



Belmont-28 Belgravia Street, BELMONT WA 6104
Subiaco PCYC- 450 Rokeby Rd, SHENTON PARK WA 6008
Phone (08) 6364 0334 | Fax (08) 9371 1044
Email | egymnastics@iinet.net.au
Website | www.spiritgymnsports.com.au



Issue 5 | May 2016

Spirit News

Welcome back to Term 2, we hope everyone is settling back into their classes smoothly. If there are any issues please talk to your personal coach or ring Samantha at reception on 6364 0334, or email egymnastics@iinet.net.au.

If you haven't already, you should be receiving invoices soon for Term 2 fees. Please ensure that these are paid promptly otherwise this may result in suspension from classes. If you have not received an invoice by the end of the week please email marketing@efireandsafety.com.au and we will rectify this.

If you are a competitive gymnast and have any queries regarding this newsletter please contact Caroline carolinewright_sg@hotmail.com for clarification.

Mother's Day Team Challenge:

The Mother's Day Team Challenge is the Saturday, and by now hopefully everyone has seen information floating around regarding this event! With any luck a few mothers and teams have already signed up to participate in the Challenge! There is still time to get a team together, which includes a mum and 1-3 children for a maximum of 4 participants, and go head to head with other teams. Attached is a flyer for more information, and if you would like to take part please RSVP by following the link below or email egymnastics@iinet.net.au. We hope to see all mums there showing their children how gymnastics is really done!

Event: Mother's Day Team Challenge

Date & Time: Saturday 8th May, 3.00-5.00pm

Venue: 28 Belgravia Street, Belmont

Link: <https://mothersdayteamchallenge.splashthat.com/?preview>

Public Holidays:

This year no classes, competitive or recreational, will be running on public holidays. If your child's normal class falls on a public holiday please either contact your group coach, or Samantha at Belmont reception to arrange a replacement or make-up class.

Please note: Make-up classes are for public holidays and medical conditions requiring a medical certificate ONLY. Make-up classes are not if a session is missed for any other reason. These make-up classes need to occur in the term in which the public holiday was in, or if you are a competitive athlete these are available and provided in the school holidays.

New Classes at Belmont:

We are pleased to announce that we are offering new classes at Belmont. The new classes on offer are Team Gym, Cheerleading, Acrobatics/Tumbling and Men's Gymnastics. Details of all the classes are below, and if you would like to enroll in these classes please contact Samantha; egymnastics@iinet.net.au

Annual Theme: 'I cannot give you the formula for success, but I can give you the formula for failure - which is: try to please everybody'

Monthly Quote

"You get the best effort from others not by lighting a fire beneath them, but by building a fire within" - *Bob Nelson*

2016 Term Dates

Competitive Term Dates:

T2: Tuesday 26th April- Sunday 3rd July

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

Recreational Term Dates:

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2016 Public Holidays

WA Day-Monday 6th June

Queen's Birthday-Monday 26th September



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Team Gym:

Beginner: 5.30-6.30pm Monday and Wednesday

Intermediate: 5.30-7.30pm Monday and Wednesday

Cheerleading:

5.30-6.30pm Tuesday

Acro/Tumbling:

5.00-7.00pm Thursday

2.00-4.00pm Saturday

Men's Gymnastics:

National Level 1 & 2: 4.00-6.00pm Wednesday

Assessment Days:

The purpose of these assessment days was to make sure that every child is placed into the appropriate competitive class for them to achieve their goals. As every athletes needs differ we are aiming to run more assessment days throughout the term, and school holidays. If you would like your child to have an assessment please contact your group coach and this can be arranged. Please be aware that this comes with a \$5 charge to cover the cost of the coach's time.

Spirit Requires more Acrobatic Athletes!

Are you looking for a dynamic and spirited sport that builds confidence and camaraderie among participants? Sports Acrobatics is the perfect sport to teach your child balance and co-ordination as well as sharing in the benefits of working within a team environment. This is a fun and challenging gym sport involving gymnasts working alone, in pairs, trios and groups performing balances, throws, catches and tumbling. Programs suitable for both girls and boys and are based on the Gymnastics Australia National Sports Acrobatics program. Competitive classes training sessions run on Mondays, Wednesdays, and Sundays at Subiaco and you will need to book in with our coaches for a trial. Recreational classes are held at Subiaco, Sundays 12-2pm. Phone Samantha on 6364 0334 or email egymnastics@iinet.net.au to organise a FREE TRIAL.

