

## Committee Message

August 2017

**Welcome back to Term 3 at Waitakere Gymnastics!**

**We hope everyone had a great break over the Winter holidays? How many of you managed to sneak in some handstands or cartwheels? You can take the gymnast out of the gym but you can never take the gym out of the gymnast!**

This term we have some exciting news - TeamGym is here!



For anyone who hasn't heard of it TeamGym is an exciting style of group performance, recommended for participants aged 7 years and over. All routines are synchronized with music creativity and showmanship are welcomed. We have created a page on our website which explains TeamGym - go check it out!

Our very first TeamGym class was held on Thursday 27th July, 4.30pm to 5.30pm, the coaches are Carolina Urrea and Kristy Collins. We are looking for 18 enthusiastic kids to join this class. At this stage we are only doing one TeamGym class per week, we will look to introduce more classes as numbers increase.

## Our Fabulous Staff

### **Introducing Brittany :**

Brittany has been coaching at Waitakere gymnastics for 3 years. She is currently coaching a STEP 4 Competitive squad as well as a recreational competition group.

As a child she was involved with both gymnastics and cheerleading. She competed for Howick Gymnastics Club until she was 8, then moved to cheerleading where she competed level 5. She moved to Whangarei with her family and after a while went back to gymnastics, training step 6/7 gymnastics at Whangarei Academy of Gymnastics. She competed in a Northland competition and the Gymsports secondary school competition before returning to Auckland for her last year of high school (and started her coaching career),

In 2015 she went on a trip to the U.S.A to coach at International gymnastics camp. This is a top facility in the U.S with many amazing coaches who are, or have coached Olympians:



***"I completed a coaching course over there facilitated by top US coaches and gained so much knowledge. I had the opportunity to coach up to USAG level 8 and learnt some amazing drills and techniques for all different skills leading up to this level. Although it was very full on, I found myself gaining confidence and knowledge as a coach everyday."***

When she's not in the gym coaching our up & coming stars of gymnastics she is studying to become a primary school teacher at The University of Auckland.

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### 2017 TERM DATES:

- Term 3  
24th July—30th Sept
- Term 4  
16th Oct—16th December



*Got Some News you think the club would enjoy? Let us know & we'll include it in our next newsletter:  
alia.toby@kinect.co.nz*

Remember to like us on  
Facebook:  
**Waitakere Gymnastics**  
And stay up to date with  
all the latest news:





**COMPETITIONS:**

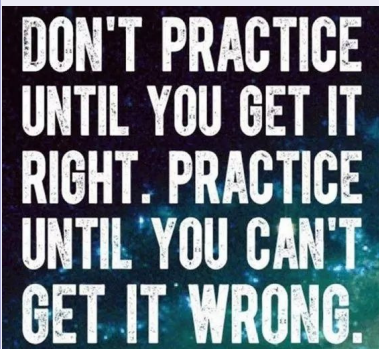
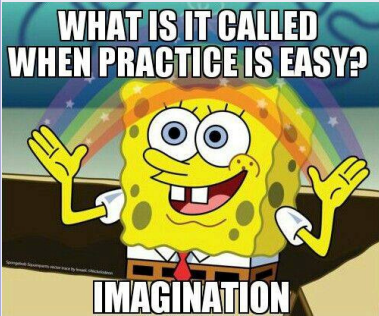
Our Competitive gymnasts have are looking forward to competing at:

- ◆ Franklin Gymsports (at Counties Manukau Venue)
- ◆ Hamilton City Gymsports Artistic - STEP 4 only
- ◆ Auckland Champs - STEP 5 & 6 only

**COMPETITIVE NEWS**

Our competitive squads are right in the middle of competition season at the moment. Most gymnasts have 2 more competitions to go and are having so much fun competing. There have been away trips for the seniors to Hamilton & Christchurch (where the girls were lucky enough to meet Courtney McGregor) & despite it being a tough year for many we've also had some great results. We hope to keep up that Waitakere presence on the podiums for the next few comps & then on to Nationals in September!

Check out our Medals Table so far & some great pics of Waitakere ladies at work:



**IT'S A GYMNASTICS THING #102**  
 WHILE WATCHING GYMNASTICS:  
 your friend: THAT WAS SO AMAZING!  
 you: SHE REALLY NEEDS TO POINT HER TOES...

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A LITTLE BIT LOVELY NZ



One of our members Philippa makes and sells natural body products such as body lotion, deodorant etc and soy wax candles with her company **A little Bit Lovely NZ**  
 Her website is [www.alittlebitlovelynz.com](http://www.alittlebitlovelynz.com) and she is generously offering Waitakere gymnasts and their friends and families 10% off when they order online by using **WAITAKERE** as the discount code when you are at the checkout!

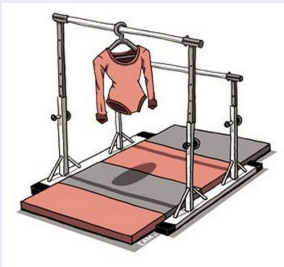




## RECREATIONAL COMPETITIONS:

**Our gymnasts are still looking forward to competing at:**

- ◆ Howick - 5th August
- ◆ Pukekohe - 27th August
- ◆ Waitakere - 17th Sept
- ◆ North Harbour - 24th Sept



Country Originals leotards and sets are available in the office.  
**All sizes.**

### Committee Members:

**Chairperson:** Therese Irving

**Treasurer:** Andrea Barnes

**Secretary:** Jillinda Kenyon

**Members:** Lou Bryant

Alia Murray-Smith

Michelle Wilkinson



## RECREATIONAL COMP NEWS

The Rec Comp squads have competed in two competitions so far this season (Gym City and Counties Manukau)

Both of these comps were ribbon festivals where the girls earn a ribbon (Gold, Red, Blue or Green) based on their average score over the four events.

Well done to Zoe Wright in level 1 - she achieved a Gold Ribbon at The Counties Manukau competition - Great work!

For most of our Rec Comp gymnasts it was their first time competing ever - So that in itself is a huge achievement. We hope you're all enjoying training, competing & representing Waitakere.

The Rec Comp teams are now working towards the Howick competition this weekend (5th & 6th August) where Individual and team placings will be awarded. Good Luck to all gymnasts participating!



## 60th Anniversary!

Did you know that this year is the Club's 60th Anniversary?

Of course we are planning to celebrate this occasion, with a gathering being planned for later in the year. Do you know of any ex members who would like to be there?

Please let them know as we want as many previous members as possible join us!

They can ring the club or email Therese (manager@waitakeregymnastics.co.nz) and we'll make sure they are included in our invites.

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***One of our club members Casey Irving is a Physiotherapist & now works locally. So if you find yourself in need of a great Physio who also understands Gymnastics (as a coach & ex gymnast) give her a call at Avondale Family Physiotherapy.***