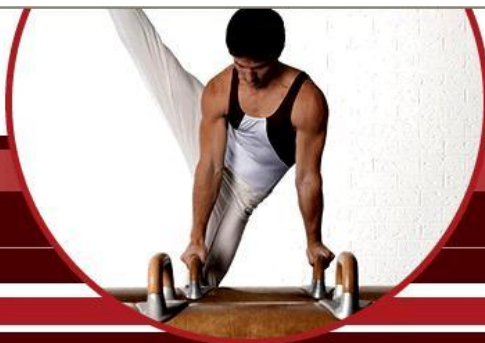




where every star has a chance to shine.



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](mailto:info@mwgymclub.com) [www.mwgymclub.com](http://www.mwgymclub.com) ABN 54 548 026 174

## September 2010 Round-off Newsletter

### Welcome to Term 3!!

What's on in this newsletter...?

Gym News  
From the president..  
Recreational, Juniorgym, Kindergym  
Womens Gymnastics reports  
Mens Gymnastics reports  
Tricking news  
Codes of Conduct  
Sponsors section  
Locker Room- Gymnast / Staff Profiles

#### Important Dates:

Term 3 concludes on Saturday 25<sup>th</sup>  
September 2010

Term 4 Dates- Monday 11<sup>th</sup> October to  
Saturday 18th December

#### Events:

12/9 Allambie Heights Public School  
Display  
13/11 Annual Display- **Disney Theme!**  
27/9-1/10 Holiday Fun  
5/10-8/10 Holiday Fun  
24/10 Kindergym Carnival 9-10.45am

#### Competitions (WG- Womens / MG- Mens)

11/9 WG NDP L4-6 State Trial 1  
17-23/9 MG/WG Sunshine Challenge  
25/9 WG NDP L4-6 State Trial 2  
16/17/9 WG NDP Blackert tbc  
30/10 WG NDP L4-6 State Champs  
14/11 WG NDP L1-10 Epping

### Our Gymnasts aim HIGH and Beyond!

Awesome results for our MAG and WAG Competitive gymnasts.



MWGC finished with 4 State  
Champions, two  
2nd place champions and one  
3rd place, a feat that  
was matched by no other club in  
the state, so it truly  
was an awesome result from our  
gymnasts and our coaches  
Full report inside



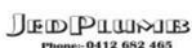
NSW National Development  
Program There was tough  
competition within the state but  
our gymnasts did us proud with  
Grace Whitfield and Rose  
Gooding finishing in the top 10 of  
NSW. Full report inside.



NSW State Stream Championships  
**Congratulations to our two Level  
5 State Medal Winners:**  
3<sup>rd</sup> on Vault - Georgia Worner  
3<sup>rd</sup> on Bars - Georgia Donnelly



Girls Night Out...what a blast!



SECURING YOUR FUTURE  
1300 303 661



## From the President..

**“SOMETIMES WE CAN BE SO BUSY THAT GREAT THINGS PASS US BY”**

Congratulations to all our competitive gymnasts. The results from the qualifying competitions have been nothing short of amazing. I want to thank each and every coach for the effort and work they have put in. To Natalie and Martin for again, as a team, making our club one the greatest gymnastics clubs in Australia. To all the kids who participate in gym for fun I want to say thanks for making my job as President a pleasure and honor.

At present we have a membership of nearly 1000 and still growing which again is testament that the entire club and all the staff are getting it right.

On behalf of the committee I need to thank everyone for being tolerant throughout the changes to structure and administration over the past 18 months, we as a business are now highly organised and efficient in all aspects and the bottom line is that these adjustments are now being reflected in our savings and overall financial position.

I have been busy with the push toward our new home and again I'd like to be telling you all a location for the club and a time frame but nothing is so simple. I will however say that I am in constant contact with the powers to be and am being assured that we are moving in a forward direction. The info that I'm getting is if we get a go ahead it's more than likely going to be in 2012. Hopefully soon I will be given the green light to propose a design for the gym and be able to present it to Council.

