

Spirit News

Welcome to Issue 4 of Spirit's monthly newsletter. It is the last week of term this week, and hopefully everyone has participated in our 'Bring a Friend' week. If not, you still have time to bring a friend for the remainder of the week!

It is now the end of term 1, so if you would like to enroll for term 2 please complete an enrollment form, which can be found attached or from your group coach. Please fully complete this form, including numbers of hours per week, and hand in prior to the start of term 2 in order to secure your child's place in a group. The form can be handed in to either Belmont or Subiaco reception, or alternatively you can email the form back to Samantha at egymnastics@inet.net.au

The school holiday program is also running throughout both weeks of the holidays. There is more information below, however, if you would like your child/children to participate in this program please complete the attached form and hand it back to either reception or email it to egymnastics@inet.net.au

We also have many competitions coming up in the next few months so stay tuned for more information regarding the upcoming State competitions, as well as our own 'Mother's Day Challenge'!

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.

Please note: Make-up classes are for public holidays and medical conditions requiring a medical certificate ONLY. Make-up classes are not if a session is missed for any other reason.

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@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.



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

"Good things come to people who wait, but better things come to those who go out and get them!" - *Anonymous*

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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3rd July

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Saturday 17th December

2016 Public Holidays

Anzac Day-Monday 25th April

WA Day-Monday 6th June

Queen's Birthday-Monday 26th
September



Belmont-28 Belgravia Street, BELMONT WA 6104
Subiaco PCYC- 450 Rokeby Rd, SHENTON PARK WA 6008
Phone (08) 6364 0334 | Fax (08) 9371 1044
Email | egymnastics@iinet.net.au
Website | www.spiritgymnsports.com.au



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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.

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.

Bullying:

Unfortunately there has been some recent incidences of bullying that has been occurring throughout the club, which has been brought to the clubs attention. We have a very strict code of conduct which states that Spirit does not tolerate any anti-social behavior throughout the club and this includes treating people, particularly other athletes, coaches and parents with the upmost respect. Below is a bullying fact sheet, if you feel like you or your child are being bullied please contact the club immediately.

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

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Queen's Birthday-Monday
26th September



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

Results

Congratulations to everyone who has competed in the recent competitions. These were qualifying competitions for the upcoming Autumn State Championships. Below are the results from these recent competitions.

WAG Competitions

- **WAG National Level 6-10 Qualification Competition #1**
 - **National Level 7 Junior**
 - Sophie Mowe - 26th AA, 21st Vault, 21st Uneven Bars, 27th Balance Beam, 2nd Floor Exercise
- **Go for 2 & 5 WAG National Level 7-10 Qualification Competition #2**
 - **National Level 7 Junior**
 - Sophie Mowe - 27th AA
- **WAG Elite Qualification #1**
 - **Senior International**
 - Darcy Norman – 3rd AA, 1st Vault, 2nd Uneven Bars, 3rd Balance Beam, 5th Floor Exercise
 - **International Level 10**
 - Grace Barry – 2nd AA, 1st Vault, 5th Uneven Bars, 3rd Balance Beam, 3rd (tie) Floor Exercise
 - Isabelle McQueen – 6th AA, 7th Vault, 4th Uneven Bars, 7th Balance Beam, 7th Floor Exercise

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“Success is the best revenge for anything!” - *Ed Sheeran*

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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

RG Competition

- **Go for 2 & 5 RG Qualification Competition #1**
 - **Level 7 Open**
 - Alyose Murray – 6th AA, 10th Rope, 7th Hoop, 5th Clubs, 6th Ribbon
- **Go for 2 & 5 RG Qualification #2**
 - **Level 7 Open**
 - Alyose Murray – 8th AA, 10th Rope, 7th Hoop, 5th Clubs, 8th Ribbon

Upcoming Competitions

We have many athletes competing in upcoming competitions which are going to be held at the State Gymnastics Centre. 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 are below. We hope to see some Green and Purple in the crowd cheering loudly! If you would like any more information on the upcoming competitions please visit the Gymnastics WA website <http://www.gymnasticswa.asn.au/>

Event: WAG Elite Challenge #1

Date: 15th – 16th April

Venue: State Gymnastics Centre

Event: Autumn State Championships

Date: 29th April – 1st May (Spirit will have many athletes competing throughout the entire weekend)

Venue: State Gymnastics Centre

Event: Mother's Day Challenge – Stay tuned for more information regarding this Mother's/ Daughter's team challenge!

