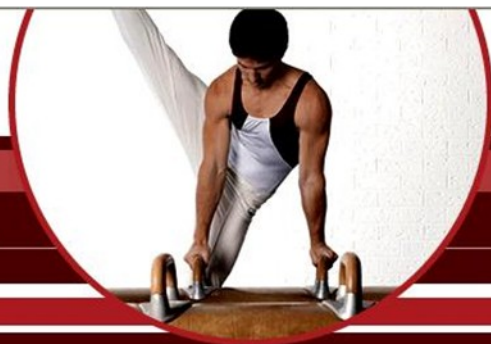




where every star has a chance to shine.



Incorporated in New South Wales Unit 1, 8 Aquatic Drive, Frenchs Forest NSW 2086, PO Box 537 Frenchs Forest NSW 1640 Tel: 02 9453 5481 Fax: 02 9453 5093 info@mwgymclub.com www.mwgymclub.com ABN 54 548 026

**November 2011
Round-off Newsletter
Term 4**

Decades of Dance

MWGC Annual Display

What's on in this newsletter

- News-
- Display
- Kids Night Out
- Competitions
- Rebooking

Important Dates:

Display Day Saturday 26th November-
Theme- DECADES

2011 Term Dates:

Term 4 Monday, 10 October 2011 to
Saturday, 17 December 2011

Rebook for Term 1 2012 From..

21ST November 2011- Members
5th December 2011- Non members

Term Dates 2012

Term 1- 10 Weeks
Mon 30/01/12—Thurs 05/04/12

Term 2 - 10 Weeks
Mon 23/04/12—Sat 30/06/12

Term 3 - 10 Weeks
Mon 16/07/12—Sat 22/09/12

Term 4 - 11 Weeks
Mon 08/10/12—Sat 22/12/12



Saturday 26th of November

Session 1: 9:00am – 11:30am

Session 2: 12:00pm – 14:30pm

The Display is a great opportunity for **every** gymnast to show off their gymnast skills from this year to their friends and families. (Tickets must be purchased from reception in advance.)

There will be group and individual displays from our top State Stream, National Development and International Development Girls as well as our State and National representative Boys, (including the current Level 7 Open National Champion Runner-up.)

This year's theme is DECADES and each class has chosen an appropriate song, costumes. (This has been emailed out- please contact the office if you have not received it!)

It is an opportunity to see where the next step is for each gymnast- i.e. what skills they can look forward to learning as they develop their gymnastic skills. (from Juniors to Recreational to Senior Recreational, or from Junior Development to National Development Program to International Development program.) So please try and attend the whole of the session.

It is also our major fundraiser. We sell raffle tickets for amazing Christmas Hampers, have a great BBQ sausage sizzle and delicious cakes are available. Each class has been assigned particular hamper products for donations. Please donate generously!

Tickets: **Tickets are available from administration during office hours and until 5pm on Friday 25th November.** Tickets must be purchased in advance. Tickets cost \$17 per Adult, or \$7 for child / senior. There is a family discount \$45 for 2 adults and 2 children.

Volunteers We need volunteers to help with the day! We have allocated volunteer roles to each squad. (Check your inboxes!) If you can help out, we would be very very grateful!

Hampers- We need your donations in asap. Drop them off at reception!



MWGC next committee meeting

Date: Sat 19th November
Time: 7.30am
Venue: MWGC

Open to all members

The general rule for Committee Meetings is the 4th Sat of each month @ 7.30am.



Congratulations to all our Women Gymnasts! We have completed the season for 2011 with flying colours! Each coach and every gymnast has been working exceptionally hard with the following reports:

WG Jnr Development and NDP Dev (Squads 8 & 10) classes are filling up.. it's great to see so many talented young gymnasts starting out.

NDP 1-3

The girls have a fantastic results from the Regional State Championships and Club State Championships, we are so proud of all of them.

