

Spirit News

Welcome back to Term 1! We hope everyone has had an enjoyable summer holidays, and perhaps even participated in our school holiday programs throughout January, and is ready for a fantastic 2016. As term 1 is now well and truly underway, all membership forms should have been completed and return to either Belmont or Spirit reception, and the athletes should be settling into classes. If this is not the case, please contact Samantha at the Belmont premises on 0432 323 835, or email egymnastics@inet.net.au to get a membership form filled in as soon as possible.

Annual Theme:

Every year we have a different theme suggested for the club, the theme suggested for this year is a quote from Herbert Swope, *'I cannot give you the formula for success, but I can give you the formula for failure - which is: try to please everybody.'* This will be included on every newsletter for this year.

Public Holidays:

This year no classes, competitive or recreational, will be running on public holidays. If your child's normal class falls on a public holiday please either contact your group coach, or Samantha at Belmont reception to arrange a replacement or make-up class.

Easter Break:

As most people would be aware, Easter this year falls during Term 1, from Friday 25th March-Monday 28th March. As this is the case, classes on Friday 25th, Sunday 27th and Monday 28th of March will all be cancelled. If your child has classes on any of these days please contact your child's coach for a replacement or make-up class.

Uniform Sales:

Our new tracksuits have finally arrived, and we are now selling both the e Gymnastics/ Spirit GymSports Polo Shirts and the new Tracksuits! To purchase any uniform items please fill in a uniform order form which can be found at either Belmont or Subiaco receptions.

Alternatively, you can contact Samantha on 6364 0334, or email her at egymnastics@inet.net.au to obtain a uniform order form.

The polo shirts are available for \$30, and the new tracksuits are available for \$120. The price of the tracksuits have decreased (from \$140), as we understand that alterations may need to occur, due to every athlete not having the same body type.



Competition Leotard:

A general reminder to all that the old Spirit long sleeved, purple and white competition leotard, will no longer be used for competition purposes. Athletes may now wear this leotard when training, which can prove very useful for the upcoming winter months. If you are unsure of which competition leotard/s that your child will now need for 2016, please contact your group coach.

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Monthly Quote

"All our dream come true, if we have the courage to pursue them"-Walt E Disney

2016 Term Dates

Competitive Term Dates:

T1: Monday 1st February-
Sunday 10th April

T2: Tuesday 26th April- Sunday
3rd July

T3: Monday 18th July- Sunday
25th September

T4: Sunday 9th October-
Saturday 17th December

Recreational Term Dates:

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2016 Public Holidays

Labour Day- Monday 7th March

Easter-Friday 25th March-
Monday 28th March

Anzac Day-Monday 25th April

WA Day-Monday 6th June

Queen's Birthday-Monday 26th
September



Registration Days:

Thank you to everyone who attended the January registration days, they were very successful and all the athletes were able to get slotted into their classes quite easily. Registration days will be an annual event, so make sure you look out for our registration days for next year!

Assessment Days:

The purpose of these assessment days was to make sure that every child is placed into the appropriate competitive class for them to achieve their goals. In January, these days were run in conjunction with the registration days. As every athletes needs differ we are aiming to run more assessment days throughout the term, as well as in the school holidays. If you would like your child to have an assessment please contact your group coach and this can be arranged. Please also be aware that this comes with a \$5 charge to cover the cost of the coach's time.

School Holiday Programs

The school holiday program will be back again in the April school holidays. As always it is first in best dressed. The program is designed for children aged 3 and older, and there will be separate classes held for Kindy Gym aged children (aged 1-4). The cost for these classes are \$15, so if you would like to secure a spot for you child please ring Samantha on 6364 0334 or 0432 323 835, or alternatively you can email egymnastics@inet.net.au to obtain your enrolment from to complete and return. The session dates and times are outlined below, and all sessions will be run at our Belmont venue at 28 Belgravia Street, Belmont.