Date: Sunday 9th May

Venue: 28 Belgravia Street, Belmont

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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: 6364 0334



Be sure to like us on our new Facebook page!

Bullying Information Fact Sheet

Every person, in every role has the right to participate in sport in an environment which is fun, safe and healthy. Everyone has a right to be treated with respect, fairness and dignity. If an individual is being bullied, it denies these participants their rights and can result in the individual feeling embarrassed, shamed, disgraced and intimidated.

Bullying not only affects an individual's mental and physical health, it can also affect their athletic performance, level of enjoyment, and academic achievement. Unfortunately, research has shown that 1 in 6 Australians are bullied *every week*.

Bullying can occur from a range of different people, without it being intended. It can occur from:

- Team mates
- Other athletes
- Parents
- Coaches
- Spectators
- Umpires / Referees

What is bullying?

There are many different types of bullying, which usually involves harming an individual through a power imbalance, where one person or a group of people have power or strength over another. This power could be physically, mentally, socially or financially.

Some different forms and examples of bullying are:

- **Physically** - pushing, shoving, taking a person's belongings
- **Verbal** – name calling, threatening, intimidation, using put-downs
- **Psychological** – ganging up, taking a person's possessions, sending hostile messages

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- **Socially** – excluding, alienating, ignoring and spreading rumors about an individual
- **Cyber Bullying** – through the harmful instant messaging, text messages, emails or other social networks. This type of bullying can be anonymous, and can reach a wide audience. Most people who are being bullied online are also being bullied offline.

How bullying can affect everyone

Bullying can have a negative impact on everyone, not just the victim or the bully, and if bullying isn't stopped it can create an environment where bullying becomes tolerated, which is not an acceptable environment.

The victim can feel:

- Guilty, like it's their fault
- Hopeless and stuck like they can't get out of the situation
- Alone, and like they don't fit in
- Depressed and rejected by their friends and other groups
- Unsafe and afraid
- Ashamed

Signs an Individual is being bullied

Individuals may feel embarrassed, afraid or ashamed to speak up that they are being bullied, particularly if they are a child. However, there are many signs to look out for if you are afraid your child, or someone you know is being bullied.

- Finding excuses for not wanting to attend training or competitions
- Talking about hating their sport
- Wants to be driven to training, and not walk
- Regularly the last one picked for activities
- Alienated from social activities
- Has bruising or uncharacteristic injuries
- Becomes suddenly nervous, worried, shy or withdrawn
- Personal possessions or clothing, including money are constantly missing or damaged
- Suddenly prone to lashing out at people, either physically or verbally

Managing Bullying

There are many ways to handle being bullied, either if you are the victim or a by-stander. Unfortunately sometimes the by-standers in the situation can be part of the bullying problem, particularly if they are on the side lines laughing at the victim, or encouraging the bully, even though they know that the action displayed by the bully is inappropriate.

If you are the individual being bullied you can:

- Talk to someone you know and trust about it. It could be a trusted friend, coach, family member, school teacher or councilor
- The website ReachOut is an anonymous online tool that recommends relevant support options based on individual situations

- If you feel safe, you should approach the person who is bullying you and tell them that their behavior is unacceptable and violating your rights

Being a supportive by-stander means taking action to protect the rights of the victim being bullied. If the by-stander is confident to take safe and effective action to support the victim, there is a greater chance that the bullying can stop and the victim will recover. However, it is not always easy to safely work out how to help stop bullying. Below are some tips to help by-standers.

- Make it clear to your friends you do not support bullying
- Never stand by or encourage bullying
- Stop the spread of gossip or harassment, including not liking, sharing or forwarding any posts or messages of any kind on social networks
- Support the victim by helping them ask for help (for example go with them to the place where they feel comfortable to get help)
- Report the incident to someone you trust

References

The principle references used in this face sheet are from:

Play by the rules. 2016. *Bullying*. Accessed 31/03/2016 from <http://www.playbytherules.net.au/got-an-issue/fairness/bullying>

ReachOut. 2016 *Bullying*. Accessed 31/03/2016 from <http://au.reachout.com/bullying>