State Championships Results

Level 3
Northern A team
(including MWGCs' Mad-
die D-M):
3rd on vault
2nd vault
3rd beam
6th floor
4th overall

Level 3
Northern B team
(including MWGCs' Anna
D and Jess B):
4th vault
7th overall

Level 2
Northern A Team
(including MWGCs' Holly
L and Emily S):
6th Vault
3rd Bars
2nd Beam
1st Floor
2nd Overall

Level 2
Northern B Team
(including MWGCs' Nata-
sha K):
7th Vault
2nd Bars
4th Beam
4th Floor
4th Overall

Club State Championships

Manly A team
Ariel B, Holly L, Emily S, Miranda O, Emily S
5th Vault, 3rd Bars, 6th Beam, 5th Floor and 4th
Overall

Manly B Team
Kayleigh G, Char-
lotte L,
Caroline M

Manly Intermediate Team
Ariana Z,
Chiara Z,
Simone T

NDP 4-6

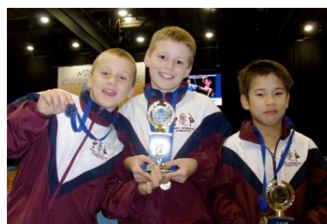
MWGC will be hosting Stacey Umeh's secrets to Artistry workshops on Sunday 20 November. All NDP 4+ were invited. Entries are now closed.

State Stream

Sam W and Kiri are now assisting Dom with the SS program. This program is developing rapidly and we look forward to seeing excellent results in 2012.

IDP

The IDP gymnasts are training hard and learning new skills for the 2012 season. Welcome Holly L to this squad.





MG State Championships report October the 15th & 16 2011

On the weekend of the 15th and 16th of October, our boys had their final competition of the year. It was the Level 1 – 5 State Championships, with the conclusion of this year's Grand Prix event and the level 6 open competition.

The day started nice an early with the Level 1 Age competition. In this event MWGC had one gymnast, 6 year old Sebastian M. Sebastian started on Parallel Bars and although he had a bit of a wobble on his first event, he managed to stay focused and put in solid routines on everything else and finished the morning as the 2011 NSW Level 1 Age State Champion.

Next up was our Level 2 Open boys, consisting of Luke B, Justin T and Scott B. With all 3 boys training hard this year, it was Scott B who excelled and finished the day in 2nd place in the all round event, with team mate Justin T just behind in 3rd place overall. As a result of our boys scoring so well they also secure a 2nd place overall in the Team Event.



In Level 2 Age division, MWGC had 7 boys competing, and like everyone else before them they were well focused on the job in hand. The boys were slightly unlucky with some of their scores, however in the Team Competition, Baylen J, Marcus N, Matthew W, Minato T, Brothers Alex and Izac B and Thomas M all scored well and finished the day in 2nd place overall.

In the level 3 event, both the Age & Open boys competed at the same time. The boys were truly outstanding in this round and on floor put in some of the best scores of the day. Sadly a few hiccups on pommels proved costly, however that said in the final count, Warner P finished in 2nd Place overall and team mate Jesse G just behind him in 3rd place overall. Jesse was also crowned the level 3 age floor champion with our youngest competitor, 7 years old Lachlan C taking the Bronze Medal. In the other events our boys picked up medals on every other apparatus and the team finished the day in 2nd Place.

In the level 3 open event, both Thomas S and Owen T competed well. Thomas, who has competed brilliantly all year, slipped on his final circle on mushroom and only competed 4 circles. Sadly this proved to be costly as it cost him two whole marks off his all round score. During the medal presentation there was a mix up with scores and some boys were presented incorrectly with all round medals. Fortunately, this was soon rectified and Thomas S was named the runner up in the all round event missing out on first place by only 0.6. Teammate Owen T who was competing in his first ever State Championships, completed a great day of gymnastics and finished in 6thplace overall, a truly awesome effort. Both boys also excelled on all 6 events and collected apparatus medals.

In the level 4 age event MWGC only had boys competing and like everyone else both boys produced solid routines. Although finishing outside the top places 8 year old Daniel K has a big future and will move into Level 5 for next year's comp season along with team mate Jarrod L.

The final event of the day for the club was Level 5 Age. Austen A who during the past month has worked super hard put in a really good effort and finally managed to complete his high bar routine without any assistance.

At the completion of State Championships they announced the top clubs in the Grand Prix Events. Although MWGC did not compete in all these competitions during the year, the club still finished in 4th position. As a result of this the club was presented with a Trophy and a voucher for \$500.00 to spend on the boys program.



