



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@inet.net.au
Website | www.spiritgymnsports.com.au



Issue 8 | September 2016

Spirit News

We've had a number of competitions the last few months, and we have many events coming up therefore this is a very full newsletter congratulating all our athletes for their recent competitions and wishing luck to all those who still have competitions to come. We also have a number of exciting fundraising events coming up, including a movie night and a bingo night! All of these events will be raising money for the club for much needed equipment and it would be fantastic if we could see all our Spirit members get behind these events. The only way that these events are successful is if we have the support from all our members because ultimately the end goal is for all our gymnasts to have as much fun as possible and achieve their own personal goals. Full details of all fundraising events can be found below.

As there are a large number of competitions and events coming up in the next few months, if they haven't already all the competitive athletes will be receiving invoices. These need to be paid within 7 days, as Gymnastics WA has a very short turn-around time, and strict policy with payment. Failure to do so could result in your athlete not being entered into the competition or event.

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

Belmont Competitive Classes:

If you are not already aware we are holding competitive classes in Hall 2 at Belmont. Competitive classes differ from recreational classes as it gives the gymnasts an opportunity to compete at different levels. If you already attend recreational classes at Belmont in Hall 1, and you would like to try our competitive gymnastics please contact Caroline (carolinewright_sg@hotmail.com) to arrange a trial.

Dropping Off and Picking Up:

Please be aware when dropping your child off, or if you are car-pooling and dropping other children off as well, please wait until class has started before leaving. This is particularly important at the start of Term to ensure payment has been taken. We don't want to stop the gymnasts from training while payment is being chased up, as this is unfair for the child. When picking up your child please ensure you do so on time. We understand that sometimes this is unavoidable, however if you are repeatedly picking your child up late please make a conscious effort to be there on time. Thank you in advance!

Fundraising Events

Spirit are holding a number of fundraising events from now until the end of the year with all funds raised going directly back to the club to help enhance our standing in the gymnastics community. This includes purchasing new equipment, holding competitions and events and creating a fantastic environment for our gymnasts to train in. The only way that we are going to be able to achieve this is if we have the **full support** from everyone in the Spirit community. As we have a number of events which are going to be held, there should be something for everyone!

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

"It does not matter how slow you go, as long as you don't stop"- Confucius

2016 Term Dates

Competitive Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

Recreational Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

2016 Public Holidays

Queen's Birthday-Monday 26th September



Bingo Night:

Eyes down and get ready for Spirits Bingo Night! An oldie but goodie, Spirit are planning on having a bingo night on Saturday 12th of November. As with every good Bingo night there is very little skill involved, and the luckiest person there will take home top prizes! Entry will cost \$5, however this will also include a Bingo dabber upon entry. A raffle will also be conducted on the night, with some awesome prizes to be won. Come alone, or bring a whole host of friends and family and compete against them. Every round will cost between \$2-\$5, with doors open at 6pm and the first round starting at 6.30pm. Bring your own food along, and drinks will be available to purchase at the bar.

When and Where: Saturday 12th of November, doors open at 6, first round to start at 6.30pm

Cost: \$5 per entry (including a dabber) and \$2-\$5 per round

Venue: Stirling Panthers Soccer Club, Corner of Langley Cres and Crocker Rd, Innaloo

RSVP: Please RSVP using the attached form by November 9th

School Holiday Program

It's only halfway through term 3, however we are already looking forward to the September School Holiday Program! There will be a total of 7 sessions run throughout the holidays, with classes for specific age groups. 5 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@inet.net.au), prior to the holidays. Spots will fill up quickly, so it is first in first served!

Session 1: Wednesday 28th September, 10am-12pm

Session 2: Thursday 29th September, 10am-11am (Under 5's)

Session 3: Friday 30th September, 10am-12pm

Session 4: Monday 3rd October, 10am-12pm

Session 5: Wednesday 5th October, 10am-12pm

Session 6: Thursday 6th October, 10am-11am (Under 5's)

Session 7: Friday 7th October, 10am-12pm

Results

There have been many competitions held over the last month, congratulations to everyone who has taken part. Below are the results from the many competitions.

Domestic Competitions

- **MAG Assessment Day**
 - **Level 3**
 - Thomas Parsons – 1st AA, 2nd Floor, 1st Pommel, 1st Rings, 1st Vault, 1st P-Bars, 1st High Bar

