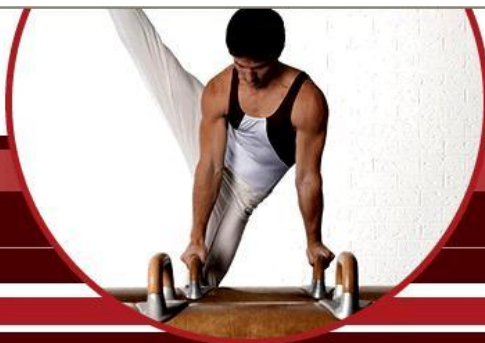




where every star has a chance to shine.



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November 2010 Round-off Newsletter

Term 4!!

What's on in this newsletter...

Annual Display News
From the president..
General Managers Report
Competitive Report
Display Info
Locker Room- Gymnast / Staff Profiles

Important Dates:

Term 4 concludes Saturday 18th December 2010
GYM CLOSED Friday 24th December – Sunday 9th January 2011

2011 Term Dates:

Term 1 Friday, 28 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 Tuesday, 20 December 2011

Events:

13/11 Annual Display- **Disney Theme!**
13/12-23/12 Holiday Fun
10/1-27/1 Holiday Fun (No Holiday Fun 26/1)

Competitions (WG- Womens / MG- Mens)

14/11 WG NDP Epping



Cake Stall: Please advise at the time of purchasing your tickets if you can donate a cake for the stalls. Any cake donation will give you 10% off your total ticket purchase but you must tell administration at the time of purchasing your tickets to receive your discount.

Annual Display Saturday 13th November



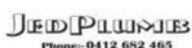
Date: 13th of November, 9:00am – 12.30pm,

Theme:  – See individual classes for dress code

Session Times: This year we have decided to run one big Gala Session commencing at 9.00am and aiming to finish at 12.30pm, with one interval. **Your Child will be required to be at the gym at 8.50 (please let us know if you are not attending)**

Tickets: Tickets MUST be purchased in ADVANCE. They are available from administration during office hours. Please try and get your tickets early as no tickets will be available on the day. Ticket prices are as follows – please note that you are not required to buy tickets for your child if they are a current Club member:

Child/Senior ticket:	\$7.00
Adult:	\$17.00
Family (2 of each):	\$45.00



SECURING YOUR FUTURE
1300 303 661



From the President..

Welcome to Term 4!

Term 4 is an action packed 10 weeks. The Annual Display on Saturday 13th November has all the gymnasts practicing avidly to show off all their skills. With the Theme being Disney, it will be an event definitely not to be missed!

Big changes are happening in the gym club. We are having 2 new offices put above the downstairs toilets. Please be careful around the gym club whilst these are taking place.

The new policy of class fees being paid in the first two weeks of the term is working very nicely and we really appreciate all of your efforts to help us introduce this policy. Did you know you can pay over the phone using Visa or Mastercard and you can also direct deposit your fees. Just one of the ways we are trying to make being a member of MWGC easier.

Welcome to Dominique, Celina and Max our new gymnastics coaches, coming from Brisbane, New Zealand and Sydney, we are very excited to have you all on the team. We are now a fully international club with coaches from Australia, New Zealand, Brazil, England and Scotland! Thank you to all the staff for their continual hard work.

The competition season is nearly over for all our MAG and WAG gymnasts. Congratulations to all those that competed and a big thank you to all family, coaches, staff and friends that assisted the gymnasts in achieving their bests. Good luck to all those gymnasts that still have competitions.

Well done to all our Kindergymers who recently attended the Kindergym Carnival at MWGC. Over 100 people came to watch the Kindergymers show off their new found skills. A big thanks goes to Stacey Ambrosli who kindly volunteered to help out on the day.

Thanks go to all our sponsors for their continuing support and assistance. Sydney DPS are responsible for our Club shirts. IN and SJ Hardy Builders, Jed Plumb and Stephen Hobbs Technology Services are responsible for the building and fit out of our new offices. Whilst Dawes Design is not a sponsor, a thank you must be mentioned to them for being so accommodating to our daytime gymnastic lessons! Please take the time to note who our sponsors are and consider them as valued members of our team if you require their services.

A huge thank you needs to be said to Molly Kingston for selling 30 MWGC Fundraising Calendars! Congratulations Molly!

A special mention must also go to Bradley, Kylie, Madison and Halcyon Hunt- Primo Small Goods (deli meats & boutique butcher) based at Chullora, contact them on 9742 0000, who have very kindly donated all of the 1800 sausages to our 2010 Display!

It is with heavy hearts and sad faces we say goodbye and wish good luck in the future to Nell and David McNeil. They have been at the club for many years and we appreciate all their efforts. Also leaving us is Michelle Jan, who is experiencing the world!

