



28 Belgravia Street, BELMONT WA 6104
Phone (08) 6364 0334 | Fax (08) 9371 1044
Email | egymnastics@iinet.net.au
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Issue 4 | April 2017

Spirit News

It's nearly the end of Term 1 and Easter time! We hope that everyone has a safe and happy Easter break, and we look forward to seeing everyone at the start of Term 2! We still have many events that are going to be held throughout Term 2 so make sure you are on the lookout for news on these events.

Term 1 Invoices:

It is very disappointing that we have to report that Term 1 invoices are **still outstanding** and it is now the end of Week 10. If you haven't paid your Term 1 fees yet, please make immediate payment. Failure to do so may result in your child being suspended from classes and not being able to re-enroll for Term 2 until all outstanding fees are up to date. Thank you to all those members who are up to date with their fees.

If you have any queries with your account please contact Val at egymaccs@iinet.net.au and she will be happy to assist with any query that you have.

Did you know?

Spirit offer a competitive program in Hall 2! We offer many different types of gymnastics in this hall and these include:

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

If you are wanting to try any of these different types of gymnastics please contact your group coach or Samantha at Belmont reception egymnastics@iinet.net.au for more information. Everyone who tries out for our competitive program will be offered a place in at least one gym sport.

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.

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.

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

"Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit" - *Conrad Hilton*

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

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*



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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 Holidays

In the April school holidays we will be offering a total of 7 sessions over the course of the 2 weeks. These sessions will run from 9am-1pm and include 2 hours of gymnastics, a break for lunch and a movie. In addition to these main sessions, there will be separate classes run on the Tuesdays and Thursdays for our Kindy kids (ages 1.5-4 years). These classes will go for 1 hour after the main classes.

The cost for each main session is \$30 per child, \$50 for 2 children and \$60 for 3 children, and the cost for the kindy classes is \$10 per child. If you are already a Spirit member you will receive an additional **25% off!** Payment is due at the time of booking. To book in for any or all of the sessions please fill in the attached form and return it as soon as possible to Samantha at Belmont reception at egymnastics@inet.net.au, places will fill up quickly!

- **Monday 10th April**
 - Session 1 – 9am-1pm
- **Tuesday 11th April**
 - Session 2 – 9am-1pm
 - Kindy Class – 1.30pm-2.30pm
- **Wednesday 12th April**
 - Session 3 – 9am-10am
- **Tuesday 18th April**
 - Session 4 – 9am-1pm
 - Kindy Class – 1.30pm-2.30pm
- **Wednesday 19th April**
 - Session 5 – 9am-1pm
- **Thursday 20th April**
 - Session 6 – 9am-1pm
 - Kindy Class – 1.30pm-2.30pm

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- **Friday 21st April**
 - Session 7 – 9am-1pm

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 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!

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: TBC
Cost: \$5 per entry (including a dabber) and \$2-\$5 per round

Support Debbs!

Our very own Debbs van Hagen has volunteered to abseil down the side of the QV1 building, which is 40-stories high! This is to raise money for Perth's new children's hospital to help the sick kids of WA. Debbs will be giving her sweat and tears for one day in order to help these kids. If you would like to donate please follow the link below, it'll only take 2 minutes to donate and anything that you can spare is greatly appreciated.

<https://abseil2017.everydayhero.com/au/debbs>

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Results Section

Congratulations to our very own Emily Little who has been dominating the World Cup circuit the last month! Emily has won a total of 1 bronze, 5 silvers and 1 gold medal throughout the 3 World Cup competitions, so far this year. These medals were won in Melbourne, Baku and Doha. Because of these fantastic results Emily is now sitting first on vault, beam and floor in the overall world cup standings. Congratulations Emily!

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



Congratulations to Emily for your efforts at the recent World Cups

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