



Donation Request

New Premises Equipment Fit Out

A COMMUNITY BASED, NOT FOR PROFIT ORGANISATION

www.mwgyclub.com

Dear Supporter of the Manly Warringah Gymnastics Club

This is a request for help to purchase a range of gymnastics equipment to fit out our fabulous new gymnastics facility opening in March 2012.

Background

The Manly Warringah Gymnastic Club (MWGC) is a community based, not-for-profit sporting organisation that has served our community for over 30 years and seen more than 10,000 members pass through its doors in that time.

From a foundation membership of six people in the early 1980s, where the club was based in a public hall in Allambie, its membership has grown substantially and is now one of the largest sporting clubs on Sydney's Northern Beaches, boasting over 1,200 children and young adults attending activities every week.

The club's objective is very simple: "To give every member the opportunity to reach the highest level that they are each capable of achieving... to one child the goal maybe to do a cartwheel, to another it maybe to become an Olympic champion."

Programs run by the club start at "kindy gym" and progress through junior, recreational, development and competitive squads. Throughout the years MWGC has repeatedly fielded large teams of gymnasts to compete at State, National and International championships and is considered one of the strongest gymnastics clubs in the country.

The club also hosts many different youth programs which include acrobatics and tumbling through to adult gymnastics. We also offer a very supportive schools program that invites all schools to use the facility as a part of their sporting programs.

Help Requested

The MWGC has grown significantly over the last three years to a point where we are unable to meet the increasing demand for gymnastics programmes in the local community (we currently have long waiting lists for kids to enter our programmes). Due to the popularity of our programmes we have out-grown our existing premises and have just secured a long term lease on a fantastic building that more than doubles our available space.

This requests your help to purchase \$150,000 of new gymnastics equipment that will enable a proper fit out of the new facility and ensure we are able to provide opportunities for thousands of kids over the next 30 years!

Thank you for your support.

Simon Fraser (0434 077 492) and
Michelle McDonald (0414 787 866)

Manly Warringah Gymnastic Club Fundraising Committee

www.mwgymclub.com



Balance Beam



\$2,200

As the name suggests, the beam is used to learn balance and stability. Gymnasts perform a combination of acrobatic elements, leaps, jumps and turns. Requires great discipline & nerve!

Floor Mats



FROM
\$200

Safety First! We require a wide range of new mats to enable kids to roll, tumble and fly safely around the gym. Mats come in all shapes, sizes and prices so please help out with this invaluable piece of equipment.

Pommel Horse



\$2,700

It might look difficult... and it is! The pommel horse requires a unique mix of strength, balance and grace. The name of the game on this apparatus is momentum.

Foam Blocks



30 FOR
\$30

We need 30,000 foam blocks for our new "mega pit". The pit is used to practice aerial manoeuvres and landings in a safe, controlled environment. This is without doubt the kids favourite piece of equipment!



Floor



The floor is used by all levels of gymnastics. From the forward roll to dance, tumbling and acrobatics. It is a safety piece of equipment so your kids can roll, jump and tumble with ease.

Vault



Gymnasts run and jump from a beatboard to the vault, propelling themselves upwards onto mats or landing feet first on the floor. It's quick and very, very spectacular.

Trampolines



We require different size trampolines. The small ones are used to learn aerial moves onto mats or the floor, while the larger ones are used to combine a number of moves. This is how we teach our kids to fly!

Vault Run Strips



A 25 metre mat to run to the Vault.

Uneven Bars



The uneven bars are used for swinging movements that are continuous and include movement in both directions on the low and high bars.

Chalk Holder



Many of the apparatus use chalk to allow grip. It's essential for safety but a little messy. Having the chalk in a holder allows the gymnast easy application and reduces the cost of cleaning the gym!

Buck



A small version of a pommel.





High Bar



\$1,500

This apparatus is known for its difficult swinging elements. The dismount allows the gymnast to show his aerial abilities.



Air Track



\$10,800

Facilitates dynamic tumbling and aerial maneuvers. Provides safety and that extra bit of bounce!



Ring Canopy



\$2,500

This apparatus is known for its counter balance between dynamic swinging elements and amazing static strength and control. Anyone up to try the Iron Cross?



Manly Warringah Gymnastics Club Donation Opportunity

It's easy to support MWGC

Yes, I would like to make a one-off donation to Manly Warringah Gymnastics Club: \$ _____

Yes, I will help equip the new facility with a gift that is equivalent to: \$ _____

Choose the equipment item(s) that is equivalent to your donation.

Item(s): _____

There are several easy ways you can submit your gift. Please complete this form then:

POST: PO BOX 537, Frenchs Forest NSW 1640

PHONE: 02 9453 5481

FAX: 02 9453 5093

EMAIL: info@mwgymclub.com.au

Personal Details

Name: _____

Business Name (if applicable): _____

Address: _____

Suburb: _____

State: _____

Postcode: _____

Telephone: (Home) _____

(Mobile) _____

Email: _____

Payment Details

Donation Total: \$ _____

Cheque/Money Order Visa Mastercard

Card Number: _____

Expiry Date: _____ / _____

Cardholder Name: _____

Signature: _____

Date: _____

Please acknowledge this gift in the name of: _____

I would like my gift to remain anonymous

A gift of equipment for MWGC is a symbolic gift of funding.
Money raised will be allocated where the need is greatest. Thank you!

www.mwgymclub.com





"For the littlies, the structure of the classes, listening and obeying instruction are an important component of the preschool programmes. Working on flexibility, strength and co-ordination is a wonderful foundation for general well-being throughout your life. We both really look forward to our weekly sessions of gym at MWGC!"

K Herlihy

"Wow! MWGC has given me a new 6 year old, a fitter me and a great group of new friends. Our whole family is part of the gym – our kids train there, I do adult gym classes there and we've even been on holiday with other gym families. Awesome community, awesome club!. Thanks MWGC"

L Laughton