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

"It does not matter how slow you go, as long as you don't stop" - Confucius

2016 Term Dates

Competitive Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

Recreational Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

2016 Public Holidays

Queen's Birthday-Monday 26th September

- Noah Rucklidge – 2nd AA, 1st Floor, 3rd Pommel, 2nd Rings, =3rd Vault, =2nd P-Bars, 2nd High Bar
- Ciaran Doyle – 3rd AA, 5th Floor, 5th Pommel, 3rd Rings, 2nd Vault, =2nd P-Bars, 3rd High Bar
- Samuel Griffith – 4th AA, 3rd Floor, 2nd Pommel, 5th Rings, =3rd Vault, 5th P-Bars, 4th High Bar
- Ashton Gibson – 5th AA, 4th Floor, 4th Pommel, 4th Rings, 5th Vault, 4th P-Bars, 5th High Bar
- **Go for 2 & 5 RG Loftus Challenge**
 - **Level 1's and 2's**
 - Kirrali, Klara and Emily H (Level 1) and Emilee M (Level 2) were all awarded either blue (highest) or red (second highest) ribbons for their competition routines
 - **Level 3**
 - Isabela Douglas – 1st Hoop
 - **Level 4**
 - Elissa Campbell – 8th AA, =6th Ribbon
 - Layla Zhubayeva – 10th AA, 7th Robe
 - **Level 6**
 - Sandrine Burgess – 10th AA, 6th Ribbon
- **ACRO Judges Invitational**
 - **Level 5**
 - Bethany Wee, Ella Van Hagen, Isabella Little – 1st
- **Aerobic Judges Invitational**
 - **Level 2 Intermediate Individual**
 - Johanna Hobday – 1st
 - **Level 3 Mini**
 - Stefan Trofimczyk – 3rd
 - **Level 4 Junior Individual**
 - Alyssa Bowen – 1st
 - Nicole Trofimczyk – 2nd
 - **Level 4 Intermediate Individual**
 - Kate Belladonna – 1st
 - **Level 4 Junior Multiple**
 - Alyssa Bowen and Nicole Trofimczyk – 1st
 - **Level 5 Junior Individual**
 - Elissa Campbell – 1st
 - **Level 6 Intermediate Individual**
 - Phoebe Dyson -1st
 - Rylee Poole – 2nd
 - **Level 6 Senior Individual**
 - Megan Hockaday – 1st
 - **Level 7 Intermediate Individual**
 - Olivia- Jane Osborne – 2nd
 - **Level 7 Senior Individual**
 - Eleri John – 1st
 - **National Development**
 - Rebecca Osborne – 1st
 - **International Age Group 1**
 - Francesca Strangio – 1st

Monthly Quote

“It does not matter how slow you go, as long as you don’t stop” - *Confucius*

2016 Term Dates

Competitive Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

Recreational Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

2016 Public Holidays

Queen’s Birthday-Monday 26th September

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’

- **International Age Group 2**
 - Elyse Palmer – 1st
 - Charlie Singleton – 2nd
- **International Age Group 1 Multi**
 - Rebecca, Rylee and Phoebe – 1st
- **International Age Group 2 Multi**
 - Charlie, Francesca and Elyse – 1st
- **Senior Female Individual**
 - Giveney How – 2nd
- **Aerodance**
 - Olivia-Jane, Elyse, Charlie, Eleri and Francesca – 1st

- **Team Gym**

On Sunday August 21 we had our very first team participating in the GWA Go for 2 & 5 TeamGym Event. TeamGym involves group routines with between 6 and 12 athletes on mini tramp, floor and tumbling. Each team accrues points towards achieving a gold, silver or bronze award with the idea being to improve upon each performance as the group continues throughout the competition season. Our team of 10 who were entered in the Women's Novice division, had a great day and received some fantastic feedback and results achieving the following:

- Mini Tramp - Gold
- Floor - Gold
- Tumbling - Silver
- Overall - Silver

Congratulations to the team consisting of Freya Amundson, Ola Emad, Kathleen Farmer, Georgia Gillbanks, Shanae Green, Ava Lord, Jasmine Medina, Jaimee Morris, Tanaka Nyamadkawu and Torah Roberts.

WAIS Competitors

Congratulations to the following members of our WAIS team who have been selected to represent WA and Australia at various camps and development tours in the upcoming months.

- **Team Future Advanced Camp**
 - Grace Barry, Isabelle McQueen, Sidney Stevens
- **GA High Achievers International Development Tour (China)**
 - Grace Barry
- **GA Green Camp**
 - Lily Gresele

International Representation

Congratulations to our Aerodance team consisting of Francesca Strangio, Charlotte Singleton, Elyse Palmer, Eleri John and Olivia Osborne, and coach Samantha Elkington, who compete in Las Vegas last month at the 2016 ANAC International Championships. They placed 7th which is an amazing effort, well done girls! Photos of the competition are attached below.

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

"It does not matter how slow you go, as long as you don't stop" - Confucius

2016 Term Dates

Competitive Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

Recreational Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

2016 Public Holidays

Queen's Birthday-Monday 26th September

Upcoming Competitions

Throughout the month of August there are many competitions that are going to be held. These are for our MAG, WAG, Rhythmic, Aero, Acro and Team Gym athletes. As there are many athletes competing we would love to see our Spirit members supporting all these athletes competing! The competitions dates are below and more information can be found on the Gymnastics WA website.

- **ACRO Loftus Challenge** – 2nd-3rd September
- **MAG Judges Team Invitational** – 3rd-4th September
- **WAG Judges Invitational** – 9th-11th September
- **RG Judges Invitational** – 10th-11th September
- **MAG Club Levels Competition #2** – 16th-18th September
- **WAG Club Levels Competition** – 16th-18th September
- **Spring State Championships** – 8th-9th October (MAG/AERO)
- **Spring State Championships** – 20th-23rd October (WAG/RG/ACRO)

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



Be sure to like us on our new Facebook page!



BAYSWATER
mazda

BOUNCE INC
FREE-
JUMPING
REVOLUTION



Photo Section



Left: Photos from the GWA Go for 2 & 5 TeamGym Event

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'



Top Line & Above: Photos from the Aerodance team competing at the ANAC International Championships

Above: Rhythmic girls competing at the RG Loftus Challenge

Below: Our MAG boys competing at the MAG Loftus Challenge

Below: Nicole and Jacob Curry at the MAG Loftus Challenge. It was Jacob's first ever competition!



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'