I want to thank our landlord and Property manager for the new carpet in the waiting area and office and also the offer of granting us an option on staying in this gym until we build the new gym. We have also been given "frozen rent" until we leave which is a great bonus. "Thanks Michael."

To members, parents, staff and anyone else please always remember that the club belongs to you and you are always welcomed to ask anything you want, if you need to know anything send a note to the committee and we will do what we can to help.

Cheers all our staff, awesome performance and result in every corner the club! Regards, Ian Hardy.



### Water Bottles

Now Spring is here.. don't forget to bring your water bottles to training



### Kitchen

You are welcome to share our kitchen facilities. However we ask that you please tidy up after you are finished.



**Fees-** Term 4 invoices will be sent out and we request that all accounts be settled in full by Friday 10<sup>th</sup> December for 2010. We are having changes to our computer system.



### Notice boards / Website / Emails

Our notice boards / website [www.mwgmclub.com](http://www.mwgmclub.com) and emails are in full working order- check these out for the latest information on competition times, dates, new classes and upcoming events. If you are not receiving our emails, please contact reception asap.



**WARNING NO ADMITTANCE** As of Term 1 2011- Changes to policy – if you pay each term, you must pay your fees by week 2.

**Any gymnasts whose fees are not paid, will NOT be admitted to the class. (Extenuating circumstances can be discussed with MWGC Administration.) Prior to week 2**

**Club T-shirts-** coming soon! Each registered gymnast will receive a MWGC Club shirt!

**Toys-** Thank you for all your kind toy donations! We are now fully stocked up. If you have a spare changing table, our babies would really appreciate it!

**Toilets-** We are trialing air fresheners... girls toilets smell of Raspberry and boys smell of licorice! Let us nose your feedback!!



### Lost Property

Each evening we are left with an abundance of clothing / water bottles and shoes! PLEASE can you make sure you take everything with you! We will donate the contents of our Lost Property section every fortnight (starting 24/7) to Vinnie's. Please make sure you take your belongings with you.



**Wanted - 2<sup>nd</sup> Hand Clothing.** We need Boys White longs, size 8, maroon shorts 8-10 and track suit pants size 10. Any other comp items / leotards for boys and girls would be brilliant.



**Unsupervised Children**

All children must be supervised whilst they are at MWGC.

You must only go on the equipment when you are instructed to do so by a MWGC coach.

Failure to comply with this rule will result with you being asked to leave the gym as you will be comprising everyone's safety and risk.



**Housekeeping**

Our Gym is run as a not for profit organization. Any surplus funds are re-invested into the club.

We are trying our best to ensure the gym is kept tidy and clean.

Please can you help us by **picking up your litter, any dropped food and putting all your rubbish in the bins.** Please look after our home the same as you would do with your own.



**Birthday parties..** Did you know that MWGC holds up to five birthday parties each weekend? They are so popular we book up way in advance! If you would like your child to have their next party at the gym, phone the office asap 9453 5481. Parties are adapted to age and skill. Inc: 60mins of gymnastics, 30 mins in the ever popular pit. 30 mins food / drink / birthday cake time. You bring the food, we supply the fun!



**Recreational Gymnastics (5-15yrs)**

Now to the serious business of assessments! Weeks 9 & 10 are for showing off your new found skills! Good luck to all the gymnasts in your Reach for the Stars Tests!



**Juniorgym (4-5yrs)**

Bursting at the seams with excitement is the only way to describe these classes! The Monday new class time of 3.45pm has proved popular and will continue next term.

**Adult Gymnastics (17yr+?)**

Summer is on its way! What better way to work on your core, strength and flexibility skills for the bikini and boardshorts than working out at our adult gymnastics classes.. Perfect your beach backflips and handstand skills! All gymnast levels catered from 7.30-9pm Monday and Thursday.



