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## Spirit News

Enroll now for Term 4! How quickly time flies, if you haven't already enrolled in classes for Term 4 make sure that you contact Samantha at reception on 6463 0334. We hope to see everyone finishing off the year with a bang so look out for end of year events! As always if you have any issues please speak to your coach directly or contact Samantha at reception on 6364 0334 or [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au)

### Term 4 Enrollments:

If you have already enrolled for Term 4 you should have hopefully received an invoice by now. Please ensure that this is paid by the due date to make sure you secure your place in class. If you wish to enroll in classes or haven't received an invoice yet please email Samantha at [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au).

### Events:

We have many competitions and events coming up soon. For any further information on these, including dates, times and uniform, please speak to your coach directly.

### Save the Date:

Our end of year event is set to be held on Saturday the 16<sup>th</sup> of December at the WA State Gymnastics Centre in Leederville. Please put this date in your diaries and keep it free, as we would love to have all our gymnasts participating in our end of year displays.

### Handstand Workshop:

Ever wanted to learn how to do a handstand? Well now you can! Spirit is offering a workshop which is dedicated to perfecting the handstand. All activities are safe, challenging and most importantly fun. The workshop will teach the fundamentals of handstands, specific for adults, and caters for all levels and abilities. It will be held on Saturday 25<sup>th</sup> of November at 1-2.30pm, in Hall 1 at Spirit. The cost will be \$25 per person with booking essential. If you would like to attend the workshop please contact Samantha at reception via phone 6364 0334 or email [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au).

### Sports Acrobatics:

Sports acrobatics is a beautiful, dynamic and spectacular sport for both men and women. The sport develops courage, strength, stamina, co-ordination, flexibility, jumping abilities and adroitness. Sports acrobatics unites its power and poise, with grace and beauty to create an intriguing sport. Acrobatics in groups of two, three and four perform routines with the heads, hands and feet of their partners. Spirit offers all levels and abilities of Sports Acro for boys and girls.

Spirit has been one of the strongest acrobatics clubs in WA over the last 15 years, with consistent success at competitions and also getting athletes selected onto State teams. We are currently looking for new acrobatics to join our team, particularly anyone with gymnastics experience between the ages of 13 – 18 years. If you are interested in these classes please contact Samantha at reception, [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au) to arrange your free trial.

Annual Theme: **'The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will'** – *Vince Lombardi*

## Monthly Quote

"You are the creator of your own destiny" - *Anonymous*

## 2017 Term Dates

### Competitive Term Dates:

T4: Sunday 8<sup>th</sup> October -  
Saturday 16<sup>th</sup> December

### Recreational Term Dates:

T4: Sunday 8<sup>th</sup> October -  
Saturday 16<sup>th</sup> December

## 2017 Public Holidays

Christmas Day – *Monday 25<sup>th</sup>  
December*

Boxing Day – *Tuesday 26<sup>th</sup>  
December*

## 2017 Annual Display

End of Year Display – *Saturday  
December 16<sup>th</sup>*

## Fundraising Events

Spirit holds many different types of fundraising events to help advance the club. Make sure to be on the lookout for these events as the more the Spirit community participates, the more money we are able to raise to help better the club! Spirit have recently purchased equipment for Hall 2 thanks to the fundraising by the families at Spirit. This equipment includes crashmats, scatter mats and rehab equipment. We would like to thank everyone for their assistance in purchasing the equipment, the athletes in Hall 2 greatly appreciate your efforts.

## Volunteer Section

We are always looking for volunteers and parents wanting to help out and give back to the Club and provide the athletes with the best possible experience. There will be a number of volunteer opportunities throughout the year which the Club will require assistants. If you are interested or would like to volunteer at any of these events please email Samantha at [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au) for further information.

### Judges Wanted!

Have you ever thought about judging gymnastics? There are many avenues that you can take, from beginner classes all the way to advanced and FIG classes. It does not matter that you have never had any prior experience, as we provide all the learning tools needed to pass the course, as well as reimbursement for the cost of the course. If you are interesting in becoming a judge or just volunteering for different events, please email Debbs at [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com) for more information.

### Gymnastics WA Volunteers:

Gymnastics WA are always looking for volunteers to announce or score at their events. If you are interested in announcing at different Gymnastics WA events, or helping out with scoring please contact Debbs at [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com) for more information.

