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Issue 3 | March 2018

## Spirit News

With Easter around the corner Spirit Gymsports wishes everyone a safe and happy Easter! A reminder that we will be closed for the long weekend opening again on Tuesday 3<sup>rd</sup> April.

As always if you have any issues please speak to your coach directly or contact Samantha at reception on 6364 0334 or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

## Volunteer Section

We are always looking for volunteers and parents wanting to help out and give back to the Club and provide the athletes with the best possible experience. From judging to floor managing at competitions there are a number of different volunteering opportunities throughout the year which the Club requires assistants. If you are interested or would like to volunteer at any of these events, please email Samantha at [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au) for further information.

### Judges Wanted!

Have you ever thought about judging gymnastics? Spirit need parent volunteers to help judge at competitions. There are many avenues that you can take, from beginner classes all the way to advanced and FIG classes and it does not matter that you have never had any prior experience. We provide all the learning tools needed to pass the course, as well as **reimbursement** for the cost of the course. If you are interested in becoming a judge or volunteering for different events, please email Debbs at [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com) for more information.

### Upcoming Judges Courses

Aerobic Gymnastics Beginner Judging Course - 10<sup>th</sup> June  
Closing date 4<sup>th</sup> June

### Gymnastics WA Paid Volunteers:

Gymnastics WA in 2018 will have paid floor manager positions which will be trailed at competitions during the Qualification Competition Season and at WA Gymnastics Championships. The position description and application is now available through the Gymnastics WA website: [www.gymnasticswa.asn.au](http://www.gymnasticswa.asn.au)

### Squad Try-Outs

We are currently offering free squad try outs. We have sessions available for boys and girls of all ages. Please contact the club office or Caroline for more details.

### Make-up lessons

As Spirit Gymsports will be closed on Friday 30<sup>th</sup> March, Saturday 31<sup>st</sup> March and Monday 1<sup>st</sup> April please be aware that all recreational classes (Wrigglers, GymFun & GymSkills) will receive a make up lesson to be used in Term 1. Please pop to reception to book this in. Squad athletes will be provided a make up lesson during the upcoming school holidays.

### Get well soon

We would like to wish Hannah the quickest of recovery after her school yard injury and hope to see her back in the gym soon. We are sending our love to Hannah and her family during this tough time.

Annual Theme: **‘Gymnastics does not build character, it reveals Character’**

## Monthly Quote

“Pain is temporary,  
greatness is forever” -  
*Unknown*

## 2018 Term Dates

T1: Monday 5<sup>th</sup> February -  
Sunday 15<sup>th</sup> April

T2: Monday 30<sup>th</sup> April –  
Sunday 1<sup>st</sup> July

T3: Monday 16<sup>th</sup> July –  
Sunday 23<sup>rd</sup> September

T4: Monday 8<sup>th</sup> October –  
Sunday 16<sup>th</sup> December

## 2018 Public Holidays

Good Friday – *Friday 30<sup>th</sup> March*

Easter Long Weekend –  
*Saturday 31<sup>st</sup> & Sunday 1<sup>st</sup> April*

Easter Monday – *Monday 2<sup>nd</sup> April*

### Certificates

Please be aware that all Wrigglers, GymFun & GymSkill athletes will be doing certificates next week (Week 9) except for the Monday athletes who will be doing it in Week 10.

### Kindergym

As of Tuesday 3<sup>rd</sup> April the cost for 1 Kindergym class will be \$15.00 per child, we will still be offering the Kindy Kards for \$110.00 for access to 10 classes.

### Clinic Open Day

Karissa Marshall an ex Spirit GymSports members who represented Australia has invited all Spirit Members to an Open Clinic Day at Heath Central where she works as a qualified occupational therapist. The clinic will be open from 11.30-2pm on Sunday the 22<sup>nd</sup> of April at 378 Oxford Street, Mouth Hawthorn. We hope to see you there!

### School Holiday Program

Please below our schedule for the school holiday program being held at Spirit GymSports during April. Please contact Samantha at reception on 6364 0334 or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au) to book your spot!



**SCHOOL HOLIDAY PROGRAM APRIL 2018** 

DAY	KINDERGYM CLASSES	SCHOOL HOLIDAY CLASSES	LIL' NINJAS CLASSES	CHEERLEADING CLASSES	GYMSPORT GALA COME 'N' TRY CLASSES
MONDAY 16 <sup>th</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm	2:00 pm - 3:00 pm		
TUESDAY 17 <sup>th</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm		2:00 pm - 3:30 pm	
WEDNESDAY 18 <sup>th</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm			2:00 pm - 3:30 pm
THURSDAY 19 <sup>th</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm	2:00 pm - 3:00 pm		
FRIDAY 20 <sup>th</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm		2:00 pm - 3:30 pm	
MONDAY 23 <sup>rd</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm	2:00 pm - 3:00 pm		
TUESDAY 24 <sup>th</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm		2:00 pm - 3:30 pm	
WEDNESDAY 25 <sup>th</sup> APRIL	<b>NO CLASSES - ANZAC DAY</b>				
THURSDAY 26 <sup>th</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm	2:00 pm - 3:00 pm		
FRIDAY 27 <sup>th</sup> APRIL	9:45 am - 10:30 am	11:00 am - 2:00 pm		2:00 pm - 3:30 pm	

### Pacific Rim

Congratulations to Sidney Stephens who has been selected for the 2018 Pacific Rim Championships in Medellin, Colombia, from April 27 to 29. We wish her all the best!