**Kids Night Out Saturday 16<sup>th</sup> October 6-9pm**

Come and join us for a fun night of excitement in our gymnasium. Our qualified coaches are running a Saturday night full of games and good times and we want you. So tell your friends to come along with you as you see how fun a gym can be.

Cost: \$20 per child, \$50 for 3 children in the same family (\$10 charge per every 15min late for pick up) Dinner and drinks are included. Bookings Essential 9453 5481 For children 5 years and up

**KINDERGYM!**

The Kindergymers have been having a ball this term... They have been bugs, animals, superheros, fairies, cartoon characters, firepeople and travelled in so many different forms of transport up and down the Northern Beaches! We've even uncovered some unknown gymnastic skills of the parents too!

**STOP THE PRESS!!! KINDERGYM CARNIVAL!!**



We would like you to invite your friends and family to come and join you in the Kindergym carnival.

Date: Sunday 24<sup>th</sup> October 2010; Time: 9-10.30am; Cost \$5 per child (aged 18months to 5 years) (to cover staffing and venue hire.); Theme: Northern Beaches; What to wear: Normal Kindergym clothing (no jewellery, skirts or dresses



please.)

**What to bring:** Bring along your family and friends and show them all your new Kindergym skills! Don't forget your camera!  
**RSVP with payment by Friday 22<sup>nd</sup> October 2010 to the office.**

Testimonials....Stuff worth shouting about.... (the word from our satisfied clients!)

- The class has been so wonderful for the boys. I am especially happy with how much stronger and confident they have become since coming to the gym. (Heather Farrer, Twin 2 year old sons)
- Thanks for the great Kinder Gym classes we've been doing this term. We love the lessons and both really look forward to participating each week. While it may not always seem as though they are engaged fully in the lesson (thanks to their short attention spans), the kids practice the moves at home and talk about it all week till next time. The mums aren't yet sure who has more fun, us or the toddlers! (Suzi Lill, 2 year old son)



# Competitive Reports



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

## 1-3 State Champs

There was some tough competition within the state but our gymnasts did us proud with both Grace Whitfield & Rose Gooding finishing in the top 10 of NSW and Courtney Rule & Isabella Gianotti close behind them in 12th & 13th place respectively.

Rose and her Northern Region team (Level 3 Senior) won the All Round Gold medal, while Grace & Courtney secured 2nd place in the teams competition (Level 3 Junior). Isabella helped her Level 1 intermediate team to 5th place. The judges pulled out some tough scores for Kira-Leigh's intermediate session, but she showed them her best and managed to finish in 20th place individually and 6th place team.

Holly Larkins was our youngest WG State representative for 2010 at age 7. And in her first year of competition Holly helped her team to a 3rd place overall medal!

The competition season is not over yet. We have one more competition planned for 14 November at Epping YMCA (NDP & SS L1-10)

## L4 & 5

The L4 and 5 girls have been quietly preparing for their competition season with 3 competitions already completed.



The girls first comp at Penrith YMCA had some outstanding results with Caitlin Cox placing 3rd on bars and 4th overall in the Level 4 Snr division.

The Level 4 juniors also proved to be very competitive with Grace O'Kane placing 1st on floor, 2nd on Bars, 3rd on Beam and 2nd place overall.

Emily Fraser placed 2nd on Floor, 3rd on Vault and 4th overall. Jessica McDonald just missed out on a place on the podium with 2 fifth places on Floor and Beam.

There were also great results in our friendly competition at Nepean Gymnastics. Samara Robertson had her Level 4 debut. Sam put in a lot of effort after finishing her level 3 competitions in mid July to prepare for a competition with new routines by August!! Grace O'Kane took out the level 4 division placing 1st overall and Jessica Villegas won the level 5.

The girls are busy preparing for State Trials 1 & 2 and the Sunshine Challenge which are all to be held in September.

