

September 2017

Committee Message

Spring is upon us! There has been some sun spotted in that wet sky!

Like the seasons we have some changes happening here at Waitakere Gymnastics: Ben & Carolina have decided to keep their travelling bug alive & are moving on to explore another country, their last day will be Friday 8th September. And it is farewell to Chris Lijzenga too, who is leaving at the end of term - We wish them all well! We welcome Damian Hewett, who will be working with our boys squad as well as our competitive Steps gymnasts. He is studying at Auckland Uni & is an ex MAG gymnast and judge.

Coach Jade Maresca will also be starting in Term 4. She will be coaching Rec classes and some Competitive Steps gymnasts. She is an ex competitive gymnast and has moved to Auckland to attend the Excel School of Performing Arts.

HAVE YOU HEARD OUR BELL?

We have a wonderful new brass ship's bell hanging in the Gym that has a nice loud bell tone. If you hear this bell being rung and see an excited competitive gymnast then that means they have mastered a new skill. Please celebrate with them & give them a clap!



Our Fabulous Staff

Introducing Kristy:

Kristy has been involved with gymnastics since she started straight into competitive gymnastics at the age of nine. In 2007 she reached Level 7 & was able to travel to China on a training trip with 5 other gymnasts from Waitakere. She continued in competitive gym until Level 9 in 2010 when she retired due to injury after competing for her first NZ team.

If it weren't for injury she would still be training and from what we saw at the coaches competition last year she's still got awesome skills!

We have been lucky enough to have Kristy coaching for us here at Waitakere for 6 years now. She takes a range of classes from Preschool all the way through to Recreational Competitive squads. She currently takes Preschool on a Sat, Recreational classes, Team Gym & all the Rec Comp classes during the week. But if that isn't busy enough she has just taken on the role of Team Leader for all our Gymfun programme & our wonderful Holiday Programme!

And that's just when she's at the gym - when she's not here Kristy is busy studying a Bachelor of Sport at Unitec, where she is in her last year. All of this is fit around being a Super-Mum to her two boys & deciding what crazy colour to dye her hair next!



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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:**





COMPETITIVE WAG NEWS

A Word from Our Senior Coach Sarah:

The competition season for our Step 2-4 gymnasts has now come to an end and the National Championships for those who have qualified is just around the corner! After entering the great unknown this season with last minute new steps routines, our whole competitive squad have pulled together and have produced some fantastic results! Here are some highlights of the season so far:

Step 2 - Best presented club - Tristar Competition.

Best dressed club at the Franklin's Moana themed competition.
Amy Thompson 2nd AA unders - Whangarei competition.

Step 3 - 1st team - North Harbour

Kassia Brown 1st AA unders - Counties, Whangarei, North Harbour, Tristar and highest overall apparatus score on bar (14.3) - North Harbour.

Hayla Farrell 2nd AA unders - Counties and North Harbour in her first competition season

Leona Fan improved 6 points AA throughout the season

Kelsey Wade improved 7 points AA throughout the season

Grace Reid and Isabella Linkhorn 1st AA overs - North Harbour

Step 4 - Best dressed club at the Franklin's Moana themed competition

Amelia Judkins & Kiana Marsh improved 6 points AA throughout the season
1st and 3rd team - Counties

1st team - Tristar

Sienna Mulcahy 1st AA overs - Whangarei

Emma McCullough 1st AA overs - Counties, Tristar

Gezreyal Maiu'u 2nd AA - Counties

Chonelle Meredith - 1st year competing in steps and has performed to a high standard securing qualification to step 5

Step 5 - 1st team - Franklin

Natalya 1st AA unders - Whangarei, 2nd AA Hamilton

Mio Kamiya 1st AA overs - Pukekohe, Whangarei

Liya Yang Nightingill 2nd AA overs - Whangarei, 3rd AA - Franklin

Sophie Judd 3rd AA overs - Whangarei

Step 6 - 1st team - North harbour, Tristar

Hanna Smith 1st AA unders - Whangarei, 3rd AA - Hamilton

Danielle Hewitt 1st AA overs - Whangarei, Tristar

Tamara Thomas 3rd AA overs - Auckland Champs, 2nd AA overs - Whangarei

Sofia Bray 2nd AA unders - Whangarei, 3rd AA - North Harbour, Tristar

Leia Millar 3rd AA unders - Whangarei

Although not every steps gymnast is mentioned above, each and every one of our team has positively represented our club with many personal bests and individual apparatus placings achieved!



And finally a BIG thanks to our entire coaching team for their passion and dedication to our club and supporting our gymnasts in achieving these outstanding results given the small team we are. A special mention to Brittany, Lauren and Kendall who not only put everything into their groups in the gym and at competition but also juggle full time study as well!





COMPETITIVE WAG CONTINUED...



Nationals!

CONGRATULATIONS to all our gymnasts selected to represent Auckland at the 2017 National Championships in Nelson from the 4-8 October!

