



where every star has a chance to shine.



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February 2011 Round-off Newsletter

Term 4!!

What's on in this newsletter

Welcome Back!
Reception
Accounts
Membership Forms & Annual Fees
Lost Property
Viewing Area
Communication
Trials
Competitive Gymnastics
Nutrition

Important Dates:

2011 Term Dates:

Term 1 Monday, 31 January 2011 to Saturday, 9 April 2011
Term 2 Wednesday, 27 April 2011 to Saturday, 2 July 2011
Term 3 Monday, 18 July 2011 to Saturday, 24 September 2011
Term 4 Monday, 10 October 2011 to Saturday, 18 December 2011

Events:

Open Day Sunday 27th February 9-12pm (Volunteers needed)
Presentation Night Saturday 12th March (TBC)
Kinderfest Sunday 3rd April, Homebush (10-11am / 11.30-12.30pm)



Fancy helping us out! We would really appreciate new committee members, volunteers (competitions, admin, projects.) Contact Office for details.

Welcome Back!

We hope you had a lovely Christmas and New Year and are eager to jump straight back into Gymnastics!

We have high hopes for this year and have been hard at work over the holidays preparing for this year.

We would like to welcome all the new staff and gymnasts that we have. A special welcome to Lisi who is excelling in her new role as Administration Assistant and also Dominique has now become our 8th Full time employee. Yvette has also joined our coaching team and is coaching our NDP levels programs and Squads. A huge welcome back to Neville Marsh, who is back on board part time to assist us through the next stages of growing the gym.

What's happening this year...??

We wish to grow! We have started fundraising for the new Venue and are hard at work trying to raise these funds. We are aiming for a building double the size of our current home and hopefully as close as possible to our current home. Any ideas / help welcome.

We are now running a Womens' International Development Program (IDP) and are currently eagerly awaiting the results from the Bronze Squad Testing and have the second test coming up soon. Good Luck girls.

Congratulations to the Men for their GNSW 2010 Annual Awards! See inside for further details.

The Men are now hard at work preparing for competitions and hoping to have a larger than normal group competing at higher level.

We are growing our Kindergym classes.. we have new classes on every week day. Come and join a Great session of Kindygy. Gymnastics clubs from all over the state come together and set up circuits for you and your child to explore. The annual NSW Kinderfest is on 3rd April at Sydney Olympic Park.



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Administration!

Reception:

We have high dreams and challenges set for us for the year and are very eager to get underway.

Firstly, we are trialling a new reception system to make us even more customer friendly. We have a new numbering system. Take a number and a seat and your number will be called for you to come to reception.



Accounts for Term 1

Term 1 started Monday 31st January 2011 and gymnasts will be billed for a 10 week term. (Pro rata if you start later in the term.)

All accounts that were not paid by Week 2 of Term 1 run the risk of gymnasts not being admitted to the gym class.



As class numbers are record high, we cannot guarantee your Childs place without the correct payment.

We are trying to reduce the amount of paper we use in the gym by emailing / displaying all info on the website. Please assist us in our quest. If you are not receiving emails from us, please check we have the correct email address and also we are not directed to your spam / junk box!

Membership Forms and Annual Fees

Your Invoice will include the **Annual** Insurance, Registration and Membership fee. Every gymnast (young or old!) must be registered and paid. Each gymnast (new and existing) will receive a Membership Form. This form is mandatory and must be completed every year. Please can you check the details are correct, make any amendments and return the form to the office asap. If you have not received a Membership form, please contact the Office immediately.

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.

Notice boards / Website / Emails / Online payments

Our notice boards / website (www.mwgymclub.com) and emails are in full working order- check these out for the latest information on competition times, dates, new classes and upcoming events.

Lost Property

We will donate the contents of our Lost Property section every fortnight (starting 14/2/11) to charity. Please make sure you take your belongings with you.

Viewing Area

We welcome you to watch your gymnast train, however we ask you to make sure you take all your belongings with you, put any rubbish in the bins and only sit on the chairs provided (the office stairs are not to be sat on and you will be a fire and safety hazard!) We appreciate the reception / viewing areas are very small and we are working out other areas for your comfort. Please remember that only gymnasts and coaches are allowed onto the gym floor. No child / adult is allowed to be on the equipment or floor unless in a supervised class. (Especially the Beam and Pommel areas.)

Communication

If you have any queries or need to contact a coach, please contact the office in person, email or phone call and they will pass on your message. We cannot give our coaches personal contact details.



KINDERGYM AND JUNIOR GYM TRIALS!

Are you the Envy of your buddies! Why not bring them along to your Kindergym or Juniorgym sessions and let them find new skills just like you! Book them in for a trial

Days: Monday, Tuesday, Wednesday, Thursday and Friday **Cost:** \$17.90

What to wear: Normal Kindergym / Juniorgym clothing (no jewellery, skirts or dresses please.) **What to bring:** Don't forget your waterbottle!



Classes

Recreational and Pre- Level Gymnastics

Both our WG and MG Rec and Pre-Level programs are bursting at the seams! These classes cater for children 5 years and above who are attending school. Through a system of progressive development the children learn basic skills on all the Olympic apparatus.

Classes involve a variety of fun and challenging activities which develop a wide range of physical attributes including strength, flexibility, balance and co-ordination.

This group has an encouragement award system known as Reach for the Stars that enables each gymnast to progress at their own pace and within their level of ability. At the end of each term they are evaluated on the skills that they have learned throughout the term and, upon successful completion they are awarded a certificate and badge. They then move to the next stage of the system.