## WAG 4 - 10 STATE STREAM

This is a very strong, growing area of competitive gymnastics and Manly Warringah is very well represented with two competitors in Level 4 and eleven competitors in Level 5 - many of whom have been training together since they were in Level 1. **(Level 1 parents beware! - this could be you in 8 years time.)**

This year the format was different to the past, with ribbons being allocated at each apparatus for achievement of certain score levels (as per the system in place for the boys) and medals to 3<sup>rd</sup> place for each apparatus.

### Lizzie's words....

The girls have trained and competed extremely well this year and the club is very proud of the performances throughout the whole year. They have improved tremendously and have achieved some outstanding personal best results. The girls have had some very memorable moments including trips to Gunnedah, Penrith and Sydney Olympic Park.

As many of you will know I am leaving at the end of this term and would like to say thank you to all of the staff, you are an awesome bunch of people. I would also like to say thank you to all the gymnasts. I will miss coaching all of you. To the parents, thank you for all the support you have given me over the last year. I hope to keep in touch, Liz



## NSW STATE CHAMPIONSHIPS Congratulations to our two Level 5 State Medal Winners:

3<sup>rd</sup> on Vault - Georgia Worner

3<sup>rd</sup> on Bars - Georgia Donnelly

### PERSONAL BEST RESULTS:

**LEVEL 4 - had 46 competitors MWGC Represented by: Taylor Jones & Holly Shuttleworth**

Holly received two blue ribbons - and was placed 11<sup>th</sup> on Vault

Taylor received one blue ribbon - and was placed 15<sup>th</sup> on Floor

**Level 5 - had 36 competitors: MWGC Represented by:**

Georgia Donnelly

Michaela Keirle

Kim Moran

Laura Stephens

Mia Trzecinski

Georgia Worner

Louisa Donnelly

Lexie Montague

Madeline Spencer

Erin Thompson

Lisa White

**VAULT:** 3<sup>rd</sup> Georgia Worner, 8<sup>th</sup> Louisa Donnelly, 10<sup>th</sup> Kim Moran

**BAR:** 3<sup>rd</sup> Georgia Donnelly, 7<sup>th</sup> Louisa Donnelly, 9<sup>th</sup> Kim Moran

**BEAM:** 5<sup>th</sup> Erin Thompson, 6<sup>th</sup> Lexie Montague, 9<sup>th</sup> Georgia Donnelly, 10<sup>th</sup> Louisa Donnelly

**FLOOR:** = 6<sup>th</sup> Lexie Montague & Georgia Donnelly, 8<sup>th</sup> Lisa White,  
= 10<sup>th</sup> Georgia Worner & Louisa Donnelly

## Pre-Level Gymnasts (6-13yrs)

Congratulations to our new Pre-Levels gymnasts on your promotion. We hope you are enjoying your new classes. We are now looking at promotions ready for the 2011 Competitive season into our NDP Levels programs.



# Competitive Reports



**The last few weeks for our competitive boys have been so busy. They all prepared for level 1 – 5 State Championships which took place on the weekend of the 28th and 29th of August.**

In total the club had 28 of our junior athletes competing and it proved to be a fantastic weekend for our young gymnasts. At the end of these championships, MWGC finished with 4 State Champions, two 2nd place champions and one 3rd place, a feat that was matched by no other club in the state, so it truly was an awesome result from our gymnasts and our coaches.



In the Level 2 age competition, Jesse Green placed 3rd overall in the all-round with team mate Warner Parsons just behind in 5th position. In the team event the MWGC- Team A placed 2nd overall with MWGC- Team B just behind in 4th place



In the Level 2 open stream, Thomas Sakellaris was the only competitor from MWGC and he did the club proud by placing 1st overall in the all round event. A great result for this young man.



One of the largest events of the weekend was Level 3 age & open competition and MWGC totally dominated!