### Term 2

Term 2 is a 9-week term therefore all recreational classes will be provided a make up lesson within Term 9 which can be booked at reception during Term 2.

### It's a Boy!

Congratulations to Acrobatics coach Jac and husband Sean on the birth of their beautiful baby boy Hamish. We cannot wait to meet him!

### Squad Athletes

All squad athletes need to let Caroline know by the 6th April which sessions they will be attending in the April holidays.

**Annual Theme: 'Gymnastics does not build character, it reveals Character'**

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### Gymnastics WA Award night

Congratulations to the following Spirit members that were nominated and took out awards at the recent Gymnastics WA awards night:

- Debbs Van Hagen (Aerobic Gymnastics official of the year)
- Samantha Elkington (Aerobic Gymnastics coach of the year)
- Emma Spence (Winner of level aerobics level athlete of the year)
- Giveney How (Nominated for senior international aerobics athlete of the year)
- Rebecca Osborne (Winner of junior international aerobics athlete of the year)
- Elyse Palmer (Nominated for junior international aerobics athlete of the year)
- Alyssa Bowen (Nominated for junior international aerobics athlete of the year)
- Emily Little (WAG Senior International athlete of the year & GWA athlete of the year)
- Ciara McQueen (Nominated for WAG Junior International athlete of the year)
- Hannah Reynolds, Ella van Hagen & Alyssa Teng (Acrobatics Senior athlete of the year)
- Ruth Awange & Nadia Pang (Acrobatics Junior athlete of the year)
- Acrobatics Club of the Year Award 2<sup>nd</sup> place
- Aerobics Club of the Year Award 2<sup>nd</sup> place

### Gymnastics WA Life Members

Debbs Van Hagen at the recent Gymnastics WA awards night received a life membership to Gymnastics WA. This is a huge achievement which has taken many hours of dedication and love and from everyone at Spirit we congratulate you on this achievement and we thank you!



**Annual Theme: ‘Gymnastics does not build character, it reveals Character’**



## Results Section

### Aerobics Qualification Competition #2

- **Aerodance Junior**
  - Nicole Trofimczyk – 1<sup>st</sup>
- **Level 6**
  - Kate Belladonna 1st
- **Level 7**  
*Intermediate*
  - Rylee Poole 3<sup>rd</sup>
  - Phoebe Dyson 1<sup>st</sup>
  - Dyson/Poole Multiple 1<sup>st</sup>
  - Senior*
    - Megan Hockaday 1<sup>st</sup>
- **Level 8**
  - Emma Spence – 1<sup>st</sup>
- **Age Group 2**
  - Charlie Singleton 1<sup>st</sup>
- **Senior Elite**
  - Giveney How 1<sup>st</sup>

### Acrobatics State Team Trial

#### **Balance (National Level 6 Trio)**

-Kate Langton, Bethany Wee & Tiana Martelli

#### **Dynamic (National Level 6 Trio)**

-Kate Langton, Bethany Wee & Tiana Martelli

### WAG Qualification Competition #1

#### *Junior International*

Sidney Stephens – 1<sup>st</sup>

Grace Barry – 3<sup>rd</sup>

#### *Senior International*

Darcy Norman – 1<sup>st</sup>

### WAG Qualification Competition #2

#### *Junior International*

Grace Barry – 1<sup>st</sup>

Sidney Stephens – 5<sup>th</sup>

#### *Senior International*

Darcey Norman – 1<sup>st</sup>

### Congratulations

A big congratulation to the following Spirit athletes/coaches/team managers/judges who have made the 2018 Aerobics State Team who will be heading to the National Championships in Bendigo, Melbourne:

- Giveney How – International Elite Individual
- Charlie Singleton – Age Group 2 Individual
- Emma Spence – Level 8 Intermediate Individual
- Nicole Trofimczyk – Aerodance Junior Individual
- Paula Osborne – Team Manager
- Barbara Pearson – Team Assistant
- Rylee Poole – Level 7 Intermediate Individual & Multiple
- Phoebe Dyson - Level 7 Intermediate Individual & Multiple
- Elyse Palmer – Age Group 2 Individual
- Rebecca Osborne – Age Group 1 Individual
- Megan Hockaday – Level 7 Senior Individual
- Kate Belladonna – Level 6 Intermediate Individual
- Beverley Van Elven – Judge
- Samantha Elkington – Head Coach

### Coach Details

Please contact Caroline, Debbs, or Samantha for any issues relating to training times, coaching issues and schedules.

Caroline: [carolinewickens@outlook.com](mailto:carolinewickens@outlook.com)

Samantha: [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

Debbs: [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com)

Phone: 6364 0334



BAYSWATER  
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