**Bookings are essential
Phone 9453-5481**

Thank you to all our volunteers who helped us raise \$1,403profit at the Bunnings BBQ held on Saturday 17th September at Belrose Volunteers were: Stuart Osborne, Meagan Wood, Nick Wood, Rachel Villegas, Paul Villegas, Jacky Simonik, Adam Wilson, Adam & Kiyoe Thomas, Ian Hardy and Dave McNeil,

Have fun these school holidays at our fully equipped gymnastics facility in Frenchs Forest. We have all Olympic gymnastics apparatus including full sized sprung floor, bars, beams, tumble trampoline and the ever popular foam filled landing pits.

Our program caters for school aged children with or without gymnastics experience. Under the guidance of our professional coaches, we provide a variety of exciting games and events to keep the day interesting and fun.

**When: Monday 19 December – Thursday 22 December
 Monday 09 January – Friday 27 January**

***The Gym will be closed on Public Holidays (26/01/12)**

Times: 9.00am – 3.00pm – Cost: \$45.00

Long Day: 8.30am – 4.00pm – Cost: \$60.00

No bookings will be made without payment.

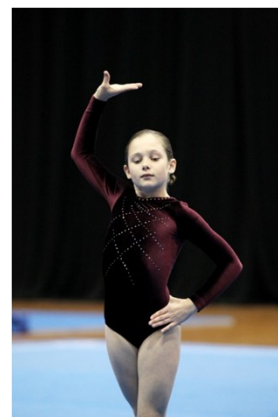


BIRTHDAY PARTIES INFORMATION



TIMES: Saturday ----- 1pm – 3pm and 3pm – 5pm
 Sunday 11am – 1pm, 1pm – 3pm and 3pm – 5pm

COST: Saturday \$20 per child (including GST)
 Sunday \$23 per child (including GST)



News!!

Accounts

We would like to thank everyone who made the effort to pay their Term 4 account on time. If you haven't paid for Term 4, your payment would be much appreciated!

Tired of the queues! Why not save time and pay online via direct deposit: Manly Warringah Gymnastics Club, BSB: 062 295, Acc #102 454 76. Please leave your name and Invoice number (top right hand side of invoice) as a reference with your payment. Alternatively you may book and pay by credit card over the phone. If you are not receiving our emails, please contact reception asap. All invoices are emailed.

RE-BOOKING

Rebooking For Term 4: Starts Week 7

Gymnasts must be rebooked into the following classes: Kindergym, Juniorgym, Recreational, Senior Recreational, Advanced Recreational, Pre- Levels and Tricking. Your place is not held unless a deposit or term fee is paid. If you are not returning to a Squad class, please let us know asap.


Please be advised of changes to our Re-booking Procedure from December 2011. In order to simplify the process of Re-Enrolment, we will be changing the procedure from DECEMBER 2011. At the time of booking your place in the class for Term 1 2012, we will ask that the Term 1 fees be paid in FULL. We will no longer be taking deposits. Your Co-operation and assistance in this matter would be greatly appreciated!

Communication

If you have any queries or need to contact a coach, please contact our administration team by phone or email and they will pass on your message. We cannot give our coaches personal contact details.

Sydney Entertainment Books (Great Christmas present idea!) Still selling for \$65, the 2011 | 2012 Sydney North Entertainment™ Books are filled with over \$15,000 in valuable offers, including 50% off, 25% off and 2-for-1 offers from the best restaurants, attractions, cinemas, sports and hotel accommodation. MWGC retains 20% of all sales for fund-raising. We made \$286 from books sold this year!

Many thanks to our Sponsors..

	Liquid Elements Ian Hardy T: 0418 250 880		Sydney Digital & Print Services PO Box 1435 Mona Vale T: 02 9999 1233
	Manly Warringah Electrical Services 0418 472 835		Hardy Builders 0418 250 880
	Stephen Hobbs Technology Services 0418 213 969		DY RSL 932 Pittwater Road Dee Why T: 02 9454 4000
	PRV Security 1300 303 661		Jed Plumb 0412 692 465



Annual Display Information

Please look at the timetable and see what time/s your gymnast is performing. The latest timetable is displayed in the gym and also on the website.

