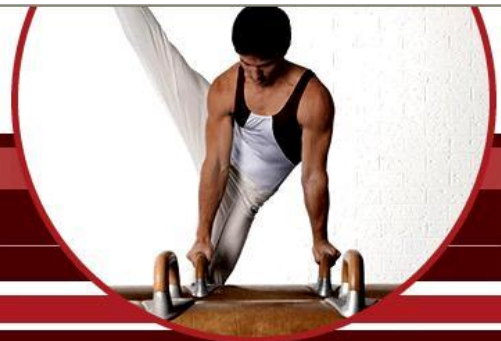




where every star has a chance to shine.



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April 2011 Round-off Newsletter

Term 1-2!!

What's on in this newsletter

News
GNSW Award Winners
Presentation Night
Open Day
Upcoming competitions
Kindergym coaching course
Harassment free Training
Uniform Shop now open!
New Staff
New Equipment installed

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:

30 Apr/6 May WG NDP WG L6-10 Trial #1 Westfields
30 Apr MG 6-10 Trial #1
14/15 May WG NDP WG L6-10 Trial #2 Westfields
14/15 May WG IDP WG Elite Trial #1 Westfields
14/15 May MG Trial #2
22 May Kindergym Carnival
28/29 May WG NDP/IDP WG L6-10 & Elite State Champs SOPSC
28/29 May MG State Champions SOP



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

Well here we are almost at the end of Term 1 and boy has it gone quickly.

The first big thing we undertook this year was our open day, which was an awesome success with so many people coming along and having a look at what the club has to offer.

Two weeks later we had our annual presentation night at Dee Why RSL Club. This year we tried ever so hard to make it more of a fun event. So we booked ourselves a DJ and moved into the slightly smaller room than we normally use at the club and from what I believe it was a great fun night.

The event itself actually costs the club money but we are determined to try and get more of our club members to attend this type of event in the future and join in the fun. So, if you have any suggestions please send them to me.

On Sunday the 20th of March of March some of our competitive boys attended the NSW Annual Awards dinner which took place at Burwood RSL Club. It turned out to be a great evening for the club with 2 of our Boys receiving awards for their outstanding efforts during 2010. Jonathan Harry was named MG Junior Levels gymnast of the Year and Kedar Gu being named Junior Elite gymnast of the year. So congratulations to our boys and our coaches for making this possible.

We are now entering the competitive season and we wish all our gymnasts luck in their events!

Finally Term 1 this year has seen more boys than normal in the gym, training and we hope this trend will continue as the year moves forward.

Martin



SECURING YOUR FUTURE
1300 303 661



News!!

Reception:

Thanks for all your patience with our 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. If you haven't handed back or received a membership form, please can you grab one and complete it at reception.

Accounts for Term 2

We would like to thank everyone who made the effort to pay their Term 1 accounts so quickly. It is much appreciated! Term 2 starts Wednesday 27th April 2011.



All accounts that are not paid by Week 2 of Term 2 run the risk of gymnasts not being admitted to the gym class. As class numbers are record high, we cannot guarantee your child's place without the correct payment.

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.

Rebooking:

Gymnasts must be rebooked into the following classes: Kindergym, Juniorgym, Recreational, Senior Recreational, Advanced Recreational, Pre- Levels, Tricking, Adult Gym. 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.



New Adult Gymnastic Class- Friday lunchtime (17yr+)

After many enquiries and popular demand, we are starting beginner Adult gymnastics Classes on Fridays, Term 2. Times are either 12-1pm or 12.30-1.30pm (time will be confirmed, depending upon demand.) This class is aimed at people with no experience of gymnastics or they haven't participated for ages! It will be a fun class and you will get to go on all the equipment. You are never too old to have a try. Vanessa will be coaching the class and we may be lucky enough to have guest coaches for harder skills!



Kindergym Coaching Course

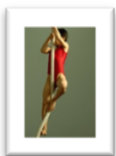
MWGC was very excited to be the venue chosen to host the Kindergym Level 1 Coaching Course, which was run this month by Gymnastics NSW. This program is designed to ensure all coaches have the competencies necessary for running Kindergym programs that are fun, challenging and, above all, safe.

