

December 2017

Committee Message

Joyeux Noël, Froehliche Weihnachten, La Maunia Le Kilisimasi Ma Le Tausaga Fou, Gun Tso Sun Tan'Gung Haw Sun, Feliz Navidad, Meri Kirihimete & Merry Christmas to all our members!

The countdown to Christmas is upon us & we only have 1 more week of gym to go - The Final day for classes this term is Sat 16th December.

We wish all our gym families Happy Holidays & we look forward to seeing you in the New Year!

Please note we have a few changes to the class booking process for next year:

You will no longer be automatically re-booked into your class for the following term. Please use our easy booking system on the website (www.waitakeregymnastics.co.nz) or contact Louise in the office to confirm your place for Term 1, 2018. Online Bookings will go live on Sat 16th Dec. This system applies to all Preschool, Gymfun, Beginner girls & boys, Trix boys, Team gym & Tumbling classes.

Our Family discount is also changing: You will now receive 10% off both classes if you book 2 classes & at least 1 of them is a Recreational classes as above. We hope this system makes things a bit simpler for everyone.

Please make sure all your fees are paid in full before the Christmas holidays so we can re-book you for next year!



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2017 TERM DATES:

- Term 4
Last day - Sat 16th December

2018 TERM DATES:

- Term 1
3rd Feb - 13th April
Waitangi Day - Tues 6th Feb
(Gym closed)



As the days get warmer please remember to send your gymnast to class in appropriate clothing as the gym can get hot. Also don't forget to fill your drink bottles up with our tap in the foyer before class to keep hydrated!

We would like to thank all our parent helpers, committee members & of course our wonderful coaches & staff who all go beyond the requirements of their jobs to provide learning opportunities for our kids & create an awesome work environment - all for the love of the sport!

THANK YOU



Our Summer Holiday Programme will be running for two weeks in January 2018:

Week one - Mon 15th Jan to Fri 19th Jan.

Week two - Mon 22nd Jan to Fri 26th Jan.



We have lots of fun games & challenges planned for the kids as well as the usual gym time, movies & craft!

Come play party games, balloon tennis, Mini golf and the Minute to Win it game. Who will construct the best aeroplane? Eat the yummiest fruit salad? Have the best memory? Come along & find out!

Suitable for children aged 5-12yrs.

Look out for details on the notice board, our website & Facebook. Enrolment is via the website or return your form with payment to Louise in the office.

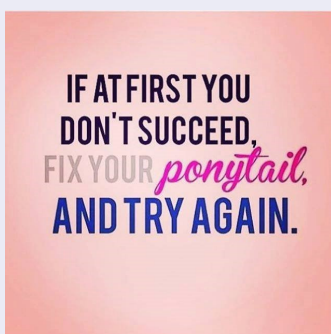
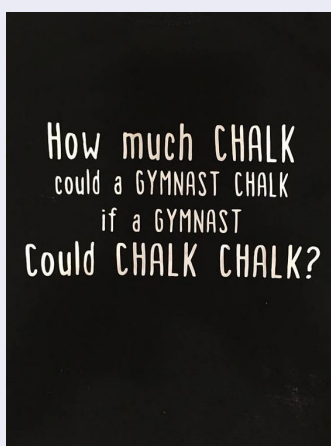


Remember to like us on
Facebook:

Waitakere Gymnastics

And stay up to date with all
the latest news





COMPETITIVE NEWS

WAG Junior National Performance Clinic

Congratulations to Hanna Smith who has been selected as 1 of 12 Step 6 athletes in NZ to attend the first WAG Junior National Performance Clinic in Christchurch on January 22-24th. Sarah Miller will attend the clinic with Hanna. Athletes will be tested on their skills capability and physical ability during the clinic. The results of the Physical Abilities and Skills testing will determine who is named into the Junior WAG Squad for 2018.

The clinics are a part of the new NZ Development Programme which is about both gymnasts and coaches - enabling the development of coaches to deliver better gymnastics to create better gymnasts. It provides guidelines for the physical conditioning and skill development for gymnasts at all levels. It assists coaches with planning and to become better coaches so that they can better prepare their gymnasts to perform the skill and dance requirements to compete competently in the STEPs programme.



Hanna Smith with coach Sarah Miller

Physical Abilities Testing

All STEPs will now be tested on Physical Abilities once a term. This testing will include strength and flexibility assessments and will align to the national standard for appropriate age groups with the aim to regularly monitor, improve athlete and coach awareness of individual strengths and weaknesses and to improve the standard of strength and flexibility through all STEPs. The final testing date for 2017 will be on Saturday 16 December during normal training hours (or during the week of the 16th if the group does not train Saturday.)

Last day of term

The last day of term for the STEPs girls will be Wednesday 20th December. We will have a fun session with games, water balloons and a shared afternoon tea to top off another awesome year!

Dance

Each STEPs group now has one dance session per week with Jade Maresca. We are putting an emphasis on dance and ballet work right from the Step 1 to prioritise its importance which directly reflects the new STEPs routines requirements, improve basics and knowledge for athletes and coaches and to have some fun with it!

