspiring.

Their coach, David, extends his heartfelt gratitude and acknowledgment to the amazing support team behind both these incredible athletes. This includes their dedicated parents, all the staff at Eclipse who contribute directly and indirectly to these high-performance programs, the invaluable physios, the insightful sports psychology consultants, and the guidance of mentor judges and coaches. A special mention goes to FIG judge Helen Chamberlain and High Performance coach Jeb Silsbury for their exceptional contributions.



Congratulations again to Kiralee and Indi on a truly memorable Australian Gymnastics Championships!

2025 Calendar

**** CANCELLED CLASSES ****

Friday, August 29th

There will be NO classes running between 4.00 - 7.00pm due to the Eclipse Invitational set up. All daytime Kindergym classes will run as normal.

**** CANCELLED CLASSES ****

Saturday, August 30th

There will be NO classes running on Saturday, August 30th due to the Eclipse Invitational.

EVENT: Club Competition

Saturday, September 13th & Sunday, September 14th

Please check your email for session times and other information

Event for Development 1-4 & Gymstar 4-10

Grand Final Friday holiday
Friday, September 26th

NO CLASSES

Melbourne Cup holiday
Tuesday, November 4th

NO CLASSES

EVENT: End of Year Display

Saturday, December 13th & Sunday, December 14th

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

More information coming soon

Last class for 2025
Saturday, December 20th

REMINDER

Classes run as normal through all school holidays up until Saturday, December 20th.

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 will run on the Saturday and Monday before.

SAVE THE DATE



DARE TO *dream*

———— **END OF YEAR DISPLAY** ————
DECEMBER 13TH & 14TH, 2025





We are excited for our upcoming Club Competition for gymnasts in the Development and Gymstar programs! Each gymnast has been working hard on their routines, and we can't wait to see them show off their routines. All relevant information regarding session times has been emailed out to parents. If you haven't received this email, please don't hesitate to contact reception for assistance.

The Club Competition is a great way for gymnasts to gain valuable competition experience in the familiar environment of their own club. A reminder that class times will not change after the competition. Gymnasts will continue in their current class where they will continue to consolidate their basic skills, as well as start work on skills for their next level.

Development 1 & 2

The emphasis of the event for Development 1 & 2 is on learning how a competition runs and experiencing what it's like to perform in front of a crowd. Gymnasts will receive a certificate and collect a sticker at each apparatus when they have performed their routine. Participation medallions will be presented at the end of the competition.

Development 3 & 4

Gymnasts will compete against other gymnasts in the club at their level and will be assessed for their levels badge at the same time. Development 3 & 4 gymnasts will have their routines scored by the judges and medals will be awarded for overall places (vault, bars, beam and floor scores combined). Gymnasts will also receive a certificate and collect a sticker at each apparatus when they have performed their routine, as well as a participation medallion which will be presented at the end of the competition.

Helping Support Your Child Through Competition

Creating children who are brave enough to try to win

As we get closer to our Club Competition and competition season for our Gymstar gymnasts, we wanted to share some thoughts on how to help best support our athletes, celebrate their efforts, and help them approach competition with confidence, courage, and a love for the sport.

While competition adds an extra element of fun and excitement, our main goal when it comes to competitions is to encourage every gymnast to perform their routines to the very best of their ability. For some, this may result in a placing, but for many it won't - and that's completely okay.

We want our gymnasts to understand that it's normal to want to win, and it's equally normal for things to not always go their way. When a child admits they want to win, they're showing courage, self-belief, and a willingness to be held accountable for trying their best. When we encourage children to be brave enough to try to win, embrace challenges and give it their all, we're helping them build skills that will serve them far beyond gymnastics: courage, perseverance, and the understanding that success comes from trying, not just from the result.

We know that not receiving a placing can be disappointing, but we also believe these moments are valuable lessons that build character and determination. These moments remind children that setbacks are part of the journey and will help them learn how to manage disappointment while still being able to celebrate the success of others. Overall, we want our athletes to be proud of themselves for their hard work and courage, no matter the outcome.

As parents, you play such a major role in shaping how your child experiences competition and one of the most important things we can do is encourage our children to be brave enough to try, even when there's a chance they may not win. Wanting to win isn't about pressure or expecting perfection - it's about having a goal to work towards and learning to give their best effort. Sometimes that effort will lead to a medal, and sometimes it won't, but both outcomes are valuable. By encouraging our children to step up and give it a go, we help them build confidence, resilience, and pride in simply trying, no matter the result.

We encourage you to celebrate their small wins, and focus on their effort as this will help reinforce the idea that success is about the process and the journey rather than just medals or placings. We appreciate your support so together, we can help our gymnasts develop resilience, confidence, and a lifelong love for the sport.



THE MAIN POINTS

FOCUS ON EFFORT

- Encourage your gymnast to perform their routine to the best of their ability.
- Celebrate the effort they put on display.

BRAVERY MATTERS

- Encourage your gymnast to be brave enough to try to win.

RESILIENCE THROUGH SETBACKS

- Not receiving a placing can be disappointing, but it's a valuable lesson in handling challenges.

CELEBRATE PROGRESS

- Celebrate skill progress and personal growth, not just the medals.

Bathroom Tidiness

We kindly ask you to please remind your children to be respectful of our bathrooms during their classes. We have noticed an increase in soap and water on the floor, which can create slippery conditions, as well as paper towels and toilet paper left scattered around. Keeping the bathrooms tidy helps ensure a safe and pleasant environment for everyone. Thank you for your cooperation in encouraging respect for our facilities.

Warm Up & Training Clothing

Please ensure that your gymnast wears appropriate warm up clothing for their class. We ask that gymnasts do not wear dressing gowns, Oodles or other significantly oversized clothing while they're participating in their warm up as they can pose a safety risk. Gymnasts can wear them into the gym but they must be removed before warm up starts. Hoodies, jackets, tracksuit pants are all acceptable for warm up.

We also ask that gymnasts wear appropriate clothing during their class during cool weather. Gymnasts in Development and Gymstar programs are not permitted to train in hoodies or jackets as they pose a safety risk while performing skills. While we do have heating in the gym, if your gymnast requires some extra layers, long sleeve tight fitting tops, long sleeve leotards or ballet crossovers are all acceptable alternatives.

Names On Clothing

We have many gymnasts who wear their Eclipse t-shirts or hoodies to classes (which we love!). To prevent mix ups, please ensure that your gymnasts clothing is clearly named. This will help identify and return any misplaced items promptly.

Car Park Safety

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.

DISABLED PARKING SPOTS

We kindly ask that you do not use the disabled parking spaces without a valid permit.

CAR PARK SPEED

Please remember to slow down when driving through the car park, particularly around the corner leading to the gym entrance. With lots of cars coming in and out, and children and parents walking through the car park, we want to continue to ensure a safe environment for all. Please be sure to adhere to the signed speed limit. We appreciate, and thank you for your assistance in ensuring the safety of all who use the car park.