**If you are in the 1st session, please arrive at the gym at 8.50am.
If you are in the 2nd session, please arrive at the gym at 11.50am.**

Please note if you are in a Juniorgym, Recreational, WG State Stream Pre Levels class, please check what session are you required to be in (i.e. if you attend a Juniorgym Monday class, you are displaying in the 1st session.)

We look forward to seeing you on Saturday for a great day of Gymnastics!

<u>Session 1</u>		<u>Session 2</u>		
<u>Approx Time:</u>		<u>Approx Time:</u>		
09:10:00	Mix Tumble	12:10:00	Mix Tumble	Key: General Classes
09:15:00	MG Pbars Display	12:15:00	MG Pbars Display	 MG Classes
09:20:00	WG J Dev	12:20:00	WG NDP Sq 8&10	 WG Ind
09:25:00	WAG IDP Display	12:25:00	WAG IDP Display	 MG Ind
09:30:00	MG J Dev	12:30:00	MG Pre Levels	 WG Classes
09:35:00	MAG Rings Display	12:35:00	MAG Rings Display	
09:40:00	WG SS PL (Mon/ Tue/Wed)	12:40:00	WG SS PL (Thur/ Sat)	Saturday Gymnastics Classes There are no normal gymnastics classes on this Saturday 26 th November. If you have a class on this day, please contact the office to arrange a make up session during Term 4 2011.
09:45:00	WAG SS Display	12:45:00	WAG SS Display	
09:50:00	Juniorgym (Mon/ Tue)	12:50:00	Juniorgym (Wed/ Thur/ Fri)	
09:55:00	WG NDP Sq 3&4	12:55:00	WG NDP Sq 6&7	
10:00:00	Tricks Jnr and Senior	13:00:00	Tricks Jnr and Senior	
10:05:00	WAG NDP Display	13:05:00	WAG NDP Display	
10:10:00	Rec (Mon/ Tues / Wed classes)	13:10:00	Rec (Thur/ Fri / Sat classes)	
10:15:00	MG Dev	13:15:00	MG Dev	
10:20:00	WG IDP Sq 1	13:20:00	WG IDP Sq 1	
10:25:00	Pommel Competition	13:25:00	Pommel Competition	
10:35:00	MG L1-3	13:35:00	WG Senior Rec / Adv Senior Rec	
10:40:00	WG SS Sq5	13:40:00	WG SS Prep	
10:45:00	WG SS SQ 3&4	13:45:00	WG IDP Prep & IDP Sq 2	
10:50:00	MAG Floor Display	13:50:00	MG L1-3	Parking Please do not park on the grass verges and abide by the parking signs.
10:55:00	WG SS Sq 1&2	13:55:00	MAG Floor Display	
11:00:00	MG Senior Squad	14:00:00	WG SS Sq 1&2	
11:05:00	WG NDP Sq 1&2	14:05:00	MG Senior Squad	
11:10:00	Staff	14:10:00	WG NDP Sq 1&2	
11:15:00	Handstand Competition	14:15:00	Staff	
		14:20:00	Handstand Competition	

Volunteer Rolls

Hampers (Thursday 24 th Nov, 6-7.30pm.)	WG NDP Sq 3 & 4; WG SS Squad 3 & 4
Set up of gym (Friday 25 th Nov, 6pm-8pm)	MG L1-3
Saturday 26th Nov	
Raffle Ticket selling, Ticket collection	MG and WG Pre Levels
Crowd Control	MG Development
Drink selling	WG IDP Squad 1
Cake selling	WG SS Squad 1 & 2
BBQ selling	WG NDP Squad 1 & 2
Ice cream selling	WG NDP Sq 5 & SS Prep
Set down of gym (Saturday 26 th Nov, 2.30pm-4.30pm)	MG Senior Squad
Ipod Music Controller	? (Anyone keen!)
Photographer	? (Anyone keen!)

Costumes:

Each gymnast should have received an email giving clothing ideas for their class. If you have not received this email, please: Check your junk box! Then contact the office to check your email address is correct and find out the information.

Our New Home...