Kindergym is a movement-based program for children 18 months to 5 yrs and their caregivers. The aim is to develop the whole child - physically, cognitively, socially and emotionally - through the provision of a safe, structured, multi-sensory environment, and all through fun and play.

Twelve people attended the course, including Stacey Ambrosoli from MWGC, where they were able to use our facilities to learn how to safely and effectively plan and facilitate Kindergym classes.

Harassment Free Training

Gymnastics NSW came to MWGC on Monday 28th March and ran a successful workshop on Harassment free Training. Nine of our staff attended.



New Equipment

Well done to Tory for putting up the new ropes and a big thanks to Tory and Dom for putting in the new floor upstairs and moving the pommels.

Sydney Entertainment Books

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. By purchasing the new Entertainment™ Book now, you'll be one of the first to receive your new Book when they are released in early April, plus you'll receive valuable bonus offers you can use straight away. MWGC retains 20% of all sales for fund-raising ☺.





New Staff

There are lots of new faces in the gym now! Welcome to the following staff / volunteers:

Stacey Ambrosoli- Currently completing Level 1 Kindergym Coaching, Cert IV Training, Qualified Psychologist (BA(Psych), Masters (General Psych)), Cert General Counseling.

I loved learning, and competing at a State Level, in gymnastics from age 8 to 12. I practiced as a psychologist until having my kids. After bringing them both to gymnastics, and participating in Kindergym with my daughter, I was fortunate enough to be given the opportunity to be involved with the Kindergym program. I am enjoying teaching young children basic gymnastics skills, improving their coordination, fostering self confidence, and working on their fine and gross motor skills, all while having lots of fun!

Yvette Goldberg - WAG Level 1, Kindergym, WAG Level 1 Judge, Senior First Aid.

I started as a qualified Auswim swimming instructor for babies and learn-to-swim. When my daughter started in elite gymnastics I decided to train as a gymnastics coach. I have experience in programming Kindergym and NDP Level 1-3 programs and I have had success with those gymnasts placing at State Championships.

Emilie Waiss Roulea- Since age 6, I started gymnastics in Paris, France until age 25. I competed at national level (Level 8) for 10 years. I was training 20 hours a week and it became a real passion for me. Then when it was time to think about the future? I realized what I like doing the most (gymnastics) could be my work! So I went to university for 4 years to become PE Teacher! I taught in lots of schools and coached in gymnastics clubs as well, France and USA. I had a break, building my own little family by having 2 kids, and here I am again, coaching in a new country, the one I love the most: Australia! I am really happy to belong to Manly Warringah Gymnastic and looking forward to teaching many things to my gymnasts!

Lisiane Klen Vieira moved from Brazil to Australia 3 years ago to learn English. She fell in love with the country and plans to stay! Lisi has completed 2 years of Business Administration and 4 years of Bachelor in Physical Education at University. She is currently studying a Diploma in Business. Lisi is one of the smiling faces in our Administration Team!

Keeley Harisson, Travers Keirle, Emily Adaire, Joel Brown and Ashlea Kay are current or ex gymnasts who are currently training to be Junior gymnastics coaches. If you are also interested in coaching, please contact Vanessa for further details.

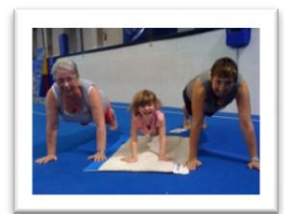
We are currently also having University of Western Sydney PDHPE Students completing their 20 hours of voluntary gymnastics teaching.

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.

Classes

Kindergym We encourage your 18 month to 5 year old children to explore, create and discover their gymnastics and sporting talents. Our main focus is to encourage your child's motor, cognitive and socio-emotional growth, at a comfortable pace. An accompanying adult is mandatory and we encourage you to be as involved as possible.