## Results Section

Congratulations to the following athletes on their recent effort at their state level and domestic competitions.

### State Competitions

- **WAG Judge's Invitational**
  - **Level 4 Junior A**
    - **Sophie Strickland** – 8<sup>th</sup> AA, equal 6<sup>th</sup> BB, 6<sup>th</sup> FX
  - **Level 4 Senior**
    - **Aleisha Patriarca** – 4<sup>th</sup> AA, 3<sup>rd</sup> VT, equal 8<sup>th</sup> BB, 2<sup>nd</sup> FX
    - **Kiera Huges** – 6<sup>th</sup> AA, 6<sup>th</sup> Vt, equal 2<sup>nd</sup> BB, 5<sup>th</sup> FX
    - **Halle Warne** – 5<sup>th</sup> UB
- **RG Loftus Challenge**
  - **Level 5**
    - **Izzy Banks** – 9<sup>th</sup> AA, 7<sup>th</sup> Ball
  - **RG Multiples**
    - **Spirit Cat 1 Pair** – 1<sup>st</sup>

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Boxing Day – *Tuesday 26<sup>th</sup> December*

### 2017 Annual Display

End of Year Display – *Saturday December 16<sup>th</sup>*

- **Spirit Cat 2 Pair – 1<sup>st</sup>**
- **MAG Go for 2 & 5 Club Levels Competition**
  - **Level 4**
    - **Noah Rucklidge** – 1<sup>st</sup> AA, equal 3<sup>rd</sup> VT, 4<sup>th</sup> PB, 3<sup>rd</sup> HB, 1<sup>st</sup> Tramp
- **MAG Go for 2 & 5 Loftus Challenge**
  - **Level 1**
    - **Gareth Huan** – 5<sup>th</sup> AA, equal 9<sup>th</sup> Rings, 2<sup>nd</sup> PB, 1<sup>st</sup> HB
    - **Jacob Urbani** – 13<sup>th</sup> AA, equal 4<sup>th</sup> VT, equal 6<sup>th</sup> PB, 3<sup>rd</sup> HB
    - **Gabriel Huan** – Equal 16<sup>th</sup> AA, 6<sup>th</sup> HB
    - **Jack Jennings** – Equal 16<sup>th</sup> AA, 5<sup>th</sup> Pommel, equal 6<sup>th</sup> VT

### Domestic Competitions

- **Australian Aerobic Gymnastics Championships**
  - **Level 4 Junior**
    - **Nicole Trofimczyk** – 5<sup>th</sup> AA
  - **Level 4 Intermediate Individual**
    - **Kate Belladonna** – 4<sup>th</sup> AA
  - **Level 5 Intermediate Individual**
    - **Elissa Campbell** – 13<sup>th</sup> AA
  - **Age Group 1 Individual**
    - **Rebecca Osborne** – 2<sup>nd</sup> AA
  - **Age Group 2 Individual**
    - **Elyse Palmer** – 5<sup>th</sup> AA
    - **Francesca Strangio** – 7<sup>th</sup> AA
  - **Age Group 2 Trio**
    - **Elyse Palmer, Charlotte Singleton, Francesca Strangio** – 1<sup>st</sup> AA
  - **Level 6 Intermediate**
    - **Emma Spence** – 1<sup>st</sup> AA
    - **Phoebe Dyson** – 5<sup>th</sup> AA
  - **Level 6 Senior Individual**
    - **Megan Hockaday** – 4<sup>th</sup> AA
  - **Level 6 Intermediate Multiples**
    - **Phoebe Dyson, Rylee Poole, Emma Spence** – 1<sup>st</sup> AA
  - **National Development International Individual**
    - **Alyssa Bowen** – 2<sup>nd</sup> AA
  - **Senior International Individual**
    - **Giveney How** – 7<sup>th</sup> AA

### Coach Details

Please contact Caroline, Debbs, or Samantha for any issues relating to training times, coaching issues and schedules.

Caroline: [carolinewickens@outlook.com](mailto:carolinewickens@outlook.com)

Samantha: [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au)

Debbs: [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com)

Phone: 6364 0334



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## Photo Section



Competitive girls at their skills testing (above and right)



Level 3 and 4 gymnasts at the recent Judges Invite (above)



Rhythmic gymnasts at their recent competition (above)

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