



28 Belgravia Street, BELMONT WA 6104  
Phone (08) 6364 0334 | Fax (08) 9371 1044  
Email | [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)  
Website | [www.spiritgymnsports.com.au](http://www.spiritgymnsports.com.au)



Issue 7 | July 2018

## Spirit News

We are now in Week 4 of Term 3 and hope everyone is feeling settled and raring to go. We have many competitions coming up for our squad athletes and wish them all the best! Spirit would also like to welcome some new coaches to our family, Alicia Salerno who will be coaching level 1-3, Zoe Thair coaching pre level 1, Emma Spence coaching recreational gymnastics and Tammy who will be taking our Friday dance lesson.

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

## Volunteer Section

We are always looking for volunteers & parents wanting to help and give back to the Club. From judging to floor managing at competitions there are several different volunteering opportunities throughout the year. If you are interested in volunteering 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 to advanced & 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, please email Debbs at [debbsvanhagen@hotmail.com](mailto:debbsvanhagen@hotmail.com) for more information.

### Competition Session Officers

Gymnastics WA have now reopened applications for Competition Session Officers. To apply for the position, complete the application form on the Gymnastics WA's website and submit it to the Gymnastics WA office either via e-mail to [info@gymnasticswa.asn.au](mailto:info@gymnasticswa.asn.au) or via post: PO Box 372, Leederville, WA 6903. All applications must be received by **Friday 10<sup>th</sup> August 2018**. After this time interviews will be scheduled with applicants who meet the criteria.

### 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.

### Gymnastics in Samoa

Samoa is the seventh country to be introduced into the Oceania Gymnastics Development plan. Spirit is Samoa's sister club and we are excited about mentoring, supporting and aiding Samoa to grow their Aerobic gymnastics program. To read more about our relationship with Samoa please see the below article: <http://www.oceaniagymnastics.org/Samoa.aspx?rw=c>

### 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

“Remember that person that gave up? Neither does anyone else”-  
*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

Queen's Birthday –  
Monday 24<sup>th</sup> September



28 Belgravia Street, BELMONT WA 6104  
Phone (08) 6364 0334 | Fax (08) 9371 1044  
Email | [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)  
Website | [www.spiritgymnsports.com.au](http://www.spiritgymnsports.com.au)



Issue 7 | July 2018

### **Aerobic Gymnastics**

Spirit Gym Sports has a very successful aerobic gymnastics program with many Spirit athletes representing Western Australia at the National Championships each year. We are currently offering free trials of our Aerobic Gymnastics program held on Saturday's from 10:00am – 12:00pm for 8 - 13-year olds at Belmont. We also hold classes during the week at the Loftus Centre for ages 13+. Please contact Samantha at reception on 6364 0334 or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au) to book.

### **Dance**

Spirit Gym Sports wishes a big welcome to our new dance teacher Tammy Roberts! Tammy will be offering a dance class for all squad athletes on Friday's from 5:30pm – 7:30pm in Hall 1 with the cost being \$15.00 per session. Please contact Debbs Van Hagen at [debbsvanhagen@hotmail.com](mailto:debbsvanhagen@hotmail.com) if you would like to register for this class.

### **Change of contact details**

Please be aware that the email address [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com) is no longer running therefore if you are wishing to contact Debbs Van Hagen directly you need to contact her through her new email address [debbsvanhagen@hotmail.com](mailto:debbsvanhagen@hotmail.com) or you can contact the club at [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

### **Wayan's Bali Massage**

Spirit Gym Sports would like to welcome Wayan's Bali Massage to our family! We currently have flyers around the gym offering \$10.00 off your next treatment, they offer many different services including massage, reflexology, hot stone therapy, cupping & deep tissue. Please pop in and say hello, they are in the Hall 2 viewing area. Please contact them on 0422 390 569 to book.

