

Spirit News

Welcome to Issue 3 of the monthly Spirit newsletter. There are many events coming up in the coming months, including various competitions, either to support our athletes or compete in the events yourself. We also have 'Bring a Friend' day in Week 10, to show all your friends what goes on in a gymnastics hall! Stay tuned for further information relating to all these upcoming events and more!

Easter Break:

As most people would be aware, Easter this year is coming up quickly and falls at the end of Term 1. The dates for Easter are 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.



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.

Uniform Sales:

Our new tracksuits have finally arrived and we are now selling both the eGymnastics / 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@iinet.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:

As we are now getting closer to competition season, please be advised that the old Spirit long sleeved, purple and white competition leotard will no longer be used for competition purposes. This is a general reminder to all Spirit athletes. 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.

Annual Theme: 'I cannot give you the formula for success, but I can give you the formula for failure - which is: try to please everybody'

Monthly Quote

"Success is the best revenge for anything!" - Ed Sheeran

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:

T1: Monday 1st February-
Sunday 10th April

T2: Tuesday 26th April- Sunday
3rd July

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2016 Public Holidays

Easter-Friday 25th March-
Monday 28th March

Anzac Day-Monday 25th April

WA Day-Monday 6th June

Queen's Birthday-Monday 26th
September



Re-enrolment:

There is less than a month before the end of term, so be on the lookout for re-enrolment form for term 2. These will be available from your group coach or from Samantha at Belmont reception. Re-enrolment forms, will need to be fully completed, including numbers of hours per week, and handed in prior to the start of Term 2 in order to secure your child's place in a group.

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. As every athletes needs differ we are aiming to run more assessment days throughout the term, and 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.

Spirit Requires more Acrobatic Athletes!

Are you looking for a dynamic and spirited sport that builds confidence and camaraderie among participants? Sports Acrobatics is the perfect sport to teach your child balance and co-ordination as well as sharing in the benefits of working within a team environment. This is a fun and challenging gym sport involving gymnasts working alone, in pairs, trios and groups performing balances, throws, catches and tumbling. Programs are based on the Gymnastics Australia National Sports Acrobatics program. Competitive classes training sessions run on Mondays, Wednesdays, and Sundays at Subiaco and you will need to book in with our coaches for a trial. Recreational classes are held at Subiaco, Sundays 12-2pm. Phone Samantha on 6364 0334 or email egymnastics@iinet.net.au to organise a FREE TRIAL.

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, and if you would like to secure a spot for your child please fill in and return a registration form (accompanied with the newsletter), and ring Samantha on 6364 0334 or 0432 323 835. Alternatively you can email egymnastics@iinet.net.au to obtain your enrolment form 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

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Queen's Birthday-Monday
26th September



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

Education

There are a number of judging and coaching courses being held over the upcoming months, of which are open to both qualified and non-qualified applicants. Please let Debbs know if you would like some further information about the courses, or require any assistance to complete the courses. Furthermore, if you do not have access to an education calendar from Gymnastics WA, please also contact Debbs at spiritgymnsports@hotmail.com.

Congratulations

Huge congratulations goes to Nicole Colev and Nicole Tolhurst for completing and passing their Women's Advanced judging course. This is by no means an easy task and their fantastic, near perfect results need a round of applause!

We would also like to congratulate Karen, Lizzie and Vicky Jones for completing their Beginner Acro Course. Well done to everyone who participate, we look forward to seeing you all out on the floor judging very soon!

Aerobics 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 Intermediate Judging Course

Date: Sunday 9th-10th April

Closing Date: TBC

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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

Annual Theme: ‘I cannot give you the formula for success, but I can give you the formula for failure - which is: try to please everybody’



Upcoming Competitions

In the upcoming months Spirit competitive athletes will be competing in a number of competitions. It would be fantastic if members of the club are able to come and support these athletes, as it makes the atmosphere of the competitions more uplifting and exciting for all those competing. Details of each of the competitions, and the competitors are below. We hope to see some Green and Purple in the crowd cheering loudly!

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

Date: 12-13th March

Competitors: Aloyse Murry

Venue: Loftus Recreational Center- State Gymnastics Hall 2

Event: *Go for 2 & 5 WAG NL 6-10 Qualification Competition #1* **Date:** 18-20th March

Competitors: Sophie Mowe

Venue: Loftus Recreational Center- State Gymnastics Hall 1

Event: *Go for 2 & 5 WAG NL 7-10 Qualification Competition #2* **Date:** 1-3rd April

Competitors: Sophie Mowe

Venue: Loftus Recreational Center- State Gymnastics Hall 1

Event: *Acro State Team Trial #2* **Date:** 2-3rd April

Competitors: Alike Woolons, Kate Langton, Tiana Martelli

Venue: Loftus Recreational Center- State Gymnastics Hall 1

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

Date: 2-3rd April

Competitors: Aloyse Murray, Suzi Price

Venue: Loftus Recreational Center- State Gymnastics Hall 2

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Mobile | 0432 323 835
Email | egymnastics@inet.net.au
Website | www.spiritgymnsports.com.au



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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@inet.net.au

Phone: 0432 323 835 or 6364 0334



Be sure to like us on our new Facebook page!

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