Hanna Smith and Sofia Bray were named in the Auckland team for Step 6. Only the top 4 gymnasts from Tristar, Eastern Suburbs and Waitakere make up the team so this is a fantastic achievement for these girls! Well Done!

The following gymnasts have also been named as individuals to represent Auckland:

Step 5 - Natalya Tavleev, Mio Kamiya, Sophie Judd & Liya Yang Nightingill.

Step 6 - Tamara Thomas, Danielle Hewitt & Leia Millar.

Good Luck to all our gymnasts competing!

Getting to Nationals takes a lot of training & commitment but also \$\$!

Over the next few weeks there will be various fundraising efforts happening around the club including yummy baking, sweets & gorgeous sparkly Scrunchies for sale at class times on weekdays & Saturdays. There are some sausage sizzles being planned too, so please support our gymnasts!



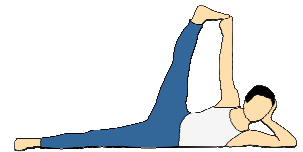


COMPETITIVE MAG

MAG Squad has had a very good year, they have trained hard and have had many personal achievements:

- 1st Team at North Harbour, Tristar Mason Gillespie, Pukekohe
- 2nd Team at Tristar Early Bird
- 3rd Team at Counties

- 1st AA Pukekohe William Morris
- 2nd AA Pukekohe Reuben Morris
- 2nd AA North Harbour William Morris
- 2nd AA Counties Oscar Dellow
- 3rd AA Tristar Early Bird Reuben Morris
- 3rd AA Counties Reuben Morris
- 3rd AA Tristar Mason Gillespie Reuben Morris
- 3rd AA North Harbour Oscar Dellow



There were many individual apparatus placings also. For some of the squad this was their first year competing and they made great progress, on average improving 3 points over the season. Coach Ben Villalobos is very proud of the accomplishments of the squad, even though he is leaving he will follow the boys' progress in the years ahead. He is leaving happy knowing that he helped the squad develop and become confident gymnasts.

SCHOOL HOLIDAY PROGRAMME 2017 02 - 13 OCTOBER

check out the new programme with all sorts of activities in our amazing gym space they vary every day. take a look and book in for your favourite days. good for ages 5-12 years.

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Team Games Amazing Race Scratch Art Volleyball Board Games	Foam Games Memory Gymnastics Cookie Deco Fun Science	Superhero's Day Design a Costume Super Circuit Super Food & more	Team Challenges Game Show Gymnastics Fear factor	Towers Mini Olympics Tenpin Bowling Tramp Games Milkshakes & movie

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ult Paper Planes Gymnastics Trash to Fashion Dice Relay Card Games	Under the Big Top Tight rope walk Carnival Game AcroSports Juggling Facepaint	Beam Challenges Mini Golf Crepes Gymnastics Balloon Squishy	Pirate Day Treasure Hunt Games Ships & More	Onesie Party Best Dressed Party Games Pizzas Nature Games Milkshakes & movie

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63A Rosebank Road, Avondale
www.avondalefamilyphysio.co.nz
ACC Registered

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.

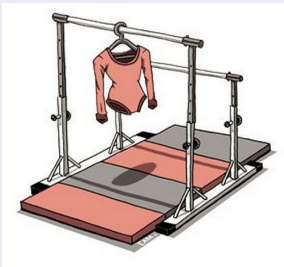




RECREATIONAL COMPETITIONS:

Our gymnasts are looking forward to competing at:

- ◆ 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

On 5th August our Recreational Competitive squad attended the Howick Competition, they did a great job of representing our club with some awesome results.

All levels had a team placing which is something to be very proud of:

Level 00 - 2nd place

Level 0 - 3rd place

Level 1 - 3rd place

Level 2 - 3rd place

Level 3 - 3rd place

Level 4 - 3rd place



Special mention to Ella who came 1st overall for

level 00 & Zoe Wright who came 2nd overall for Level 1! Well done!

The squad has 2 more competitions to go this year - Our very own comp on 17th September (see below) and North Harbour on 24th Sept.

Good luck to all competing!

VOLUNTEERS NEEDED!



We need volunteers to run our September Recreational competition.

We welcome everyone, whether new or long time members to join us & make this comp the best yet!

We have experienced members who can point you in the right direction so don't be afraid to turn up & lend a hand, all help is appreciated.

We will need help with:

- ◆ *Setting up the gym, upstairs & foyer ready for the competition*
- ◆ *Help serving in the Canteen*
- ◆ *Selling Raffle tickets*
- ◆ *Door entry*
- ◆ *Recorders*
- ◆ *We will have sign up sheets going up in the foyer this week for canteen food donations, baking to bring & jobs to be done on the day. Have a look & see what you might be able to help with & get your name on that list!*

We can't host these events without our wonderful volunteers so thank you to all families that pitch in and make it a great time for our gymnasts. Please keep an eye on your inbox, our Facebook page & noticeboards for more info.