I invite anyone at anytime to be actively involved in the development of our club. Please also feel free to contact me at anytime if you have any concerns on matters within the club.

Regards, Ian Hardy.





Notice boards / Website / Emails / Online payments



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

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 with your payment. Alternatively you may pay by credit card over the phone. If you are not receiving our emails, please contact reception asap. All invoices will be emailed.

Our community section is where you can display any information such as car sharing, nannies needed etc.

Uniforms / Toys / Equipment

Why not order a MWGC embroidered kit bag for Christmas? Never lose your clothes, water bottles or shoes again!



Lost Property

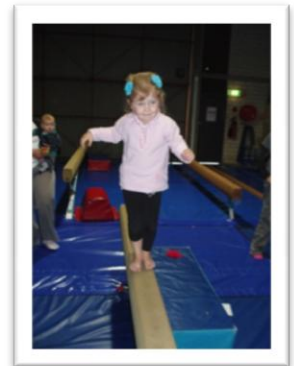
We will donate the contents of our Lost Property section every fortnight (starting 24/7/10) to Vinnies. Please make sure you take your belongings with you.

Kindergym (1.5-5yrs) What a success!



Over 100 kindergymers, friends and family come to MWGC on Sunday 24th November to participate in the Northern Beaches themed 90min session.

Thank you too all who came and a big thanks again to Stacey for her help!



Adult Gymnastics or Tricking (17yr-???)

With summer just round the corner it's time to get our own skills in shape! Why not build up that perfect bikini or boardshort body in our gym! Do as little or as much as your wish. The classes cater for all levels from complete beginners to ex national gymnasts. (7.30-9pm Monday and Thursday- Adult gymnastics; 7.30-9pm Tuesday, 5-7pm Sunday Adult Tricking). It's a great way to work on your core, strength and flexibility skills.

New Classes:

Possible Pilates and / or Adult beginner gymnastics classes (daytime)- Please register your interest at the office.





General Manager Report

Firstly I just want to welcome everyone back to MWGC.

It is almost hard to believe we are now fast approaching the end of 2010. This year has been huge for the club. We have new staff onboard, the club has also grown in numbers quite considerably and at present we are building a few new offices and hope to have a Club Chiropractor on board in the next month. As we finalise all the details here, Vanessa will keep everyone up to date with what is happening with her regular emails.

And speaking of Vanessa, on Sunday the 24th of October she organised a Kindergym Fest at the club, which turned out to be a great morning. It was a wonderful opportunity for some of the Dads who never get a chance to come along to the gym to hang out with their children and enjoy the Kindergym experience. As this was such a successful morning I am sure it will become a regular event on our calendar.

In 2 weeks time we have our Annual Display and like every year it is an awesome occasion for our gymnasts to demonstrate their talents and have lots of fun, so if you have not purchased your tickets for this spectacular day just contact Wylma or Lauren in the office and they will help you with this.

In the competition side of things the Girls are still working hard towards their final event of the year but for almost everyone else it is a great chance to start working on some new skills and new routines as we prepare for 2011.

Recently MWGC sent a party of 16 gymnasts 2 coaches and 1 chaperone to Queensland, to compete in the Sunshine challenge. It was a great competition for everyone and after the comp we had some down time with the gymnasts at Dreamworld and The Australia Zoo.



In the boys programme everything is moving ahead well, this year we had 11 boys selected onto the NSW State Development Squad, which was a great effort from all the coaches involved and we also had our best ever State Championship Result ever.



What really pleases me at the minute is the amount of young boys we have in our junior programmes and our MG Recreational classes. Almost all of these classes are at their maximum numbers, so we are working on ways to try and accommodate even more potential gymnasts.

With so much happening all the time at the club, make sure you check your email as we are sending out much more information this way. Also if you change your Email address, please advise the office staff so we can keep all your details up to date.

Martin Shields





Competitive Reports



Squad and Levels Gymnasts (ages 5+) (NDP and SS) (Training 2.5-17 hours per week)

The level 4-6 National Stream girls have had a very busy couple of months competing in the two state trials and the Sunshine Challenge.



Congratulations Jessica Villegas, Lina van Hamond, Caitlin Cox and Grace O'Kane for making it to the State Championships held at Homebush on the 30th and 31st of October.

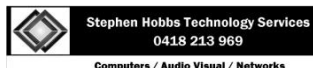
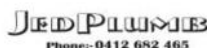
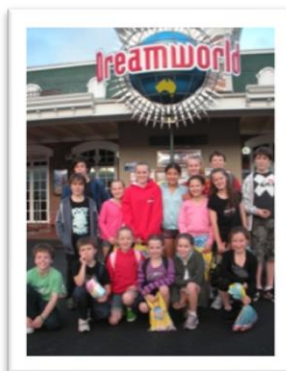


The Sunshine Challenge proved to be a great experience and team bonding week. Although the weather was not on our side, we still managed to redecorate the apartment and complete a few indoor strength sessions. The competition itself was a fantastic experience for the girls. As we walked into the competition venue their words were "it looks like the Olympics". The girls even had the pleasure of watching 2006 Commonwealth games gymnast Chloe Sims compete in the level 10 teams event. She was amazing!

