



28 Belgravia Street, BELMONT WA 6104
Phone (08) 6364 0334 | Fax (08) 9371 1044
Email | egymnastics@iinet.net.au
Website | www.spiritgymnsports.com.au



Issue 3 | March 2017

Spirit News

We're halfway through the Term and it's going by so quickly! This newsletter is designed for all general Club information and events that will be going on throughout the Club, so please read through carefully for this information. If you would like more specific information about your child's gymnastics please see your child's coach.

Term 1 Invoices:

If you have enrolled into classes, all membership forms should be filled-in, signed and returned to Spirit, and payment of membership should be received.

Term 1 fees are all now due, and if you haven't already done so these should be **paid in full**. If you are unsure if you have paid for Term 1, or need a copy of your invoice resent, please email Val at egymacccs@iinet.net.au and she will be able to help you with your request. Please be aware that any child with prolonged outstanding invoices will face suspension from class.

Public Holiday:

Please be aware that Monday the 6th of March is a public holiday and **NO** gymnastics classes will be held on this day. Classes will still run as normal on Saturday the 4th of March.

Spirit Squad Try Outs:

Within the Spirit community we offer many different types of gymnastics. These include:

- Women's Artistic Gymnastics
- Men's Artistic Gymnastics
- Rhythmic Gymnastics
- Aerobics
- Acrobatic Gymnastics
- Team Gym

Spirit are holding try outs for their squad gymnastics with the opportunity for each of these disciplines to compete at Club, State and National Levels. Everyone who tries out will be offered a place in at least one competitive sport. If you would like to book in please see your coach or Caroline.

Date: Sunday 12th March

Time: 11am-12 Middy

Contact: Your Coach or Caroline

Booking: Please email egymnastics@iinet.net.au to book a place

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

"Don't worry about failures, worry about the chances you miss when you don't even try"- *Jack Canfield*

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

Boxing Day – Tuesday 26th December



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



Issue 3 | March 2017

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.

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.

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 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!

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

"Don't worry about failures, worry about the chances you miss when you don't even try"-
Jack Canfield

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

Boxing Day – Tuesday 26th December

Bingo Night - Save the Date:

Eyes down and get ready for Spirits Bingo Night! An oldie but goodie, and while Spirit are going to hold this on Saturday May 13th, with the venue to still be determined. 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: 13th of May with first round to start at 6.30pm
Where: Venue TBC
Cost: \$5 per entry (including a dabber) and \$2-\$5 per round

Results Section

Congratulations to our very own Rebecca Osborne who has been selected to represent Australia at the Suzuki World Cup in Japan! Rebecca is an Aerobic athlete and has been selected to compete individually at the World Cup. Samantha has been coaching her and we would like to offer our congratulations to Samantha for her tremendous effort for getting Rebecca to this point. This event will take place at the end of April this year, and we would like to wish her all the best in her preparation and competition.

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!



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

"Don't worry about failures, worry about the chances you miss when you don't even try" - *Jack Canfield*

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

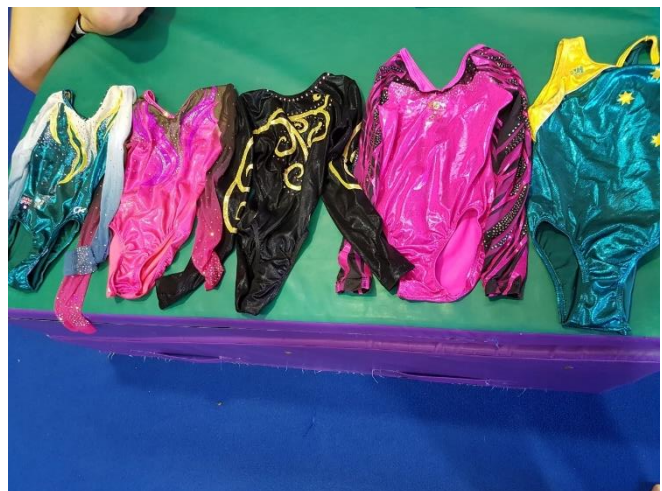
Christmas Day – Monday 25th December

Boxing Day – Tuesday 26th December

Photos Section



Rebecca Osborne – preparing for the April World Cup



Emily Little (Olympian) visits Spirit

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**