### **Acrobatics 101**

Acrobatics 101 is a new class that has commenced in Term 3. This class is being held on Saturday's from 12:30pm – 2:00pm and teaches children aged 6 – 12 to tumble. Please send your expression of interests to either [debbsvanhagen@hotmail.com](mailto:debbsvanhagen@hotmail.com) or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

### **Lauren Mitchell Day**

Spirit Gym Sports is proud to be hosting the Lauren Mitchell Day on Sunday 5<sup>th</sup> August from 10:00am – 12:00pm in Hall 2. Only a few spots left if you are interested in booking. The cost is \$50.00 which includes a 2 hour training session and a signed signature bear. Please email Samantha at [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au) if you would like to secure a spot.

### **Caring for our athletes**

Join Occupational therapist Karissa Marshall on Saturday 11<sup>th</sup> August from 1:20pm – 4:30pm as she presents an engaging seminar about general health and well-being, injury management & prevention, and optimizing performance. Tickets are \$50.00 from [www.trybooking.com/WYLU](http://www.trybooking.com/WYLU) with participants receiving a \$95 gift voucher to Health Central.

### **Save the date**

Saturday December 15<sup>th</sup> will be our End of Year Display Day! Make sure to put this in your diary, it will be held at the Loftus Centre, 99 Loftus Street Leederville.

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

### **Monthly Quote**

*"Remember that person that gave up? Neither does anyone else" - 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**

Queen's Birthday – Monday 24<sup>th</sup> September

## Results Section

### Junior Judges Invitational

#### Women's Artistic Gymnastics:

- Makayla Moylan – Gold
- Aleska Wearne – Bronze
- Ava Morris – Bronze
- Abbey Martin – Bronze

#### **WAG Series 1**

##### Level 3

- Jessica Hersey - Silver
- Cara Zappia – Silver
- Livinia Armstrong – Bronze
- Olivia Owens - Bronze



##### Level 4 Junior

- Zoe Green – 5<sup>th</sup> Bars – 11<sup>th</sup> AA
- Sarah Hagan – 7<sup>th</sup> Vault – 4<sup>th</sup> Floor – 12<sup>th</sup> AA

##### Level 4 Senior

- Holly Summers – 6<sup>th</sup> Vault – 2<sup>nd</sup> Bars – 2<sup>nd</sup> Beam – 1<sup>st</sup> Floor – 1<sup>st</sup> AA
- Stephanie Tan – 6<sup>th</sup> Bars – 2<sup>nd</sup> Floor – 6<sup>th</sup> AA
- Torah Roberts – 6<sup>th</sup> Vault – 6<sup>th</sup> Floor – 12<sup>th</sup> AA

### Go for 2&5 Aerobics Challenge

#### Aerobics:

- Kate Belladonna, Phoebe Dyson, Rylee Poole, Charlie Singleton, Elyse Palmer, Olivia Binkhorst & Emma Spence – Division 2 Aerodance – 1<sup>st</sup>
- Johanna Hobday – Level 3 Intermediate Individual 1<sup>st</sup>

### Go for 2&5 Rhythmic Challenge

#### Rhythmic:

- Elissa Campbell – 5<sup>th</sup> Free – 3<sup>rd</sup> Clubs – 4<sup>th</sup> Rope - 1<sup>st</sup> Overall
- Emilee Menzel – 4<sup>th</sup> Hoop
- Klara Tilbee – 4<sup>th</sup> Freehand

### Go for 2&5 Acrobatics Challenge

#### Level 5 Acrobatics:

- Ruth Awange & Nadia Wang – 1<sup>st</sup>
- Janaya Doyle, Eryn Major & Abby van Hagen – 3<sup>rd</sup>
- Kiri Penter, Mikaela & Issy – 1<sup>st</sup>

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






**HAVING A BIRTHDAY?**  
**WHY NOT CELEBRATE WITH A PARTY AT SPIRIT GYM SPORTS?**

Birthday packages include:  
 A dedicated Party Room  
 45 minute Gymnastics Class with a qualified coach  
 Party Favour Bag  
 and so much more...

Call Samantha on **6364 0334** for more information

### 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)  
 Debbs: [debbsvanhagen@hotmail.com](mailto:debbsvanhagen@hotmail.com)

Samantha: [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)  
 Phone: 6364 0334



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