We would all like to say a huge thanks to Natalie Fraser who was our chaperone for the QLD trip. Natalie also fulfilled the role of mum, cook, hairdresser, driver, cleaner and doctor. She did a fantastic job. Thank you for everything Nat! Thanks also to Jenny Maconachie, Michelle McDonald & Sara Robertson who assisted with travel to the comp venue, shopping, cooking and for help with the girls hair.

The competition season is not yet over, the WG level 1-5 National Stream busy preparing for 1 more competition on Sunday 14th November at Epping.

Congratulations to all the gymnasts who have been promoted this term. It is a big jump up from their previous classes. The State Stream girls and NDP L3-4 have been particularly hard working with their new coach Dom! Next year is going to be very exciting!





Display Info..

Time:	No:	Session	Theme	Coach/ es Responsible
09:10:00	1	Mix Tumble	MWGC Best!	Nat / Martin
09:20:00	2	Rec (Mon/ Tues / Wed classes)	Aladdin	Dom / Rec
09:30:00	3	WAG Floor Display	Lina Van Hamond	Natalie
09:35:00	4	WJ Dev	Pinocchio	Cris / Nat
09:40:00	5	MAG High Bar Display	Ben Wood	Martin
09:45:00	6	MG J Dev	Seven Dwarfs	Martin
09:50:00	7	WAG Beam Display	Jess Villegas	Natalie
09:55:00	8	WAG L 1-3	Toy Story	Tamsin / Tricia / Tahnee / Heather
10:00:00	9	MAG Rings Display	Julian Horrocks	Martin
10:05:00	10	Junior gym	101 Dalmatians	Tricia / Alison / Dom
10:15:00	11	WAG Pre Levels	Hannah Montana	Tammy / Tahnee / Emily / Angel
10:20:00	12	MAG Floor Display	Cameron Malone	Martin
10:25:00	13	MAG L1-3	Cars	Ben
10:30:00	14	WAG L3-4 NDP / 5-6 Open Display		Dom/ Penny
10:35:00	15	Tricks Jnr and MAG Pre- Levels	Pirates of the Caribbean	Jono / Morgan
10:40:00	16	WAG Floor Display	Grace O'Kane	Natalie
10:50:00	17	Pommel Competition		Martin
10:55:00	18	WAG Bars Display	Caitlin Cox	
11:00:00		INTERVAL		
11:15:00	19	Taekwondo Demonstration		Jason Smith
11:20:00	20	MAG Dev Squad	Incredibles	Martin
11:25:00	21	MAG Senior Squad	Jungle Book	Martin
11:30:00	22	WAG L3-4 NDP / 5-6 Open	Alice in Wonderland	Dom / Penny
11:40:00	23	Handstand Competition		Natalie
11:45:00	24	MAG Rings Display	Jonathon Harry	Martin
11:55:00	25	Rec (Thurs/ Fri / Sat classes)	Aladdin	Tricia / Dom
12:00:00	26	WAG L3	Mary Poppins	Nat
12:05:00	27	1S	The Little Mermaid	Steph / Tricia / Rylee
12:10:00	28	2K	Lion King	Kiri
12:15:00	29	Senior Tricks	Tarzan	Jono / Morgan
12:20:00	30	1C 1K	Mickey Mouse	Cris / Karen
12:25:00	31	WAG Senior Rec	TBC	Tory / Amelia / Morgan
12:30:00	32	WAG Floor Display	Grace Whitfield, Courtney & Kira-leigh Rule	Natalie
12:35	33	WAG 4-5	Camp Rock	Natalie
12:40	34	Staff	It's a Surprise!	Tory

Saturday 13th November classes:

If you normally attend a class on this Saturday, please contact the office for a makeup class or refund.
Squad Dev SN (12.30-3.30pm) Your class will be refunded.



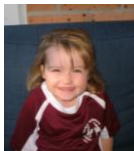
Display Help Needed:

The coaches are working hard to make this day a success but we also need parental help! If you are able to setting up equipment (Friday from 7pm) / packing away equipment (Saturday from 12.40pm) please contact the office or email vcook@mwgymclub.com



Hampers:

Please make sure all goodies are delivered to the gym by THURSDAY 11th November!



Club Shirts:

Every member of Manly Warringah Gymnastics Club receives a free Club Shirt. If you've not got your, please contact reception asap.



Tickets:

Please make sure you have purchased your tickets in ADVANCE. Tickets are not available on the day.
Child / Senior \$7
Adult \$17
Family (2 of each) \$45