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Email | egymnastics@inet.net.au
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Issue 2 | February 2017

Spirit News

Welcome back to Spirit Gym Sports for Term 1 2017! It will be a very exciting and action packed year with many events and competitions to be held throughout the year. You'll have the opportunity to participate in and around the club to help the club grow and expand as much as possible, so keep your eyes open for all different types of events coming up!

Membership Form:

We are in a new year and therefore a new membership form is required to be completed and returned. There have been a few changes made, therefore please make sure you read through the form carefully before signing.

Term 1 has now commenced so all membership forms should already be completed and returned to Samantha. If you have not filled in a membership form yet, it is attached to this newsletter for your convenience. Please fill this in and return to Samantha at Belmont reception as soon as possible (egymnastics@inet.net.au).

Please be aware along with the membership form, our updated financial policy also requires a signature of your understanding. The financial policy is also attached for your convenience, and this should be handed back or emailed into Samantha at Belmont reception with all membership forms.

Term 1 Invoices:

Term 1 has started and all athletes should be enrolled into classes. If you are a competitive athlete you should have responded to your letter of acceptance and have enrolled through Caroline, and if you are a recreational athlete you should have enrolled through Samantha at reception. If you are not enrolled in any class please contact the respective person immediately to enroll (6364 0334).

Term 1 fees are required to be paid upfront prior to your first class in week one. If you have not paid for your Term 1 fees yet, please make sure you see Samantha at reception before attending your first class. Below is a check list of what is required prior to returning to class. Please make sure they are all ticked off before attending your first session. All necessary forms are attached with this newsletter.

- Fill in and return Membership Form
- Read, sign and return Financial Policy
- Enroll in 2017 classes by contacting either Samantha or Caroline on 6364 0334
- Pay Membership Fee
- Pay Term 1 Fee

FreeG:

Spirit are pleased to announce the introduction of the FreeG program into their classes this year! We are one of the first clubs in WA to offer this new and exciting program which fuses traditional gymnastics and acrobatic tricks, with kicks and leaps similar to that of parkour. FreeG was made famous through martial arts and brought to worldwide attention by festival performances and stunt actors.

Annual Theme: 'The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will' – Vince Lombardi

Monthly Quote

"The difference between the impossible and the possible lies in a person's determination" - *Tommy Lasorda*

2017 Term Dates

Competitive Term Dates:

T1: Monday 30th January – Sunday 9th April

T2: Monday 24th April – Sunday 2nd July

T3: Monday 17th July – Sunday 24th September

T4: Sunday 8th October - Saturday 16th December

Recreational Term Dates:

T1: Monday 30th January – Sunday 9th April

T2: Monday 24th April – Sunday 2nd July

T3: Monday 17th July – Sunday 24th September

T4: Sunday 8th October - Saturday 16th December

2017 Public Holidays

Labour Day – Monday 6th March

Good Friday – Friday 14th April

Easter Monday – Monday 17th April

ANZAC Day – Tuesday 25th April

WA Day – Monday 5th June

Queen's Birthday – Monday 25th September

Christmas Day – Monday 25th December



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FreeG gets your body moving in ways never thought possible, will get your heart racing and develop a sense of spatial awareness. These new found skills can be put to good use in many other sports including skate boarding, biking, skiing, rock climbing and surfing.

This program is perfect for boys aged 9-13 years old, and classes are offered every Thursday from 5.30-6.30pm in Hall 1. If you would like to attend these classes please see Samantha at reception to register your interest for the class.

Competitive Trials:

Spirit offers free trials for our recreational gymnasts to try out for our competitive programs. The competitive programs that we offer trials for are our Women's Artistic Gymnastics (WAG), Men's Artistic Gymnastics (MAG), Rhythmic Gymnastics (RG) and Acrobatic Gymnastics (ACRO). If you would like a free trial in any of these disciplines please contact Caroline on 6364 0334 or carolinewickens@outlook.com.

