

## Spirit News

Welcome to the first issue of the Spirit newsletter for 2016! We hope that everyone had a fantastic Christmas and a wonderful New Year, and are feeling energized ready for an exciting and sensational year ahead. This issue of the Spirit newsletter includes some vital information about re-enrolling for this year, as well as the school holiday program that we have going on at the moment, so please make sure that you read this issue carefully.

### Congratulations:

Massive congratulations to Jaclyn and Shaun Rhodes on the birth of their second child, Charlotte Audrey who was born on January 6<sup>th</sup>, weighing in at 3.5kg. Jaclyn is one of our Acro coaches, and both mum and baby are doing well 😊

### Welcome:

We would also like to welcome Nicole Tolhurst who will begin coaching with us at the start 2016 at our Belmont branch in the competitive program. Nicole was previously an artistic gymnast, acrobat and coach at Spirit and we look forward to welcoming her back to our coaching team this year.

### Uniform Sales:

We are now selling e Gymnastics/ Spirit GymSports Polo Shirts and tracksuits! If you would like to order any uniform items please contact Samantha on 6364 0334, as they are available from Belmont reception for \$30 by filling in an order form. Alternatively Subiaco reception will also have order forms, so please complete a form and your uniform will be available for you there.



### Annual Theme:

As we are now in a new year, we would love suggestions for the theme for this year. Last year's theme was from Debbs van Hagen with 'You don't have to see the whole staircase, just the first step.' If you have any suggestions for this year please email Lauren at [lauren@efireandsafety.com.au](mailto:lauren@efireandsafety.com.au)

### General Reminder:

We are **still** receiving payments into the old Westpac account, so when making payments please ensure you are paying into the **new** NAB account. We are wanting to close the Westpac account as soon as possible, however this cannot be achieved if payments are still being made into that account. New bank details are as follows:

BSB: 086 131

Account Number: 73200-1973

**Annual Theme: Please email in your suggestions!**

### Monthly Quote

"Yesterday is history.  
Tomorrow is a mystery. Today  
is a gift. That's why we call it  
the 'Present.'" -*Eleanor  
Roosevelt*

### 2016 Term Dates

#### Competitive Term Dates:

T1: Monday 1<sup>st</sup> February-  
Sunday 10<sup>th</sup> April

T2: Tuesday 26<sup>th</sup> April- Sunday  
3<sup>rd</sup> July

T3: Monday 18<sup>th</sup> July- Sunday  
25<sup>th</sup> September

T4: Sunday 9<sup>th</sup> October-  
Saturday 17<sup>th</sup> December

#### Recreational Term Dates:

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### 2016 Public Holidays

Australia Day- Tuesday 26<sup>th</sup>  
January

Labour Day- Monday 7<sup>th</sup> March

Easter-Friday 25<sup>th</sup> March-  
Monday 28<sup>th</sup> March

Anzac Day-Monday 25<sup>th</sup> April

WA Day-Monday 6<sup>th</sup> June

Queen's Birthday-Monday 26<sup>th</sup>  
September

## 2015 End of Year Display

The end of December 2015 saw the gymnasts from the WAG, MAG, Team Gym, Acro and Aero sports participate in an end of year display showcasing all that they had learnt throughout 2015. As well as this awards were handed out for the most improved athletes in their respective groups. A full summary can be found below.

This was a fantastic event and all the gymnasts had a wonderful time showing their parents what they had learnt throughout the year. As always it goes without saying that without the continued support from parents and family members' afternoons like this would not be possible. The Directors of Spirit would like to say a massive thank you to all the parents for their continued support in assisting with the program, and we look forward to an even bigger and better 2016!



## Registration and Open Days

This year's registration and open day will be split into two parts, one for re-enrolling your child, and the other for a developmental assessment if your child is interested.

### Registration and Open Day

The registration and opens days is open to all current and prospective gymnasts interested in enrolling into any class in 2016. This is to have a try on our circuits and find out all the information when registering with our club in 2016, and this is open to ALL ages. This will be run at our Belmont venue (28 Belgravia Street, Belmont) which will be open for four hours, so come down and see us anytime during the four hours, or stay for the whole time!