Kedar Gu placed 1st in the all round with Ewen McConville right behind him in 2nd place. Between these two boys, they both won 3 Gold, 4 Silver and 2 Bronze medals in the apparatus finals. Our MWGC team placed 1st overall.

Thinking it could not get much better than this, IT DID! In the level 3 open division, Jonathan Harry placed 1st in the all round, with team mate Benjamin Dempsey just behind in 2nd place over all. In the apparatus events Jonathan was outstanding winning Gold medals on 5 events and Bronze on 1, with Ben picking up Silver on Rings and high bar. MWGC also took 1st place in the team event



Finally in the level 4 age division, Nathan Drabbe was just as awesome as everyone else taking 1st place in the all round event with team mate Braden Maconachie finishing in 6th place in the all round.

Nathan also won 2 Gold, 2 Silver and 1 Bronze medal in the apparatus finals. In the level 4 team event, MWGC finished in 2nd place.

**Watch out for Tuesday 14<sup>th</sup> September Young Gun Section... you may recognise a few of the boys!**

**THE Manly Daily**

## Pre – Levels and Recreational

In our competitive junior programs we have an phenomenal amount of talent in various classes. It is such a joy to see so many young boys in our recreational classes that we run on a Monday, Tuesday, Thursday and Friday. Finally, if you have a child that you feel would like to move to a more competitive class speak with the coach or ask for Martin and he will advise you as of the best way to move forward.



A big thank you to all our Gymnasts who proudly performed at **Allambie Heights Public Schools Spring fair** last weekend.

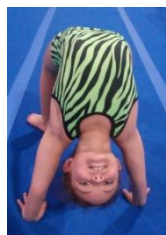
**Girls Night Out..** The night went really well, the girls all enjoyed themselves and have already asked if we can hold another one at the end of the year (Watch this space!)



Lots of games were played and the girls had some free time so the four hours went quickly. The main games/activities were hide n seek, talent quest, limbo, floor skills (more challenging and fun skills), stick, free time on floor/bars/beam and then free time in the pit. Dinner/pizza was successful – (there were no leftovers for any hungry parents!)

The girls were all well behaved especially due to how excited they all were, they listened and even cleaned up after themselves after dinner.

Limbo Champ - Sarah O'Kane; Games Champ - Jasmine Dempsey; Talent Champ - Allie Donald





# Tricking News...

There are only a few items to report this week on the tricking scene, mostly about sampler releases!

For those that don't know what a Tricking Sampler is, here is a quick explanation.

A Tricking Sampler is a collection of video footage that is put together to form a "sample" of tricks, combos and memories from training sessions, tricking gatherings and tricking trips. Recording your training, analyzing your technique and planning a sampler is the best way to progress and track your overall growth in the sport. It will also help your friends around the world keep up to date with your current training and the tricks you are working on or have recently achieved.

The first sampler announcement is James Daly's 2010 Tricking Sampler! ([http://www.youtube.com/watch?v=uXZ-VBC\\_plg](http://www.youtube.com/watch?v=uXZ-VBC_plg))



We are personally very proud of James' progression over the years and more so over the last few months. James started tricking 2-3 years ago with very minimal acrobatic and martial arts experience. He has endured through the struggles of learning the tricking foundations and basic moves (and quite a few

Injuries) to become the quickly advancing Tricker that he is today.

Morgan has also produced several samplers this year and he has finally released: "Dot's Birthday Weekend" and "POLARIS – Team E and Geems" Consisting of video footage from a Birthday Weekend getaway up north at Lake Macquarie. Polaris is a chilled video completely filmed in Slow Motion, which gives you a great aesthetic perspective on tricking.