Judges Wanted!

Have you ever thought about judging gymnastics? It does not matter that you have never had any prior experience, as we provide all the learning tools needed to pass the course, as well as reimbursement for the cost of the course. If you are interesting in becoming a judge or just volunteering for different events, please email Debbs at spiritgymnsports@hotmail.com for more information.

Valuables:

We would like to remind everyone to please not bring any valuables into the gym and leave them in the pigeon holes. Whilst the athletes are training we cannot guarantee the safety and security of these belongings. We would also like to remind athletes to be respectful of other people's belongings so items don't go mysteriously missing. Thank you for your co-operation.

School Holiday Program

Thank you to everyone who participated in the January School Holiday Program these holidays. If you were unaware we had a special guest come along and pay the gymnasts a visit on a few of the days. Olympian Emily Little came along and shared some of her inspirational stories and gave the gymnasts a few pointers to help them get the most out of their gymnastics. We hope to have Emily come along to a lot more of these sessions, so make sure you look out for any indication that she will be there at the upcoming April School Holiday Program. Photos of the day can be found in the photo section of this newsletter.

Fundraising Events

In the coming year Spirit will be holding many different types of fundraising events to help advance the club. Make sure to be on the lookout for these events coming up as the more people that attend / participate the more money we are able to raise and better the club will become. All funds raised will go towards upgrading our

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equipment to give our gymnasts the best possible opportunity to be the best they can be. All your support is greatly appreciated and directly helps the club to expand, grow and creates a fantastic environment for our gymnasts to train in.

Chocolate Frog Fundraiser:

We are still holding a Cadbury chocolate frog fundraiser, with all proceeds from every box going directly back towards benefiting the club. Each box containing various different types of Cadbury Freddo chocolate, so there is something for everyone! The cost of a buying a box is \$50, and the cost of selling each chocolate is \$1. If you would like to purchase a box, please see Samantha at Belmont reception, and fill out an order form. Alternatively you can email Samantha at egymnastics@inet.net.au to complete and return your order form. For every box that you sell you will receive \$5 of Spirit Money!

Bingo Night - Save the Date:

Eyes down and get ready for Spirits Bingo Night! An oldie but goodie, but while Spirit are still finalizing the date keep watching this space for more information. As with every good Bingo night there is very little skill involved, and the luckiest person there will take home top prizes! Entry will cost \$5, and will include a Bingo dabber upon entry. Come alone, or bring a whole host of friends and family and compete against them. Every round will cost between \$1-\$5, with doors open at 6pm and the first round starting at 6.30pm. Bring your own food along, and drinks will be available to purchase at the bar.



When and Where: TBA, with first round to start at 6.30pm
Cost: \$5 per entry (including a dabber) and \$2-\$5 per round
Venue: TBA

Results Section

Spirit would like to take this chance to congratulate all our athletes, coaches and support staff for the wonderful effort they have put in over the last 12 months. Gymnastics WA hold an annual awards night every year in recognition of all that everyone does for this sport, and Spirit have had a number of athletes and coaches nominated for various awards that we would like to recognize.

WAG

- Junior International Athlete of the Year
 - **Grace Barry** (Spirit / WAIS)
 - **Sidney Stephens** (Spirit / WAIS)
- Senior International Athlete of the Year
 - **Emily Little** (Spirit / WAIS)

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AERO

- Levels Athlete
 - **Eleri John**
 - **Olivia-Jane Osborne**
- Youth International Athlete:
 - **Intermediate Aerodance Team**
 - **Rebecca Osborne**
 - **Francesca Strangio**

Coach Details

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

Caroline: carolinewickens@outlook.com

Debbs: spiritgymnsports@hotmail.com

Samantha: egymnastics@inet.net.au

Phone: 6364 0334



Be sure to like us on our new Facebook page!



Photos Section



Olympian Emily Little visiting our January School Holiday Program.

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