There is a fun new theme each week and your child will have the opportunity to learn and practice gross motor skills – such as running, jumping, galloping, hopping, skipping and climbing. Whilst developing their fine motor skills including hand-eye and hand-eye-foot coordination, they will learn swinging, spinning, rotations and many other gymnastic and sporting skills which will give them a fantastic start for whichever sport they choose to take up. Come join in the Fun! Classes are for 1 hour in duration. Extra siblings are charged an additional fee if over 18months old.

Juniorgym differs from Kindergym in that the children are involved in a student group situation under the guidance of a coach. Mums and Dads are welcome to watch. In this group situation children develop their learning skills as well as physical strength, co-ordination and the ability to interact socially with other members of the group. Classes are 45 minutes in duration.

Recreational and Pre- Level Gymnastics 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. These classes have a 10 level encouragement award system called Reach for the Stars. This 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 learnt throughout the term and, upon successful completion they are awarded a Certificate and Badge.



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 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. There are Junior (8-13year old), Senior (14-17 year old) and Adult (18+ year old) classes. 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.

Don't forget our new Friday daytime adult beginner classes!

Little luscious lunchbox!

Are you challenged by creating the perfect 'healthy' lunchbox?!#*...The best advice is to **just keep it simple!**

Come and join Lucy and Melinda for a morning's **Little luscious lunchbox demonstration and healthy lifestyle tips and information!**

Sample some fantastic foods packed with whole food and antioxidants! Take away inspiration for kid's snacks, and be inspired about the difference you can make for the whole family.

Where: 9 Charles Street, Freshwater
When: Friday, 8th April at 10am
RSVP: Lucy on 0413 742 043 or Melinda on 0404 309 998

Juice PLUS+






Competitive Gymnastics



Farewell Grace O'Kane.

Grace is heading to Hong Kong and will be a very missed member of our club. We had a competition in her honour on 26th March at Blackert Gymnastics (Newcastle).

Our first competition for the season. There were many medals earned on the day, in particular, Grace came 2nd on Vault, 2nd on Bars, 3rd on Beam, 2nd on Floor and 2nd Overall.

There are currently 3 different competitive programs in Women's Gymnastics (WG). The competitive programs use the Levels 1-10 standard. 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. - 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 **Award Winners** for the 2010 GNSW Annual Awards Men's Gymnastics

Junior Levels Athlete of the Year

Jonathon Harry Manly Warringah

Junior Elite Development Athlete of the Year

Kedar Gu Manly Warringah

Development Coach of the Year

Martin Shields Manly Warringah



Stop the Press!

Congratulations to Emily Doyle, who came 8th in the 50m Butterfly for Junior girls. Emily broke 7 seconds of her regional time and came 3rd in the Individual Medley 200m, enabling her a place with the state team to compete in the Junior IM at Nationals in Melbourne.

We are so happy for her! We have been told that the combination of gymnastics training has given her incredible strength in the pool!

Our Uniform shop is now open. Thank you to all our Volunteers. We greatly appreciate your assistance!

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS |
|--|--|--|---|
| 28/03 4.00 – 6.00pm Jodie Spano 5.00 – 6.00Nicky Wessels | 29/03 4.30 – 6.00pm Sandra Adamo 5.00 – 6.30pm Jeannette Takayasu | 30/03 4.00 – 5.00pm Wendy Lucas 4.00 – 4.30 pm Carolyn Rule | 31/04 4.00 – 6.00pm Sanae Van Hamond 4.30 – 6.30pm Sindy Hardy |
| 04/04 4.00 – 6.00pm Jodie Spano 5.00 – 6.00Nicky Wessels | 05/04 4.30 – 6.00pm Sandra Adamo 5.00 – 6.30pm Jeannette Takayasu | 06/04 4.00 – 5.00pm Wendy Lucas 4.00 – 4.30 pm Carolyn Rule | 07/04 4.00 – 6.00pm Sanae Van Hamond 4.30 – 6.30pm Sindy Hardy |
| 02/05 4.00 – 6.00pm Jodie Spano 5.00 – 6.00 Nicky Wessels | 03/05 4.30 – 6.00pm Sandra Adamo 5.00 – 6.30pm Jeannette Takayasu | 04/05 4.00 – 5.00pm Wendy Lucas 4.00 – 4.30 pm Carolyn Rule | 05/05 4.00 – 6.00pm Sanae Van Hamond 4.30 – 6.30pm Sindy Hardy |
| 09/05 4.00 – 6.00pm Jodie Spano 5.00 – 6.00 Nicky Wessels | 10/05 4.30 – 6.00pm Sandra Adamo 5.00 – 6.30pm Jeannette Takayasu | 11/05 4.00 – 5.00pm Wendy Lucas 4.00 – 4.30 pm Carolyn Rule | 12/05 4.00 – 6.00pm Sanae Van Hamond 4.30 – 6.30pm Sindy Hardy |





