

Gymrap

Newsletter

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We're on the Web!
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Dear Members

Term 4 has ushered in Spring and as the warmth of the sun's rays begin to thaw our memories of summer our thoughts turn to sumptuous Christmas feasts, holidays, lingering strolls on the beach, yes it's just around the corner.

Firstly it is important to congratulate gymnasts and coaches who together this year have delivered the most successful competition results in our club's history.

What a successful year we have had so far with the ACT State Championships results our best ever. Good luck to the gymnasts competing at the National Clubs Championship at the AIS Arena in November.

During term 4 construction will begin on the stage 2 building extension. We hope



Elizabeth Grant and Bianka Rose (centre) with ACT Rep Team at the Australian Championship in Perth.

disruption to our coming and goings at the gym will be minimal and we will keep you informed about this.

A new daytime class for 3-5 yr olds on Tuesdays 1.30pm is starting term 1 2010.

Fundraising is vital to assist gymnasts and coaches keep costs down when competing at local and interstate events. Thankyou to the parents

who work so hard on the bbq every Saturday morning and during competitions hosted by the club. Time is a valuable commodity and we appreciate the sacrifice you make when bbqing and selling chocolates.

We hope you have a productive and fun term 4 and keep safe and well over the Christmas holidays.

Term 4 Diary Dates

Tuesday 3rd November – Family Day Public Holiday

Saturday 25th November to Wednesday 2nd December – National Clubs @ AIS Arena
 Spectators welcome to come along and support our gymnasts. T-shirt and leotard stall at the event.

Saturday 19th December – Term 4 ends

Disco News



On Saturday 5th September the inaugural gym disco was held and was a great success, raising much needed money for gymnasts attending the Queensland State Club Championships.

Many a child (and parent !) boogied the night away to the expert DJing of Donald Shanley.

The disco would not have happened without the hard work and dedication of volunteers who gave up their valuable time to help.

A great big thankyou to everyone who helped from admin, cake baking, supervision and setting / packing up.

A special thankyou to the sponsors who supplied everything from sausages (**Southlands Quality Meats**) to prizes (**Arnolds Ribs and Pizza, Mcdonalds, Goodberry's and Blockbuster**).

Check out the gym tv for highlights of the disco.



Australian Government

Australian Sports Commission

CLUB DEVELOPMENT NETWORK
1300 130 121
www.ausport.gov.au/clubs

Fundraising Donation

The fundraising fee is \$10 per family per term and is automatically charged on the oldest child in each family. Money raised is used for things like extensions, updating facilities and new equipment for all gymnasts to use.

Building Extension

Construction of the stage 2 building extension is expected to begin this term. The building will extend 18 metres towards the garden centre adding 432m² to the existing floor area.

Fitout will include a new disabled access wc. A new store room will house the items currently stored in the men's and women's wc, it is intended to have bench seating and coat hooks where storage cupboards are currently located. The main benefit of the new store room will be to declutter and restore privacy to the men's wc.

The front desk will be relocated next to a new staff meeting area and management are currently obtaining quotes for fixed timber platform tiered seating. It is envisaged that the tiered seating will cater for approx. 90 to 100 spectators and additional floor space has been allocated for temporary seating of approx. 24 chairs, which will be utilised when the gym is hosting a competition. All seating will have back support however the final type of seating (high density moulded polyethylene or timber pews) is currently being decided.

We would like to thank the ACT Government's Sport and Recreation Grant Funding Program.

Caloundra Trip

MG & WG Queensland State Cub Championships were held at Caloundra on the Sunshine Coast during 18th to 21st September. Our girls levels 4-7 and boy's team competed with gusto producing excellent results against some tough competition. A particular congratulations goes to the Level 7 girls (Bianca Rose, Elizabeth Grant and Maddison Connell) who won 6th place on beam.

A lot of work goes into organising trips interstate and a big thankyou to all the people who organised schedules, booked transport, cooked meals, drove vans and chaperoned gymnasts.



Celina Bianchini
performing on beam

Staff Update



Emily Nettle has won the **Coach of the Term Award** for term 3. The award is given in recognition of outstanding effort and quality coaching. Emily's work at SCGC this year has been of the highest standard.

Why did you become a gymnastics coach? When I decided to stop training in 1998 I found I had a lot of spare time on my hands. Coaching was a way of keeping busy and it allowed me to continue to be involved in the sport I love!

What levels do you coach? Kinderygym. WAG recreational levels. WAG development levels.

What do you like about coaching? Coaching is the most amazing job. No two days are the same. I look forward to coming in to work every day. Kinderygym is a lot of fun. Running around with the kids, teaching them to bounce and swing and generally have a fantastic time in the gym is really rewarding. I also really enjoy working with the children in the SCGC development program. These children put in a lot of hard work and long hours. It is a privilege to work with them, to watch them gain confidence and build a sense of achievement.

What are your plans for the future? By the end of 2010, I hope to have completed my Veterinary Nursing course. Following that I look forward to spending even more time in the gym!.

Nikki is leaving the Building!

