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Issue 11 | November 2018

## Spirit News

With only 2 weeks left of Term 4, Spirit would like to thank everyone who has assisted with the success of our club in 2018. We would particularly like to thank all of our club coaches, support staff, athletes and their families for all their efforts in 2018.

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

### End of Year Display Day

Saturday December 15<sup>th</sup> will be our End of Year Display Day! This event is being held at the Loftus Centre, 99 Loftus Street Leederville and starts at 1:00pm with a 12:45pm athlete arrival. We would love to see as many athletes, family and friends at this event supporting Spirit Gym Sports and all the efforts of the athletes.

### Hall 1 Toilets

Please be aware that for safety reasons the disabled toilets will now only be for the disabled and for Spirit Gym Sports athletes. The male and female toilets in the hallway will be available for all other guests.

### Handstand Competition

Spirit Gym Sports is currently holding a handstand competition! We have 3 categories: Under 5's, Recreational (this includes non-gymnasts and their families) & Squad. The winners will be announced at the 2018 End of Year Display day and we will have prizes for the best 3 photos in each category. Please send your entries through to Samantha at [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

### End of Year Club Survey

The Spirit Gym Sports End of Year club survey is still open and we would love to hear your thoughts and feedback on the club: <http://www.surveymonkey.com/r/GHNMKM17> Thank you in advance for assisting us.

### Tea Towel Fundraiser

Thank you to all the athletes and families who purchased a fundraising tea towel, thank you for supporting the club, the funds raised will be put towards the purchase of new equipment for the competitive hall.

### National Centre of Excellence (NCE)

Spirit Gym Sports would like to recognise the Spirit athletes currently training at NCE, the gymnasts below train at HBF stadium in the High-Performance Program and are registered athletes at Spirit. We have 2 junior International athletes, **Sidney Stephens & Grace Barry**. We also have **Tieia Mesarich** a Level 6 athlete & **Kate Whyllie** a Level 5 athlete. We would like to congratulate them on the success of 2018 and wish them all the best for 2019.

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

### Monthly Quote

*“A champion needs a motivation above and beyond winning.” - Pat Riley*

### 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



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## FitKidz

Spirit Gym Sports has a brand-new class for ages 6+ called FitKidz! The class format is circuit based with children learning coordination through aerobic steps & fitness through the energy filled pace of this class. Children will have the opportunity to utilise all the equipment in our gym including the trampoline, bars, beams and boxes. This class is being held on Saturday's from 11:15am – 12:00pm and is free to trial! Come down & experience FitKidz!

## December Holiday Program

Please see below our December Holiday Program schedule which will run from Monday 17<sup>th</sup> December – Friday 21<sup>st</sup> December:

9:45am – 10:30am: KinderGym  
10:45am – 11:30am: Wrigglers  
12:00pm – 1:00pm: GymFun / GymSkills  
1:00pm – 2:00pm: Lil Ninjas  
2:00pm – 3:00pm: FitKidz

The cost of these classes is \$15.00 or a KindyCard for the kindergym class, \$15.00 for the wrigglers class and \$10.00 for the GymFun / GymSkills, \$10.00 for Lil Ninjas & \$10 for FitKidz. If you would like to book a spot for the school holidays please contact Samantha at reception on 6364 0334 or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

## Aerobics

Spirit Gym Sports is now taking free trials for our Aerobics Gymnastics program for ages 8+. This class is held at the Loftus Centre on Wednesday's from 6:30pm – 8:30pm and we would love to see some Spirit athletes brand out and try some different gymnsports!

## 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 – 1:30pm and teaches children aged 6 – 12 to tumble. Please send your expression of interests to [debbsvanhagen@hotmail.com](mailto:debbsvanhagen@hotmail.com)

## Squad Gymnastics

Spirit Gym Sports has a comprehensive squad program in a large number of gymnsports including, Men's Artistic, Women's Artistic, Acrobatics, Aerobic, Rhythmic and TeamGym. Spots in our squad program are available for all ages and levels of gymnasts. If you are interested in participating in our squad gymnastics classes please contact Samantha at reception on 6364 0334 or [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

## 2019 Recreational Schedule / 2019 membership forms

Please be aware that the 2019 Hall 1 schedule is almost finalised and will be released at our End of Year Display Day. We will also be handing out 2019 membership forms on the day so please make sure to collect one so you can complete it and hand it back to secure your child's spot for 2019.

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

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## Results Section

### Go for 2&5 TeamGym Competition

#### TeamGym Novice

##### Spirit Gym Sports Green

- Floor - Silver
- Mini Trampoline - Silver
- Tumbling - Bronze
- Overall - Bronze



## 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@inet.net.au](mailto:egymnastics@inet.net.au)

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

Phone: 6364 0334



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