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Spirit News

We are half way through Term 2 with all squad and recreational athletes working hard towards either certificate week or competitions. We hope that all athletes are enjoying training as much as our coaches' love coaching them.

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

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 several 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 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 debbsvanhagen@hotmail.com for more information.

Upcoming Judges Courses

MAG Beginner Judging course – 3rd June (Closing date 28th May)

Aerobic Gymnastics Beginner Judging Course - 10th June (Closing date 4th June)

Acrobatics Beginner Judging Course – 17th June (Closing date 11th June)

Make-up lessons

Just a reminder that if your child is unwell and unable to attend a class please make sure you provide us with a medical certificate so that we can book them into a make-up lesson or provide a refund.

World Age Group Championships Result

We would like to congratulate Elyse Palmer who has placed 43rd at the 2018 World Age Group Championships in Portugal earlier this week. This is a huge achievement and everyone at Spirit Gym Sports congratulates Elyse on this result!

Bring a Friend – special offer!

Does your child wish to bring a friend to training? All recreational classes allow athletes to bring friends to 1 free session throughout the term (only for Hall 1 recreational classes).

If you bring a friend along for a free trial, you will receive 50% off our club fleece! If one of those friends joins our club, you will receive the club fleece totally free!

Annual Theme: **‘Gymnastics does not build character, it reveals Character’**

Monthly Quote

“Success is where preparation and opportunity meet”-
Bobby Unser

2018 Term Dates

T1: Monday 5th February -
Sunday 15th April

T2: Monday 30th April –
Sunday 1st July

T3: Monday 16th July –
Sunday 23rd September

T4: Monday 8th October –
Sunday 16th December

2018 Public Holidays

Western Australia Day –
Monday 4th July

Cheerleading

Free trial classes available for our cheerleading held on Tuesday's from 4:00pm – 5:30pm for 4 – 8 year old's and 5:30pm – 7:30pm for ages 8+. Please contact Samantha at reception on 6364 0334 or egymnastics@inet.net.au to book.

July School Holiday Program



SCHOOL HOLIDAY PROGRAM JULY 2018



| DAY | KINDERGYM CLASSES | WRIGGLERS | FUN GYM CLASS | MOVIE |
|------------------------|--------------------|---------------------|--------------------|---------------|
| MONDAY 2nd July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| TUESDAY 3rd July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| WEDNESDAY 4th July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| THURSDAY 5th July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| FRIDAY 6th July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| MONDAY 9th July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| TUESDAY 10th July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| WEDNESDAY 11th July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| THURSDAY 12th July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |
| FRIDAY 13th July | 9:45 am - 10:30 am | 10:45 am - 11:30 am | 12:00 pm - 2:00 pm | 2:00pm—3:30pm |

Good Luck

Spirit wishes acrobatic athletes Kate Langton, Tiana Martelli and Bethany Wee good luck at the upcoming 2018 Australian National Champions in Melbourne.

GymSquad & Superhero foods partnership

Gymnastics WA has a new partnership with Healthway and Foodbank WA developing recipe cards and healthy eating educational resources to tackle childhood obesity.

Foodbank WA's Superhero Foods characters turn everyday foods into 'superheros' with superpowers, encouraging children to live a healthy lifestyle. A Recipe Card competition encouraging children to take a photo whilst making or enjoying each recipe is being held. The first 150 photos shared via Facebook or Instagram using the competition hashtags will receive a super power apron.

Competition Rules:

1. Collect the Gymsquad's favourite Superhero Foods recipes from your Gymnastics WA club or click the images below.
2. Cook (and eat!) the recipe - don't forget to take a photo first
3. Post your photo to Facebook or Instagram using the hashtags #superherofoods #gymsquad and tag @gymwa for your change to win. Make sure you set the post to public.

Further information, downloadable recipe cards and the competition terms & conditions can be found at <https://www.gymsquad.asn.au/superherofoodsrecipecards/>

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Results Section

Western Australian Gymnastics Championships:

Women's Artistic Gymnastics:

- Grace Barry – Junior International
Beam – 2nd Bars – 1st Floor – 3rd Vault – 3rd AA – 1st
- Sidney Stephens
Beam – 4th Bars – 2nd Floor – 2nd Vault – 2nd AA – 3rd

Aerobics:

- Kate Belladonna – Level 6 Intermediate Individual 4th
- Nicole Trofimczyk – Aerodance Junior Individual 1st
- Phoebe Dyson – Level 7 Intermediate Individual 1st
- Emma Spence – Level 8 Intermediate Individual – 1st
- Charlie Singleton – Age Group 2 Individual – 1st

Acrobatics:

- Kate Langton, Tiana Martelli & Bethany Wee – 1st



2018 Australian Aerobic National Championships:

- Kate Belladonna – Level 6 Intermediate Individual - 9th
- Nicole Trofimczyk – Aerodance Junior Individual - 3rd
- Phoebe Dyson – Level 7 Intermediate Individual - 2nd
- Rylee Poole – Level 7 Intermediate Individual - 6th
- Megan Hockaday – Level 7 Senior Individual - 6th
- Emma Spence – Level 8 Intermediate Individual – 1st
- Charlie Singleton – Age Group 2 Individual – 7th
- Elyse Palmer – Age Group 2 Individual – 5th
- Giveney How – Senior International Individual – 8th
- Rylee Poole & Phoebe Dyson – Level 7 Intermediate Multiples – 1st



Coach Details

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

Caroline: carolinewickens@outlook.com

Samantha: egymnastics@iinet.net.au

Debbs: debbsvanhagen@hotmail.com

Phone: 6364 0334