



28 Belgravia Street, BELMONT WA 6104  
Phone (08) 6364 0334 | Fax (08) 9371 1044  
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Website | [www.spiritgymsports.com.au](http://www.spiritgymsports.com.au)



Issue 1 | January 2018

## Spirit News

I would like to take this opportunity to welcome you and your children to Spirit Gymsports! We cater for gymnast of different abilities from as young as 1 and have excellent equipment including trampolines, beams, bars, vault, a full floor and we are currently fundraising for a tumble track. All our coaches are fully qualified, and we are an affiliated club with Gymnastics WA and Gymnastics Australia. We are very excited for 2018 and wish you success!

As always if you have any issues please speak to you coach directly or contact Samantha at reception on 6364 0334 or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

### 2018 Invoices

Athletes registered for classes in Term 1 should have now received an invoice for 2018 membership and Term 1 fees and possible Holiday Training if this applied to your child. Please contact us if you have any questions or issue 's with your invoice. Please be aware that we are now offering Ezidebit for term fee payments only. If you would like to use this payment method, please contact Samantha at reception on 6364 0334 or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au) All invoices must be paid by the start on Term 1.

### 2018 Workshops:

If you would like to put your interest forward or have a gymnastics specific skill or apparatus you would like to see offered in the future please don't hesitate to contact Samantha on 6364 0334 or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

### Leotard Drive:

Spirit Gym Sports have recently partnered with a sister club in Samoa. We are providing them with some educational tools and advice on how to run a club. With this new found partnership we are also wanting to donate to them any unwanted or no longer used leotards. If you have any of these leotards lying around that you no longer wear, please bring them into Spirit so that we can create a box and send them of to our sisters in Samoa. Thank you in advance!

## 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. From judging to floor managing at competitions there are a number of different volunteering opportunities throughout the year which the Club requires 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? Spirit need parent volunteers to help judge at competitions. There are many avenues that you can take, from beginner classes all the way to advanced and FIG classes and it does not matter that you have never had any prior experience. We provide all the learning tools needed to pass the course, as well as **reimbursement** for the cost of the course. If you are interested in becoming a judge or volunteering for different events, please email Debbs at [spiritgymsports@hotmail.com](mailto:spiritgymsports@hotmail.com) for more information.

Annual Theme: **'Gymnastics does not build character, it reviles Character'**

### Monthly Quote

"If it's meant to be it's up to me" - *Unknown*

### 2018 Term Dates

T1: Monday 5<sup>th</sup> February - Sunday 15<sup>th</sup> April

T2: Monday 30<sup>th</sup> April - Sunday 1<sup>st</sup> July

T3: Monday 16<sup>th</sup> July - Sunday 23<sup>rd</sup> September

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

### 2018 Public Holidays

Labour Day - Monday 5<sup>th</sup> March

Good Friday - Friday 30<sup>th</sup> March

Easter Long Weekend - Saturday 31<sup>st</sup> & Sunday 1<sup>st</sup> April

Easter Monday - Monday 2<sup>nd</sup> April



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### **Squad Try-Outs**

We are currently offering free squad try outs. We have sessions available for boys and girls of all ages. Please contact the club office or Caroline for more details.

### **Gymnastics WA Paid Volunteers:**

Gymnastics WA in 2018 will now have paid floor manager positions, these positions will be filled with experienced floor managers whom GWA believe perform extremely well in the role. If you are interested in becoming a floor manager the first Floor Manager & Volunteer Workshop for 2018 is coming up on Saturday 17<sup>th</sup> February at the State Gymnastics Centre from 1:00pm – 3:30pm and is free, you are welcome to register at

[www.gymnasticswa.asn.au](http://www.gymnasticswa.asn.au)

### **2018 Aerobics National Squad Camp**

Congratulations to Elyse Palmer and Rebecca Osborne who attended the 2018 National Squad Camp held in Perth over the weekend. We also wish Alyssa Bowen a speedy recovery who had to unfortunately pull out of this camp due to injury. Attendance at this event was for National Squad Members who were selected at the 2017 National Championships in Bendigo. Congratulations girls!

### **Spirit GymSports Club Polo Shirts**

In 2018 all Squad members aged 5+ will receive a free club polo shirt with payment of 2018 membership and a completed form. Please come to reception 24 hours after making payment to receive your club polo shirt.

### **Make-up lessons**

Please see below our club policy on make-up lessons:

“If classes are cancelled by the Club, alternative make-up classes will be offered by the Club, if available. These make up classes must be taken within the same term that the class was cancelled, or during the school holiday program, immediately following the term. Make up classes will not be allowed the following term. Refunds are not given if an individual misses a class for any reason.

### **2018 Gymnastics WA Membership:**

Gymnastics WA has announced the upcoming launch of the Gymnastics WA digital membership solution which will replace your previous membership card. The new Gymnastics WA Member App will provide all members with a digital membership card, easy access to all Gymnastics WA events and a range of food and entertainment discount vouchers. The introduction of the new Gymnastics WA Member App will reduce workload and administration costs and provide you with additional benefits. Gymnastics WA is working towards releasing the Member App in mid to late February.

More details on how to download and use the Gymnastics WA Member App will be circulated in due course.

### **General Reminder**

Please remember that all athletes for training need to have neat hair, bring a drink bottle, remove all jewelry, and bring any additional items such as tissues, Panadol, spare hair elastics or bobby pins to get the most out of each training session. It is compulsory for squad

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athletes to wear a leotard to all training sessions. Please also make sure that you are collecting your children on time.

### Injury Management Seminar

Karissa Marshall will be holding an injury prevention seminar suitable for coaches, athletes and parents talking about injury management and prevention and some on the services Health Central can provide. It will also include information on; sleep, hydration, nutrition, stress management, what is an Occupational Therapist is and how we utilize soft tissue techniques to treat our clients and what injuries can be treated etc. She will also be doing postural assessments on people to give them an idea of what might be going on and how their postural can affect their work, training etc. If you are interested in attending, please email Samantha at [egymnastics@iinet.net.au](mailto:egymnastics@iinet.net.au) for further information.

### KidzFest

Spirit GymSports will be holding an interactive cheerleading display at the Belmont KidzFest on Sunday 18<sup>th</sup> February at 4:00pm. Olympians Emily Little & Lauren Mitchell will also be in attendance and available for signatures. We would love to see as many Spirit supporters as possible!

## Results Section

### Level 1 & 2 Foundation finale

- **Bronze Medal Winners**

- Ava Morris

- **Silver Medal Winners**

- Sara Browne
- Tahlia Martin
- Annabel Christie-Stolt
- Aleska Wearne
- Abbey Martin
- Mikayla Moylan

- **Gold Medal Winners**

- Fiona Moore



## 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)

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