Presentation Night!
 Congratulations to the following gymnasts:



| Award Title | Athlete | 2010 |
|--|-----------------------|------|
| WG NDP Gymnast of the Year | Grace O'Kane | |
| WG SS Gymnast of the Year | Georgia Donnelly | |
| MG Gymnast Of The Year | Cameron Malone | |
| WG NDP Junior Gymnast of the Year | Isabella Gianotti | |
| WG SS Junior Gymnast of the Year | Mali Garling | |
| MG Junior Gymnast of the year | Nathan Drabbe | |
| MG State Representative | Cameron Malone | |
| MG State Representative | Joel Brown | |
| MG State Representative | Julien Horrocks | |
| State Championships Level 7 Open 2nd Overall | Cameron Malone | |
| State Championships Level 4 Age 1st Overall | Nathan Drabbe | |
| State Championships Level 3 Open 1st Overall | Jonathan Harry | |
| State Championships Level 3 Open 2nd Overall | Benjamin Dempsey | |
| State Championships Level 3 Age 1st Overall | Kedar Gu | |
| State Championships Level 3 Age 2nd Overall | Ewen McConville | |
| State Championships Level 2 Open 1st Overall | Thomas Sakellaris | |
| State Championships Level 2 Age 3rd Overall | Jesse Green | |
| Most Improved MG Jnr Dev (non competitive) | Angus Johnson | |
| Most Improved MG Dev (non competitive) | Baylen Jupp | |
| Most Improved MAG Level 2 | Warner Parsons | |
| Most Improved MAG Level 3 | Jonathan Harry | |
| Most Improved MAG Level 4 | Nathan Drabbe | |
| Most Improved MAG Level 5 – 7 | Julien Horrocks | |
| Most Improved WG Jnr Development (non competitive) | Matilda Jaffe | |
| Most Improved WG NDP Level 1 | Angel Moujalli | |
| Most Improved WG NDP Level 2 | Madison Davies-Mee | |
| Most Improved WG NDP Level 3 | Kiarnie Prior | |
| Most Improved WG NDP Level 4-5 | Lina van Hamond | |
| Most Improved WG SS Level 3 | Emily Doyle | |
| Most Improved WG SS Level 4-5 | Rose Gooding | |
| WG Club Spirit Award | Louisa Donnelly | |
| MAG Club Spirit Award | Joel Brown | |
| WG Consistent Worker NDP Level 1 | Holly Larkins | |
| WG Consistent Worker NDP Level 2 | Jessica Burns | |
| WG Consistent Worker NDP Level 3 | Kira-Leigh Rule | |
| WG Consistent Worker SS Level 3 | Daniella Rundle | |
| WG Consistent Worker SS Level 4-5 | Holly Shuttleworth | |
| WG Consistent Worker Jnr Development (non competitive) | Lucy Stewart | |
| WG Consistent Worker NDP Level 4-5 | Jessica McDonald | |
| MAG Consistent Worker Level 1-2 | Thomas Mount-Stephens | |
| MAG Consistent Worker Level 3-4 | Benjamin Dempsey | |
| MAG Consistent Worker Level 5-7 | Julian Horrocks | |
| MAG Consistent Worker Development Squad | Minato Thomas | |