Prizegiving

Our 2017 WAG/MAG Prizegiving was held on Friday evening with a lovely BBQ and picnic under the trees outside. We have some fabulous talent at our club, congratulations to all the recipients this year:

Step 2 Overall Champion	Amy Thomson
Step 3 Overall Champion	Hayla Farrell
Step 3 Great Work Ethic	Leona Fan
Step 3 Most Improved	Kelsey Wade
Step 4 Overall Champion Equal	Emma McCullough
Step 4 Overall Champion Equal	Sienna Mulcahy
Step 4 Sportsmanship	Caitlin McDowell
Step 4 Most Hardworking	Amelia Judkins
Step 4 Most Improved	Ava Schofield
Step 5 Overall Champion	Mio Kamiya
Step 6 Overall Champion	Hanna Smith
Step 6 Best Attitude & Sportsmanship	Tamara Thomas
Step 6 Most Improved	Sofia Bray

MAG

Level 1 Best Work Ethic

Campbell Schick

Tetlaff Trophy - Hayla Farrell – 97% for Bars at Tristar, Start Value 15.00 score 14.550

Jarrod Williams-Spiers Trophy - Jack Williams – 95.53% for Vault at North Harbour, Start Value 12.00 score 11.50

Club Values

Love for Gymnastics	Leia Millar
Team Culture	Amelia Judkins
Confident Athletes	James Evatt
Perseverance	Gezreyal Mai'u
Aim for Excellence	Hanna Smith

Olivia Hunt Trophy

(2016 Kira Milne to pass on) Kristy Collins

Citizen Cup

Lou Bryant (Committee Member)



RECREATIONAL NEWS

Incentive Awards

On Saturday 18th November our Beginner, Intermediate & Advanced classes had their Incentive Awards testing.

We had a great turnout with 167 gymnasts coming in to test and it was a busy but well run programme:

- 74 gymnasts passed level 1
- 31 gymnasts passed level 2
- 22 gymnasts passed level 3
- 22 gymnasts passed level 4
- 12 gymnasts passed level 5
- 6 gymnasts passed level 6

Kiwi Gymfun Badge Testing

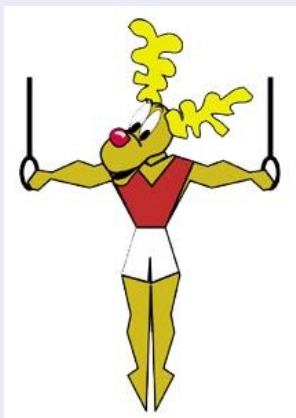
All our Gymfun classes will have done their Kiwi Gymfun badge testing during the last couple of weeks. This happens during their regular class time and all badges and certificates will be awarded during classes in the last week of term.

Well done to all our Recreational Gymnasts!

We hope you all have a great break over the Summer & come back full of holiday stories. We look forward to seeing you in the New year.

“Everyone gets scared, and everyone falls. The key is to get right back up and try again.”

- Shannon Miller - the most decorated U.S. gymnast at the Olympic Games, with a total of 7 medals



BLOCKHOUSE BAY SANTA PARADE



We had a great turnout of Gymnasts for the Blockhouse Bay Santa Parade this year. Everybody came with a smile, a wave & represented our club with pride. The gymnasts wowed the crowd with their tumbling, leaping & splits - always a crowd favourite!

Many thanks to coaches Brittany, Kendall & Sarah for helping on the day!





60th Celebrations!

2017 has been Waitakere Gymnastics' 60th Jubilee year and we have had some great celebrations the last few weeks to mark the occasion.

Our coaches organised some fun activities & prizes during our regular classes for Celebration week at the beginning of November.

The week then finished with the main Jubilee event at the Titirangi Golf Club on Link Rd. Almost 70 past and present club members and friends of the club came and a wonderful evening was had by all. Some great photos and stories were shared about the club history from past members.



We were lucky enough to have Brears Basham, a life member of the club speak on behalf of past members. Then our current Club Manager/Committee Chairperson Therese Irving spoke on behalf of current members & let everyone know about the club's successes & plans for the future.

A big Thank you to all the committee & especially Therese for planning, organising & making this such a great event.



*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*



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



ABOUT US

Waitakere Gymnastics offers pre-school, recreational non-competitive classes & recreational competitive, pre-competitive and competitive training squads. Recreational competitive gymnasts compete at local Auckland clubs, and our competitive gymnasts currently compete up to the New Zealand National Championships with opportunities available for international competitions.

Waitakere Gymnastics is a member of Gymnastics New Zealand, and offers artistic gymnastics classes for boys and girls. Our coaches are educated through Gymnastics New Zealand educational courses, Sport Waitakere courses, and in-house training sessions. All coaches are first-aid certified.

We are a club run by a Volunteer Committee who are parents of current & former gymnasts. The committee meets once a month, if there's anything you would like to see at our club or anything you would like to comment on please speak to Louise in the office or contact Alia on alia.toby@kinect.co.nz so it can be discussed at the next meeting.

