



28 Belgravia Street, BELMONT WA 6104
Phone (08) 6364 0334 | Fax (08) 9371 1044
Email | egymnastics@inet.net.au
Website | www.spiritgymnsports.com.au



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Spirit News

Congratulations to all the athletes, coaches, officials & volunteers who recently participated in the 2018 WA Junior Gymnastics Championships. We had some amazing results across all the gymnsports. It was fantastic to see all the hard work paying off with the great performances across two very long weeks. The final competition for 2018 is for TeamGym being held on Sunday 4th November and we wish them the best of luck!

The focus for many of the classes for the rest of the term will be on new skill development as well as preparation for the end of year display.

As always if you have any questions or concerns please speak to your coach directly or contact Samantha at reception on 6364 0334 or egymnastics@inet.net.au

Volunteer Section

We are always looking for volunteers & parents wanting to help and give back to the Club. From judging to floor managing at competitions there are several different volunteering opportunities throughout the year. If you are interested in volunteering at any of these events, please email Samantha at egymnastics@inet.net.au for further information.

Make-up lessons

Just a reminder that if your child is unwell and unable to attend a class please make sure you provide us with a medical certificate so that we can book them into a make-up lesson or provide a refund.

End of Year Display Day

Saturday December 15th will be our End of Year Display Day! Make sure to put this in your diary, it will be held at the Loftus Centre, 99 Loftus Street Leederville and start at 1:00pm with a 12:45pm athlete arrival.

FitKidz

Spirit Gym Sports has a brand-new class for ages 6+ called FitKidz! The class format is circuit based with children learning coordination through aerobic steps & fitness through the energy filled pace of this class. Children will have the opportunity to utilise all the equipment in our gym including the trampoline, bars, beams and boxes. This class is being held on Saturday's from 11:00am – 12:00pm and is free to trial! Come down and experience FitKidz!

Dance

Spirit Gym Sports now offers a dance class with Tammy for all squad athletes on Friday's from 5:30pm – 7:30pm in Hall 1 with the cost being \$15.00 per session. Please contact Debbs Van Hagen at debbsvanhagen@hotmail.com if you would like to register for this class.

Acrobatics 101

Acrobatics 101 is a new class that has commenced in Term 3. This class is being held on Saturday's from 12:30pm – 2:00pm and teaches children aged 6 – 12 to tumble. Please send your expression of interests to either debbsvanhagen@hotmail.com or egymnastics@inet.net.au

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

Monthly Quote

"Practice creates confidence. Confidence empowers you." - *Simone Biles*

2018 Term Dates

T1: Monday 5th February - Sunday 15th April

T2: Monday 30th April – Sunday 1st July

T3: Monday 16th July – Sunday 23rd September

T4: Monday 8th October – Sunday 16th December

2018 Public Holidays

Queen's Birthday – Monday 24th September

Results Section

2018 WA Junior Gymnastics Championships

Rhythmic Gymnastics

Level 3

- Klara Tilbee – 5th Freehand, 5th Rope
- Kayla Tucknott – 5th Ball
- Level 3 Team – 3rd

Level 4

- Elissa Campbell – 3rd Rope

Level 6

- Joy Wang – 5th Freehand, 3rd Ball, 6th Club, 5th Ribbon, 4th Overall



Aerobics Gymnastics

Aerodance Division 2

- Emma Spence, Kate Belladonna, Phoebe Dyson, Olivia Binkhorst & Rylee Poole – 1st

Women's Artistic Gymnastics

State Level 3

- Cara Zappia - Gold
- Jessica Hersey - Gold
- Livinia Armstrong – Bronze
- Millie Stancil – Bronze
- Lara Ionata – Bronze
- State Level 3 Team – 2nd

National Level 3

- Fiona Moores – Gold
- Sara Browne – Silver
- Tahlia Martin – Silver
- Annabel Christie-Stolt - Silver

Level 4

- Holly Summers – 1st AA, 2nd Beam, 2nd Floor, 3rd Vault, 4th Bars
- Carmen Tupicoff – 3rd AA, 3rd Bars, 3rd Beam, 3rd Floor, 5th Vault
- Stephanie Tan – 3rd AA, 4th Bars, 4th Floor, 5th Vault
- Zoe Green – 9th AA, 4th Bars, 5th Floor
- Sarah Hagan – 16th AA, 9th Bars
- State Level 4 Team – 6th (out of 25!)

National Level 5

- Aleisha Patriarca – 9th AA, 3rd Vault, 4th Floor
- Kiera Hughes – 11th AA, 6th Vault, 8th Bars



Men's Artistic Gymnastics

State Level 2

- Jack Jennings - Bronze

State Level 4

- Noah Rucklidge – 2nd Rings, 3rd Floor, 5th High Bar, 6th Pommel, 6th Vault & 6th AA



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Acrobatic Gymnastics

National Level 4 pair

- Andie Petzke & Bella Critch- Silver
- Chanel Barclay & Yoshie Watters - Bronze

National Level 4 Trio

- Bethany Wee, Tiana Martelli, Jarrah Swan - Silver

National Level 5 pair

- Ruth Awange & Nadia Pang - Gold

National level 5 trio

- Kiri Penter, Mikayla Scerri, Izzy McQueen - Gold
- Abby van Hagen, Eryn Major, Janaya Doyle – Silver



Coach Details

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

Caroline: carolinewickens@outlook.com
 Debbs: debbsvanhagen@hotmail.com

Samantha: egymnastics@inet.net.au
 Phone: 6364 0334



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