School Holiday Program

Session 1: Monday 11th April, 10.00-12.00pm

Session 2: Wednesday 13th April, 10.00-12.00pm

Session 4: Friday 15th April, 10.00-12.00pm

Session 5: Monday 18th April, 10.00-12.00pm

Session 6: Wednesday 20th April, 10.00-12.00pm

Session 8: Friday 22nd April, 10.00-12.00pm

KinderGym Holiday Program

Session 3: Thursday 14th April, 10.00-11.00am

Session 7: Thursday 21st April, 10.00-11.00am

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Aerobic Judging Course

Spirit, through Gymnastics WA would like to invite any parents, current or former gymnasts and coaches to participate in their upcoming aerobic judging course, and this is a good way to give back to the gymnastics community. There are two types of courses, beginner and intermediate, with beginner judges needing to be 14 years and older, and intermediate judges needing to be 15 years and older. If you are already a judge, you are more than welcome to attend as an observer for a refresher course. Dates of both courses can be found below, and if you require more information and a registration form please visit the Gymnastics WA website at www.gymnasticswa.asn.au, or contact Teresa on 9228 9399. Once you have filled in a registration form please email it to Teresa at info@gymnasticswa.asn.au.

Aerobics Beginner Judging Course

Date: Sunday 20th March

Closing date for Registration: 29th February

Aerobics Intermediate Judging Course

Date: Sunday 9th-10th April

Closing Date: TBC

Floor Managers Course

Spirit is always looking for volunteers and parents looking to help out and give something back to the club community. As such, there the 2016 Gymnastic WA Technical Committees would like to inform the parents, coaches and athletes of Spirit that they are running a floor managers course on the **23rd of February**. Floor managers are an essential part of Gymnastics WA run events, and unfortunately the same people are being called upon frequently to help make these events run smoothly. The basic role of a floor manager is to be in charge of the overall co-ordination of all personal at a competition session, including:

- ensuring the event session runs smoothly and sticks to the schedule
- check that all personnel including all event volunteers are in attendance and know what to do
- ensure the equipment is set up
- check all the paperwork is completed about the event
- set up the awards
- be aware of emergency procedures

The course is FREE and covers all you need to know about being a floor manager at Gymnastics events. As all clubs are required to provide floor managers to help run Gymnastics WA events and registering as a floor manager for Spirit will give each

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competitive family a \$75 discount off their annual Spirit competitive membership fee. For a full description of the floor managers role please contact Debbs at spiritgymnsports@hotmail.com or if you would like to register please email Hayden Williams at Gymnastics WA at gwaevents@gymnasticswa.asn.au. Details of the floor managers course are below.

GWA Floor Managers Course

Date: Tuesday 23rd February

Time: 6.30pm-8.30pm

Venue: State Gymnastics Centre, Loftus Recreational Centre, 99 Loftus Street, LEEDERVILLE

Cost: **FREE**

Upcoming Competitions

There are a number of upcoming competitions that the Spirit competitive athletes are competing in, in the upcoming months. It would be fantastic if members of the club are able to come and support these athletes. It would make the atmosphere of the competitions more uplifting and exciting for all those competing. Detail of each of the competitions, and the competitors are below.

Event: Acro State Team Trial #1

Date: 12th March

Venue: Loftus Recreational Center- State Gymnastics Hall 1

Competitors: Tiana Martelli, Kate Langton, Alike Woolons

Event: Go for 2 & 5 Rhythmic Gymnastics Qualification Competition #1

Date: 12-13th March

Venue: Loftus Recreational Center- State Gymnastics Hall 2

Competitors: Aloyse Murry

Event: Go for 2 & 5 WAG NL 6-10 Qualification Competition #1

Date: 18-20th March

Venue: Loftus Recreational Center- State Gymnastics Hall 1

Competitors: Sophie Mowe

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Event: Go for 2 & 5 WAG NL 7-10 Qualification Competition #2

Date: 1-3rd April

Venue: Loftus Recreational Center- State Gymnastics Hall 1

Competitors: Sophie Mowe

Event: Acro State Team Trial #2

Date: 2-3rd April

Venue: Loftus Recreational Center- State Gymnastics Hall 1

Competitors: Alika Woolons, Kate Langton, Tiana Martelli

Event: Go for 2 & 5 Rhythmic Gymnastics Qualification Competition #2

Date: 2-3rd April

Venue: Loftus Recreational Center- State Gymnastics Hall 2

Competitors: Aloyse Murray, Suzi Price

Coach Details

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

Caroline: carolinewright_sg@hotmail.com

Debbs: spiritgymnsports@hotmail.com

Samantha: egymnastics@iinet.net.au

Phone: 0432 323 835 or 6364 0334



Be sure to like us on our new Facebook page!

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