Nikki Cochrane is leaving Canberra in January and moving to Melbourne with her family. While this is a sad event for the club we hope this is the beginning of a new and exciting time for her and her family. Nikki started with the Club in 1981/82 as a gymnast and achieved considerable success including a stint at the AIS in the elite program. Nikki started coaching at the club in 1985 and took on the role of general manager and head coach in 1998. By all standards, Nikki's performances as a senior coach has been outstanding from both the gymnasts perspective as well as her training and mentoring of the other coaches in the club. Nikki will finish up at the end of this term in December but will still be involved in developing and updating specific programs for the club over the next year or so. Nikki's enthusiasm, dedication, professionalism and abilities will be missed. The Committee is currently working with Nikki and the other senior coaches in regard to the operational organisational structure and will advise as soon as possible via the newsletter.

The committee joins with all club members to wish Nikki every success and happiness in the future.



Emily Nettle



Support Vikings
Group our major
sponsor

*"I'm very determined and stubborn. There's a desire in me that makes me want to do more, and to do it right. Each one of us has a fire in our heart for something. It's our goal in life to find it and keep it lit."
- Mary Lou Retton
Olympic Gymnast*

Hot Hot Hot !

Please be aware that the heat in the gym during summer can be intolerable. All children should have their own water bottle clearly labeled with their name on it. Gymnasts should dress for gym in layers that can be removed after warm up and put back on when going home. Coaches will be stopping more frequently for drinks during hot weather.

Missed A Class?

If your child misses a class they are entitled to a make-up lesson on another day but must be done during the current term. Refunds / a credit will only be given on production of a medical certificate, not if your child simply changes their mind or if you are going on holidays.

Lost Property

ALL clothing and personal items are donated to charity at the end of term.

DRINK BOTTLES are thrown into the bin at the end of each week, We are unable to hold onto them due to the amount left behind and the health hazard associated with young children and leftover drinks.

DRINK BOTTLES WILL BE DISCARDED IF LEFT BEHIND!.

Competition Results

ACT Grading and Club Awards

Held at Woden Valley Gymnastics Club on 23rd August 2009

BOYS - Level 1 Team 1st Place

Level 2 Team 1st Place

Level 3 Team 1st Place

Held at Southern Canberra Gymnastic Club on 30th August 2009

GIRLS – Level 1 Team 1st Place

Level 2 Team 1st Place

Level 3 Team 1st Place

ACT L4 – 10 State Championships

Held at AIS Gym Hall on May 31st May 2009

BOYS – Level 4-6 Combined Team 1st Place

Level 6 Under 13 Individual Overall 1st Place

Level 6 Under 13 Individual Overall 2nd Place

3 boys qualified for ACT Representative team to compete at MAG Australian Championship in Brisbane in July. Congratulations to Joshua Cochrane, Charlie Rogers and Joshua Deacon who made us very proud with their performances.

GIRLS – Level 4 Individual Overall 1st Place

Level 5 Individual Overall 1st Place

Level 6 Individual Overall 2st Place

Level 7 Individual Overall 1st Place

Level 7 Individual Overall 2nd Place

Level 4-6 Combined Team 1st Place

2 girls qualified for the ACT Representative team to compete at WAG Australian Championships in Perth in July. Congratulations to Bianka Rose, Elizabeth Grant and Maddison Connell who qualified as reserve.

ACT L5-10 State WAG Grading

Held at Southern Canberra Gymnastics Club on 18th October 2009

GIRLS – Level 6 Individual Overall 3rd Place

Level 7 Individual Overall 1st Place

Level 8 Individual Overall 3rd Place

Level 10 Individual Overall 1st Place

ACT Junior L1-4 State Grading

Held at Southern Canberra Gymnastics Club on 12/13th September 2009

Well done to all the participants and congratulations to our team of volunteers, coaches and co-ordinators for making it such a wonderful day. Approx. 250 gymnasts competed at the event from Act clubs and surrounding regions.

Fees Policy

Balance of fees are due in the first 2 weeks of term.

Fees will increase \$20 per child after week 2.

New members fees are due by the 3rd lesson.

All gymnasts need to re-enrol at the end of Term 4 to hold a place in Term 1 2010.

Speak with office staff if you having difficulties paying on time.

Photos



Tough guys at the disco



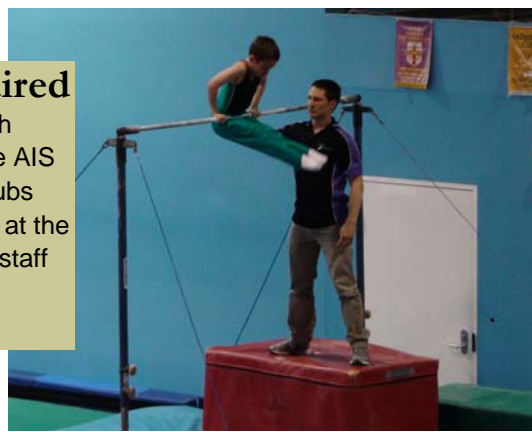
Belinda Bacon dishes out the disco goodies



Alannah Bourandanis and friend

Volunteers Required

Are you able to assist with setting / packing up at the AIS arena for the National Clubs Championship to be held at the end of November ?. See staff at front desk for further information.



Coach Dave Norgate looks on as a National squad gymnast competes on the high bar at the MAG Gymnastics Clubs Of Australia Competition In Sydney.



DJ Donald Shanley and revellers

Do you have a story or photo you would like to contribute to our newsletter?

Simply send an email to gymclub@optusnet.com.au with photo attached