Senior Recreational Gymnastics

These classes are for participants between the ages of 10 & 16 who are either trying gymnastics for the first time or are retired from competition and still want to enjoy the sport.

This is a motivating class that focuses not only on strength and flexibility but also on the skills the class members wish to learn.

Gymnasts in this class practice on all the Olympic apparatus but each can choose which they would prefer to spend the most time on, all under the supervision of an experienced and competent coach.



Advanced Senior Recreational Gymnastics

This class is aimed at gymnasts who have finished their competitive career and wish to participate for fun, but still push their gymnastics skills.

Tricking

Tricking is the informal name of a relatively new underground alternative sport movement, combining gymnastics, breakdancing, martial arts and other activities to create an aesthetic blend of flips, kicks, and twists.

Tricking incorporates a variety of moves from different arts such as backflips from gymnastics, cheat 540 kick from Taekwondo, butterfly twist from Wushu and double leg from Capoeira. Tricking is recognizable by its flashy kicks, complex flips and twists, and its highly stylized movements which separate it from other arts. An individual who practices tricking is typically referred to as a "tricker" or "trickster".

Morgan and Jono have been studying tricking since 2003 and are now two of the top trickers in Australia and the most qualified for teaching this sport because of their broad knowledge and experience.

The classes cater for all skill levels from beginners to advanced. Each new student is taught from the ground up on the foundations of gymnastics acrobatics, martial arts, and tricking specific tricks. Each class is categorized in age groups from 8-13yo in the intermediate tricking class, 14-17yo in the senior tricking class, and 18+ in the adult tricking class. The learning progression that is taught is structured to suit all levels of talent and the range of equipment within the Manly Warringah Gymnastics Club facilities are used to assist the development of the student's skills.

The personal achievement of gaining a new trick is always highly celebrated by the whole group because each student knows how challenging tricking can be.

Adult Gymnastics (17yr-???)

These classes cater for gymnasts from 17 years up and the difficulty is tailored to the individual's ability. You are never too old to have a try.

The first part of the session is spent on a warm-up including strength, flexibility and basics, then the gymnasts nominate their preferred activity for the rest of the time. Coaches are constantly working and trying to get the best from each participant so you are guaranteed to learn new skills and find muscles that you never thought you possessed.

So if you are an ex-gymnast or have never done gym but always wanted to be able to do a somersault or cartwheel or you simply want to get fit and have a six pack then come along and have a go.



Competitive Gymnastics



Womens Gymnastics

There are currently 3 different competitive programs in Women's Gymnastics (WG) in Australia. Manly Warringah Gymnastics Club offers all three. The competitive programs use the Levels 1-10 standard, are designed by the International Gymnastic Federation (IGF) and are used by all affiliated clubs nationally and internationally for Levels stream activity. They allow participants to progress through the sport in a graded manner and to compete with other clubs and gymnasts who are working at the same Level.

1.Preparation & State Stream (SS)

This program is for gymnasts of all abilities who may not want to train the hours required to compete in the National Development Program. These athletes will have the opportunity to compete at club and regional level and can progress from level 1 through to 10.

2.National Development Program (NDP)

The National program is designed for competitive gymnasts. These gymnasts will have the opportunity to compete at club, region and state level from level 1 through to level 10. In the higher levels, gymnasts may also have the opportunity to compete at National level.

3.International Development Program (IDP)

The International Development Program is designed for exceptionally talented gymnasts. (IDP) has been developed to guide and develop gymnasts towards International Level gymnastics. There are not 10 IDP levels - Gymnasts will move from IDP Level 1 - 2 - 3 - 5 -6 - 8 and 10. The purpose of this program is to train gymnasts who have the potential to compete at an international level. Many hours training are involved and strong desire to train is essential.



MG Report

We have a very successful Men's program at Manly Warringah Gymnastic Club.

Congratulations to the following **Nominees** for the 2010 GNSW Annual Awards Men's Gymnastics

Club of the Year

Manly Warringah

Junior Levels Athlete of the Year

Jonathon Harry Manly Warringah

Junior Elite Development Athlete of the Year

Kedar Gu Manly Warringah
Nathan Drabbe Manly Warringah

Development Coach of the Year

Martin Shields Manly Warringah



Stuck for Nutrition Ideas.. Hungry Gymnasts..!

Eating on the run

Children who are constantly 'on the go' need to eat regularly to keep topping up their energy levels. Nourishing carbohydrate foods should provide the bulk of extra energy required by active children. Eating enough can be difficult if they become too busy or too tired to eat regularly. This is often the case in the evening, so the afternoon tea snack becomes very important, especially after



a hectic day of school and sport. The solution is to have a selection of healthy foods available fast

Have a look at the following websites:

Table 2

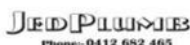
Simple and quick snacks

Pikelets/scones/fruit muffins	Fruit buns/fruit loaf
Fat reduced dairy foods (yoghurt/milk/dairy desserts)	Boiled potato/sweet corn cobs
Fruit and grain/Muesli/cereal bars, nuts	Breakfast cereal
Fruit - fresh/canned/dried	Honey/jam/peanut butter/cheese sandwiches
Baked beans/noodles/spaghetti/pasta snacks	Bread rolls/wraps/crumpets
Fruit smoothies/milkshakes	Cracker biscuits with cheese/spread

www.sportsdietitians.com.au – Fueling Active Kids- Dancer or Gymnast

www.ausport.gov.au/ais/nutrition

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