



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
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Issue 6 | June 2016

Spirit News

Term 2 has become increasingly busy but hopefully everyone is having fun and enjoying all their classes! If there are any issues with any classes 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 have received invoices for Term 2 fees. Thank you to everyone who had paid promptly. If your invoice is still outstanding please make sure that this is paid as soon as possible, otherwise this may result in suspension from classes. If you have any queries with any outstanding invoices please contact Val via email marketing@fireandsafety.com.au and she will handle any issues.

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

Mother's Day Team Challenge:

The Mother's Day Team Challenge was a great success with a total of 8 teams participating, and everyone left with a smile on their face, a sense of achievement and a congratulatory certificate. Congratulations to the winning team **The Goldies**, and to everyone that participated in the challenge. Be sure to look out for our next team challenge- Family Olympic Fun Day.

Term 3 Enrolment:

For term 3 Spirit will be trialing a new enrolment process with the aim to keep enrolment as simple as possible. By the end of week 8 of this term we will be sending out invoices for term 3 based upon what classes your child was training in term 2. This invoice will need to be paid by the start of term 3 to secure your place for the coming term. This allows a month for payment, and if this is not paid by the start of term there will be no guarantee of a place in your preferred class. When you are sent your invoice and if you would like to change classes, hours per week or unenroll, please inform Samantha at Belmont reception on 6364 0334 or email her at egymnastics@iinet.net.au and she will change your times and you will be issued with a new invoice. Again, this will have to be paid before the next term to secure your place.

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:

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

"Try not to become a person of success, but rather to become a person of value"-
Albert Einstein

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

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2016 Public Holidays

WA Day-*Monday 6th June*

Queen's Birthday-*Monday 26th September*



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

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

School Holiday Program:

It's only halfway through term 2, however we are already looking forward to the July School Holiday Program! There will be a total of 8 sessions run throughout the holidays, with classes for specific age groups. Six sessions will be for children aged 5-12 and the remaining 2 sessions will be for under 5 year olds. The program will be run at our Belmont facility, 28 Belgravia Street, Belmont with the dates and times of the sessions below. The cost will be \$15 per session and if you would like your child to attend any or all of the sessions please fill in the attached form and hand it back to Samantha at Belmont reception, either in person or via email (egymnastics@iinet.net.au), prior to the holidays. Spots will fill up quickly, therefore it is first in first served!

Session 1: Monday 4th July, 10am-12pm

Session 2: Wednesday 6th July, 10am-12pm

Session 3: Thursday 7th July, 10am-11am (Under 5's)

Session 4: Friday 8th July, 10am-12pm

Session 5: Monday 11th July, 10am-12pm

Session 6: Wednesday 13th July, 10am-12pm

Session 7: Thursday 14th July, 10am-11am (Under 5's)

Session 8: Friday 15th July, 10am-12pm

Quiz Night:

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Spirit Gym Sports are planning on having a Quiz night at the start of August, in conjunction with the Opening Ceremony of the Rio Olympics. Each table will consist of 10 team members, with the highest scoring team winning the overall prize. The quiz night aims to raise much needed funds for equipment for the club, to ensure we can supply the best possible coaching experience for our athletes. At the moment this is a save the date invite and a chance for you to start to think about getting a team together (with all your cleverest friends!) with more details to come as they become available.

Date: Friday 5th August
Time: TBC
Venue: TBC

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.

Nutrition Newsletter:

Attached is a nutrition newsletter written by Roslyn Giglia at the Telethon Kids Institute. It is a very good read and talks about eating right for gymnastics.

Team Selections

International Selection

Congratulations to the following Spirit athletes who have been selected to represent Australia at the 2016 Aerobic ANAC International Aerobic Championships! These athletes have been selected to represent Australia as a Varsity AD Team, well done to all involved!

Athletes

Coach

- | | |
|--|--|
| <ul style="list-style-type: none"> - Francesca Strangio - Charlotte Singleton - Elyse Palmer - Eleri John - Oliva Osborne | <ul style="list-style-type: none"> - Samantha Elkington |
|--|--|

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Results

Congratulations to everyone who has competed in the recent competitions.

Domestic Competitions

- **AERO Series #1**
 - **Level 2 Intermediate**
 - Johanna Hobday - 1st
 - **Level 4 Junior Individual**
 - Nicole Trofimczyk - 4th
 - **Level 4 Intermediate**
 - Kate Belladonna – 1st
 - **Level 5 Junior**
 - Elissa Campbell – 1st
 - **Level 6 Intermediate**
 - Phoebe Dyson -1st
 - Rylee Poole – 2nd
 - **Level 6 Senior**
 - Megan Hockaday – 1st
 - **Level 7 Intermediate**
 - Olivia- Jane Osborne – 2nd
 - **Level 7 Senior**
 - Eleri John – 1st
 - **Age Group 1**
 - Francesca Strangio – 1st
 - **Age Group 2**
 - Elyse Palmer – 1st
 - Charlie Singleton – 2nd
 - **Aerodance Intermediate Group**
 - Consisting of Olivia-Jane Osborne, Elyse Palmer, Charlie Singleton, Eleri John & Francesca Strangio – 1st
 - **National Development**
 - Rebecca Osborne – 2nd
 - **Senior Female Individual**
 - Giveney How – 1st
- **Badge Testing**
 - **Congratulations to all who competed, and thank you to the judges for all their support.**
 - Emily Hildebrand – Level 1: Gold Pass
 - Klara Tilbee – Level 1: Silver Pass
 - Kirrali Richmond – Level 1: Silver Pass
 - Emilee Menzel – Level 2: Silver Pass
 - Elissa Campbell – Level 4: Silver Pass
 - Layla Zhubayeva – Level 4: Silver Pass
 - Ciara Fraser – Level 5: Silver Pass
 - Sandrine Burgess - Level 6: Gold Pass
 - Rosie Ebert – Level 7: Gold Pass

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Interstate Competitions

- **National Championships**
 - **IL 10**
 - Sidney Stevens – 1st Team, 2nd Vault, 1st Bars, 1st Floor
 - Dayna Sulaiman – 6th Bars
 - Grace Barry – 1st Team, 2nd All Around, 3rd Vault, 4th Bars, 5th Beam, 4th Floor
 - **Junior International**
 - Lily Gresele – 6th All Around, 2nd Bars, 8th Beam, 5th Floor
 - **Senior International**
 - Emily Little – 2nd Team, 3rd All Around, 1st Vault, 2nd Beam, 2nd Floor
 - Darcy Norman – 2nd Team, 9th All Around, 7th Bars

Upcoming Competitions

There are a few competitions coming up, which we would love to see some Spirit members supporting everyone who is competing. The competitions are for our MAG and WAG competitive athletes to be held on July 1st-3rd at the State Gymnastics Centre. There is also the Areo Series 2 and MAG Assessment day to be held on 17th of July and 30-31st of July, respectively. More information can be found on the Gymnastics WA website.

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@iinet.net.au

Phone: 6364 0334



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**FREE-
JUMPING
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