Bullying:

Unfortunately there has been some recent incidences of bullying that has been occurring throughout the club, which has been brought to the clubs attention. We have a very strict code of conduct which states that Spirit does not tolerate any anti-social behavior throughout the club and this includes treating people, particularly other athletes, coaches and parents with the upmost respect. If you feel like you or your child are being bullied please contact the club immediately.

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State Team Nominations

Congratulations to all members of the 2016 Gymnastics WA State Team that will be travelling over to Melbourne to compete at the 2016 Australian Gymnastics National Championships. We have a number of our Spirit Athletes representing their State at various levels and we wish them all the best!

Senior International

- Emily Little
- Darcy Norman

Junior International

- Lily Gresele

International Level 10

- Sidney Stephens
- Dayna Suliman

Officials

- Barbara Smith- Rhythmic Judge

In addition to the Australian National Championships, this competition will be held in conjunction with the 2016 Olympic Trials. We have 2 members of Spirit who are in competing for the 1 hotly contested position, which will be announced at the end of the Championships. Good Luck to Emily Little (Athlete) and Lauren Mitchell (Director), as they battle it out with the rest of Australia.

Results

Congratulations to everyone who has competed both domestically and internationally in the recent competitions.

International Competitions

- **Pacific Rim Championships (Seattle)**
 - Emily Little – 3rd Team, 7th Vault Finals
- **Olympic Test Event**
 - Emily Little – 5th Team, 3rd Vault Finals

Spirit would like to say a huge congratulations to Emily for her recent efforts over the past few months, in particular at the Rio Test Event. Australia had to finish in the top 4 Teams to qualify a team for Rio, which unfortunately they finished 5th, to only secure one position for the Olympic Games. However, Emily did brilliantly coming back to win a bronze medal on Vault. Well done again Emily, we are all so proud of you!

Domestic Competitions

- **WAG Elite Challenge #1**
 - **Junior International**
 - Lily Gresele – 1st AA
 - **IL 10**
 - Dayna Sulaiman – 2nd AA

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- Isabelle McQueen – 3rd AA

Autumn State Championships

- **WAG**
 - **Senior International**
 - Darcy Norman – 3rd AA, 3rd Vault, 2nd Uneven Bars, 5th Balance Beam, 5th Floor Exercise
 - **Junior International**
 - Lily Gresele- 1st AA, 1st Vault, 1st Uneven Bars, 1st Balance Beam, 1st Floor Exercise
 - **IL 10**
 - Dayna Sulaiman – 5th AA, 5th Vault, 5th Uneven Bars, 4th Balance Beam, 8th Floor Exercise
 - Isabelle McQueen – 7th AA, 7th Vault, 8th Uneven Bars, 7th Balance Beam, 2nd Floor Exercise
 - Grace Barry – 8th AA, 4th Uneven Bars, 5th Balance Beam, 4th Floor Exercise
 - **NL 7 Junior**
 - Sophie Mowe – 26th AA, 13th Vault, 28th Uneven Bars, 24th Balance Beam, Tie 16th Floor Exercise
- **RG**
 - **Level 7 Open**
 - Aloyse Murray – 8th AA, 9th Rope, 7th Hoop, 8th Clubs, 6th Ribbon

Upcoming Competitions

We have many athletes competing in upcoming competitions which are going to be held at the State Gymnastics Centre. It would be fantastic if members of the club are able to come and support these athletes, as it makes the atmosphere of the competitions more uplifting and exciting for all those competing. Details of the upcoming competition is below. We hope to see some Green and Purple in the crowd cheering loudly! If you would like any more information on the upcoming competitions please visit the Gymnastics WA website <http://www.gymnasticswa.asn.au/>

Event: AERO Series #1

Date: 22nd May

Venue: State Gymnastics Centre, Hall 2

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Coach Details

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

Caroline: carolinewright_sg@hotmail.com

Debbs: spiritgymnsports@hotmail.com

Samantha: egymnastics@inet.net.au

Phone: 6364 0334



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BAYSWATER
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BOUNCE^{INC}
FREE-
JUMPING
REVOLUTION

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