#### Days and Times:

Thursday 21<sup>st</sup> January, 9.30am-2.30pm

Saturday 23<sup>rd</sup> January, 10.00am-2.00pm

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## Competition and Development Program Assessment Day

This day is for all existing or prospective athletes at Spirit who are interesting in our 2016 Competition and/or Development Programs for the gym sports listed below. We will be holding this session to see which level/class your child will be best suited for. This assessment will be held at the Belmont venue, 28 Belgravia Street, Belmont.

The gym sports we will be testing are:

<b>Women's Artistic Gymnastics</b>	<b>Men's Artistic Gymnastics</b>
<b>Rhythmic Gymnastics</b>	<b>Aerobics</b>
<b>Acrobatics</b>	

**Day:** Saturday 23<sup>rd</sup> January

**Time:** 10.00-11.00am

**Entry Fee:** \$5 to cover coaching costs

## School Holiday Programs

This January we are offering a school holiday program which will be for all children aged three and older. The cost for these classes are \$15 per class and spots are filling up quickly. If you would like to secure a spot for you child please ring Samantha on 6364 0334 or 0432 323 835, or alternatively you can email [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au) to obtain your enrolment from to complete and return. The session dates and times are outlined below, and all sessions will be run at our Belmont venue at 28 Belgravia Street, Belmont.

**Session 2:** Friday 8<sup>th</sup> January 10.00-12.00pm      **Session 3:** Monday 11<sup>th</sup> January 10.00-12.00pm

**Session 4:** Wednesday 13<sup>th</sup> January 10.00-12.00pm      **Session 5:** Friday 15<sup>th</sup> January 10.00-12.00pm

**Session 6:** Monday 18<sup>th</sup> January 10.00-12.00pm      **Session 7:** Thursday 28<sup>th</sup> January 10.00-12.00pm

**Session 8:** Saturday 30<sup>th</sup> January 10.00-12.00pm

## Kindy Gym Holiday Program

We are pleased to announce the introduction to our first Kinder Gym class during the school holidays! This class will be run at the Belmont venue (28 Belgravia Street, Belmont) and will be open for all children aged 1-4 years. The session will be held on **Thursday 14<sup>th</sup> of January from 10.00-12.00pm**, so if you are interested in registering

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Queen's Birthday-*Monday  
26<sup>th</sup> September*



Belmont-28 Belgravia Street, BELMONT WA 6104  
 Subiaco PCYC- 450 Rokeby Rd, SHENTON PARK WA 6008  
 Phone (08) 6364 0334 | Fax (08) 9371 1044  
 Mobile | 0432 323 835  
 Email | [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au)  
 Website | [www.spiritgymnsports.com.au](http://www.spiritgymnsports.com.au)



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you child for this class, please contact Samantha on 6364 0334 or email [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au) to register for the class.

## Adult Classes

Due to popular demand our Adult Gym classes will be back this coming Tuesday 12<sup>th</sup> of January and not be taking a break for the January school holidays. The sessions are held every Tuesday night and run from 6.30pm-8.00pm. Remember experience is not a requirement and everyone is welcome! We look forward to seeing all our existing members and any new members to start of 2016 with a bang!

## Membership Forms

At the start of every year every member, new or old, is required to fill in a membership form for registration and insurance purposes. Please make sure you have filled in a form BEFORE your child starts training this year as this is a requirement for every athlete wanting to participate in gymnastics. Forms will be available at both the registration and open days, as well as the competition and development day. If you are unable to attend either of these days forms will also be available at Belmont or Subiaco receptions, alternatively you can email Samantha at [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au) to be sent an electronic copy to fill in.

The classes that we will be offering this year are:

Men's Artistic, Women's Artistic, Rhythmic, Acro and Aero, and Recreational classes including Kindy Gym, Wridders, GymFun, GymSkills, Team Gym, Cheerleading and Adult Gymnastics.

## Coach Details

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

Caroline: [carolinewright\\_sg@hotmail.com](mailto:carolinewright_sg@hotmail.com)

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

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

Phone: 0432 323 835 or 6364 0334



Be sure to like us on our new Facebook page!

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