"Sydney Super Session" is a sampler of one session at Castle Hill RSL Gym that was so intense that it just called for an epic sampler to be made. We had a great bunch of talent come out to join our regular Thursday training session: Warrick Wong from Team Hisuinokumo, Liam Friend, Lauchlan Wright and Jake Anderson from Team Dinna, Joelan Wong and Mitch Jeffrey from Geems, Morgan Flook, Alvin Lopez and Myself from Team E, Max Riton from Team Disastrickz in Sweeden and the Infamous Phill Gibbs from Team Inversion in Brisbane! Many Extremely Large Tricks and Combos were thrown at that session and the sampler catches all the excitement perfectly!!!

We all look forward to seeing more from James, Geems, Team Dinna and all our students in the near future knowing that every achievement, whether it be small or large, is greatly celebrated by Morgan and Myself as we watch you all grow in leaps and bounds.

Yours Sincerely

**Jono Wong and Morgan Flook**  
TRICKING FOR LIFE!!!



# Codes of Conduct

It's that time of year again when it's late in the term, everyone's getting tired and wishing for summer! We all need to remember our manners and codes of conduct when at MWGC. This will ensure everyone enjoys their classes-gymnasts, coaches and parents. Please can you take the time to read and EXPLAIN the conducts below for gymnasts and parent.

**GENERAL CODE OF BEHAVIOUR** As a member of MWGC, or a person required to comply with the MWGC Member Protection Policy you must meet the following requirements in regard to your conduct during any activity held or sanctioned by the MWGC, *Gymnastics NSW*, *Gymnastics Australia*, or an affiliated club and in any role you hold within the MWGC:

---

1. Respect the rights, dignity and worth of others regardless of their gender, ability, cultural background or religion.
2. Be fair, considerate and honest in all dealings with others.
3. Be professional in, and accept responsibility for, your actions.
4. Make a commitment to providing quality service.
5. Be aware of, and maintain an uncompromising adherence to, MWGC standards, rules, regulations and policies.
6. Operate within the rules of the sport including national and international guidelines which govern MWGC, the state associations and the affiliated clubs.
7. Do not use your involvement with MWGC to promote your own beliefs, behaviours or practices where these are inconsistent with those of MWGC, *Gymnastics NSW*, *Gymnastics Australia*, or an affiliated club.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons less than 18 years of age, as your words and actions are an example.
9. Avoid unaccompanied and unobserved activities with persons less than 18 years of age, wherever possible.
10. Refrain from any form of harassment of others.
11. Refrain from any behaviour that may bring MWGC, *Gymnastics NSW*, *Gymnastics Australia*, or an affiliated club into disrepute.
12. Provide a safe environment for the conduct of the activity.
13. Show concern and caution towards others who may be sick or injured.
14. Be a positive role model.
15. Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.

**PARTICIPANT CODE OF BEHAVIOUR** In addition to the MWGC General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by MWGC, *Gymnastics NSW*, *Gymnastics Australia*, or an affiliated club and in your role as a participant in any activity held by or under the auspices of MWGC, *Gymnastics NSW*, *Gymnastics Australia*, or an affiliated club:

---

1. Respect the rights, dignity and worth of fellow gymnasts, coaches, officials and spectators.
2. Do not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow gymnasts and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. At all times avoid intimate relationships with your coach.
7. Conduct yourself in a professional manner relating to language, temper and punctuality.
8. Maintain high personal behaviour standards at all times.
9. Understand that not adhering to Club rules can result in sitting out a coaching session. In extreme circumstances, expulsion from the Club can occur.
10. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
11. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
12. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

**PARENT/GUARDIAN CODE OF BEHAVIOUR** As a parent/guardian of a participant in any activity held by or under the auspices of MWGC, *Gymnastics NSW*, *Gymnastics Australia*, or an affiliated club, you must meet the following requirements in regard to your conduct during any such activity or event:

---

1. Respect the rights, dignity and worth of others.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Focus on your child's efforts and performance rather than winning or losing.
4. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
5. Show appreciation for good performance by all gymnasts, including gymnasts from other teams.
6. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons less than 18 years of age, as your words and actions are an example.
7. Respect officials' decisions and teach children to do likewise.
8. Do not physically or verbally abuse or harass anyone associated with the sport (player, coach, judge and so on).
9. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
10. Be a positive role model.
11. Never enter the gym floor unless given specific permission by a MWGC official (kindy gym parents excepted).
12. Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.



