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Issue 5 | May 2017

## Spirit News

Welcome to all our new Term 2 members, and welcome back to all our existing members! We have some very exciting events in the upcoming weeks so make sure you read the newsletter carefully to be involved in the Spirit Community as much as possible! Everything that we do, goes directly back to the club to help benefit our members and gymnasts.

### Term 2 Invoices:

Term 2 invoices have now been sent out and they should be paid as soon as possible. If there are still outstanding invoices you will be followed up in the coming weeks to make sure payment has been made and further action is not required. If you are still waiting for your invoice, or have any other enquires please email Val in the accounts department at [egymaccs@iinet.net.au](mailto:egymaccs@iinet.net.au).

Thank you to all those members who have already paid their Term 2 fees.

**Please note:** The Club does not offer a refund for Club Membership or Term Fees. The membership fee is set by Gymnastics WA, and the Club receives no refund when an athlete decides to not attend classes, therefore we cannot offer refunds to individuals. Term fees can be 'suspended' if an athlete is deemed as unfit by a medical professional and supplies an accompanying letter, but no refunds will be offered if classes are missed for any other reason. If you have any queries please refer to our financial policy or email Val at [egymaccs@iinet.net.au](mailto:egymaccs@iinet.net.au)

### Bingo Night – Postponed:

Unfortunately, due to a lack of numbers Spirit has had to postpone their Bingo night. We put these events on to help raise money for the Club so that our athletes can have the best possible training environment, however these events cannot take place without you support! The new date of the event will most likely be Friday the 4<sup>th</sup> of August, so please keep this date free in your diary so we can have a successful night. More details on the Bingo night is below in the Fundraising Events section of the newsletter.

### Measles:

There has been a recent outbreak of measles throughout the community, with one case reported at the Loftus Centre. From the time of exposure to becoming sick is 10 days, with the rash usually appearing around day 14 after exposure. The initial symptoms of measles are fever, tiredness, runny nose, cough and sore red eyes, with the rash appearing after these initial symptoms. It is important to remember that the measles are rare due to vaccinations, however if you think that your child has the measles (particularly any athletes that have trained at the Loftus Centre recently), please DO NOT come into training. The measles is highly infectious and we do not want it spreading throughout the community. Thank you for your understanding.

### 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

**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

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity" -  
*John F. Kennedy*

## 2017 Term Dates

### Competitive Term Dates:

T2: Monday 24<sup>th</sup> April – Sunday 2<sup>nd</sup> July

T3: Monday 17<sup>th</sup> July – Sunday 24<sup>th</sup> September

T4: Sunday 8<sup>th</sup> October -  
Saturday 16<sup>th</sup> December

### Recreational Term Dates:

T2: Monday 24<sup>th</sup> April – Sunday 2<sup>nd</sup> July

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## 2017 Public Holidays

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- 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@inet.net.au](mailto:egymnastics@inet.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.

### Fundraising Events

Spirit hold many different types of fundraising events to help advance the club. Make sure to be on the lookout for these events as the more that the Spirit community supports these events, the more we are able to raise to help better the club! 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.

#### Bingo Night:

Eyes down and get ready for Spirits Bingo Night! An oldie but goodie, Spirit in conjunction with Southern Star are hosting a Bingo night at the Perth Flying Squadron, in Dalkeith. The last bingo night was a huge success and as with every good Bingo night there is very little skill involved, and the luckiest person there will take home the top prizes! Entry will cost \$5, and will include a Bingo dabber upon entry, with each round costing \$1-\$5. Come alone, or bring a whole host of friends and family and compete against them. Dinner and



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drinks are available to purchase at the bar, and BYO food is allowed. We hope to see as many Spirit members there as possible!

**When:** Friday 4<sup>th</sup> August  
**Time:** TBA  
**Where:** Perth Flying Squadron, The Esplanade Dalkeith  
**Cost:** \$5 per entry (including a dabber) and \$1-\$5 per round

## Volunteer Section

We are always looking for volunteers and parents wanting to help out and give back to the Club and provide the athletes with the best possible experience. There will be a number of volunteer opportunities throughout the year which the Club will require assistants. If you are interested or would like to volunteer at any of these events please email Samantha at [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au) for further information.

### Floor Managers Workshop:

Floor Managers are volunteers in charge of the overall co-ordination of all personal at any given competition session.

The basic role of a floor manager is to:

- Ensure the event session runs smoothly and adheres to the schedule
- Check that all personnel including other event volunteers are in attendance and know their individual roles
- Ensure all the equipment is set up
- Check all paperwork is completed
- Set up and run the awards ceremony
- Be aware of emergency procedures and protocols

To participate in this course is FREE, and it covers all you need to know about being a floor manager at Gymnastics WA events. All Clubs are required to provide floor managers to help run Gymnastics WA events and by registering as a floor manager for Spirit, you will receive Spirit Money as a thank you. If you would like more information on how to become a Floor Manager please email Debbs at [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com)

### Judges Wanted!

Have you ever thought about judging gymnastics? There are many avenues that you can take, from beginner classes all the way to advanced and FIG classes. 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](mailto:spiritgymnsports@hotmail.com) for more information.

### Gymnastics WA Volunteers:

Gymnastics WA are always looking for volunteers to announce or score at their events. If you are interested in announcing at different Gymnastics WA events, or helping out with scoring please contact Debbs at [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com) for more information.

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## Results Section

Congratulations to all our Spirit athletes who competed at the recent State Championships, you all did amazingly!

### State Competitions

- **Go for 2 & 5 Autumn State Championships - WAG**
  - **Junior 13**
    - Isabelle McQueen – 1<sup>st</sup> AA, 2<sup>nd</sup> VT, 2<sup>nd</sup> UB, 1<sup>st</sup> BB, 2<sup>nd</sup> FX
  - **Junior 14**
    - Grace Barry – 1<sup>st</sup> AA, 1<sup>st</sup> VT, 1<sup>st</sup> UB, 5<sup>th</sup> BB, 1<sup>st</sup> (Tie) FX
  - **Senior International**
    - Darcy Norman – 3<sup>rd</sup> AA, 2<sup>nd</sup> VT, 2<sup>nd</sup> UB, 4<sup>th</sup> BB, 4<sup>th</sup> FX
    - Emily Little – 3<sup>rd</sup> (Tie) VT, 4<sup>th</sup> UB, 1<sup>st</sup> BB
  - **Junior Senior Combined Team**
    - The combined team of Isabelle, Grace, Darcy and Emily won the combined Junior Senior Team representing both Spirit and the National Center of Excellence
- **Go for 2 & 5 Autumn State Championships – ACRO**
  - **Level 6 - Team**
    - Ella van Hagen, Alyssa Teng, Hannah Reynolds – 1<sup>st</sup>

## Coach Details

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

Caroline: [carolinewickens@outlook.com](mailto:carolinewickens@outlook.com)

Debbs: [spiritgymnsports@hotmail.com](mailto:spiritgymnsports@hotmail.com)

Samantha: [egymnastics@inet.net.au](mailto:egymnastics@inet.net.au)

Phone: 6364 0334



Be sure to like us on our Facebook page!



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