# The Locker Room...

**Gymnast Profile:** Jamie Patrick Fortt

**Age:** 10

**Birthplace:** Trowbridge, England

**School:** St. Kevin's Catholic School

**Gymnastics Experience:** 4 years

**Gymnastics Competition Level:** 3Open

**Weekly training Hours:** 6.5

**Greatest Gymnastic Achievement:** Bronze medal at Hunter Training Program

**When you grow up what would you like to be:** Gymnast

**Claim to Fame:** Was in the Manly Daily as the, "Guy that lost his tooth" in Parliament House

**Nickname:** Jay

**Fun Fact:** Received stitches in his face after his friend threw a glue stick at him!

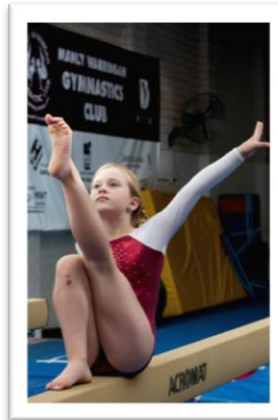
**Favourite piece of Gymnastics Apparatus:** High Bar

**Favourite food:** Fish & Chips (most definitely!)

**Favourite Holiday Destination:** Samoa

**Favourite activity outside of gymnastics:** Shopping at the Mall!

**Coach's Comment:** Always tried hard and always wants to do better.



**Gymnast Profile:** Grace Marjorie O'Kane

**Age:** 9

**Birthplace:** Melbourne

**School:** Harbord Public School

**Gymnastics Experience:** 4.5yrs

**Gymnastics Competition Level:** National Development Program Level 4

**Weekly training Hours:** 16

**Greatest Gymnastic Achievement:** Most Improved MWGC Women's Gymnast 2009

**When you grow up what would you like to be:** Professional Gymnast / Coach

**Claim to Fame:** Regional Representative for Cross Country

**Nickname:** Gracie

**Fun Fact:** Opinionated!

**Favourite piece of Gymnastics Apparatus:** Bars

**Favourite food:** Apples

**Favourite Holiday Destination:** Bali

**Favourite activity outside of gymnastics:** Soccer

**Coach's Comment:** Will always have a response!

## Many thanks to our Sponsors..

**Staff Profile:** Lauren Stephanie Frost

**Birthplace:** Mona Vale Hospital

**School:** Stella Maris

**Role:** Full Time Administration

**Dream Job:** Celebrity Mark Up Artist

**Nick Name:** Loz

**Fun Fact:** Never seen snow!

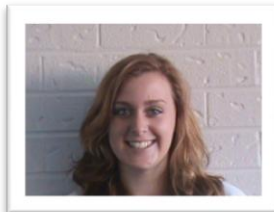
**Favourite piece of Gymnastics Apparatus:** Trampoline

**Favourite food:** Pumpkin

**Dream Holiday Destination:** Paris

**Favourite activity outside of gymnastics:** Soccer

**Coach's Comment:** Always has a smile on her face!



**DY RSL**

932 Pittwater Road  
Dee Why  
T: 02 9454 4000

**Hardy Builders**

0418 250 880

**Jed Plumb**

0412 692 465

**Liquid Elements**

Ian Hardy  
T: 0418 250 880

**Manly Warringah Electrical Services**

0418 472 835

**My Chiropractor**

5/29 Howard Avenue  
Dee Why  
T: 02 9982 8188

**PRV Security**

1300 303 661

**Stephen Hobbs Technology Services**

0418 213 969

**Sydney Digital & Print Services**

PO Box 1435  
Mona Vale  
T: 02 9999 1233



SECURING YOUR FUTURE  
1300 303 661