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Issue 6 | June 2017

Spirit News

It's now halfway through the year! How the time is flying! We have the July school holidays coming up quickly and fundraising events throughout the months of June and August so make sure you look out for these events! All funds raised goes directly back towards the club to help enhance the Spirit Community.

Thank you:

We want to thank everyone for being so patient whilst we are sharing our gym with Law of the Jungle - MMA members. We know it is not easy for all our members, but we greatly appreciate your patients and support in this matter. We are not sure how long they will be sharing the gym with us, but we will keep everyone informed as soon as we are aware.

Term 2 Invoices:

Everyone should all be up to date with their term two invoices, if you are not payment is requested immediately so further action is not required. If you have any queries about your invoice please email Val at the accounts department at egymaccs@inet.net.au

Thank you to all 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@inet.net.au

June – Bring a Friend for FREE:

If you are Spirit member, throughout the month of June you can bring a friend along for FREE! For every friend you bring we will offer them one free class, and you are eligible to go into the draw to win one of three fabulous prizes. For the entire month you can bring as many friends along as you like and enter the draw with each new friend you bring to class.

First Prize includes one hour in the gym with Lauren Mitchell, a coach and 5 of your closest friends, plus \$20 Spirit money. **Second Prize** includes a Spirit shirt and hoodie with the option if you would like Lauren Mitchell to sign them, plus \$10 Spirit money. **Third Prize** is a signed bear by Lauren Mitchell, plus \$5 Spirit money.

If you have brought a friend along in June make sure you will in the form and drop it into the box at reception, or the box in the downstairs viewing room in Hall 1. The prizes will be drawn at the start of July and announced in the July newsletter.

Did you know?

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

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

"The expert in anything, was once a beginner" - *Anonymous*

2017 Term Dates

Competitive Term Dates:

T2: Monday 24th April – Sunday 2nd July

T3: Monday 17th July – Sunday 24th September

T4: Sunday 8th October - Saturday 16th December

Recreational Term Dates:

T2: Monday 24th April – Sunday 2nd July

T3: Monday 17th July – Sunday 24th September

T4: Sunday 8th October - Saturday 16th December

2017 Public Holidays

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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- 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@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.

Team Gym:

Team Gym combines parts of tumbling, mini tramp and dance to create an exciting team competition event. You get to learn how to flip, roll, jump and dance with your friends. Teams usually consist of teenagers and young adults using their skills and teamwork combined to compete against other teams.

Teams will perform and compete on three apparatus':

- Floor
- Tumbling
- Vaulting / Mini Trampoline

Teams consists of a minimum of six and a maximum of twelve members and depending on individual's strengths, not every member needs to perform on every apparatus. The program is split into novice, intermediate and advanced levels, which has the potential is incorporate harder skills into the program. Spirit offers novice classes on Monday nights at 5.30pm and intermediate classes on Tuesday and Wednesday nights at 5.30pm. If you are interested in these classes please contact Samantha at Belmont reception, egymnastics@inet.net.au to arrange your free trial.

School Holidays

The school holiday program is back for the July school holidays, with sessions available every day for KinderGym and the normal main session holiday classes. The KinderGym classes will run like normal every day from 9:45-10:30 and the other main school holiday session will run every day from 10.30-2/2.30pm. Parents have the option of picking up children between 2 and 2:30pm. The holiday program will consist of 2 hours of gymnastics time, half an hour for lunch, followed by a movie. Lunch will not be provided, however there is a fridge and microwave available.

The cost for the KinderGym class is by using the normal Kindy Kard, and the cost of the main session is \$30 per child, \$50 for 2 children or \$60 for 3 children, which is payable at the time of booking. Please fill in the attached form to secure your place today.

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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. Tickets are available to buy at Spirit Reception so get a whole host of family and friends together, and compete against them for top prizes. Dinner and 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 4th August
Time: 6.30pm for a 7pm Start
Where: Perth Flying Squadron, The Esplanade Dalkeith
Cost: \$5 per entry (including a dabber) and \$1-\$5 per round. Tickets available from Spirit Reception

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 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

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- 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

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 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 for more information.

Results Section

Congratulations to all WA and Spirit athletes who competed at the recent Australian National Championships. You represented yourselves and the State fantastically and had some great results.

Congratulations to **Emily Little** who took out the 2016 WAG Senior International Athlete of the Year.

State Competitions

- **Team Gym Invitational**
 - **Mini Tramp** – Silver
 - **Tumbling** – Silver
 - **Floor** – Gold
 - **Overall** – 2nd Place
 - **Team Members Consisted of** – Andrea Petzke, Ella Blake, Kate Goldsmith, Linnea Lynch, Poppy Rucci, Rachel Chatard, Ayisha Mantle, Liana Gibson

National Competitions

- **Australian Gymnastics Championships**
 - **Junior International 13**
 - Isabelle McQueen – 2nd AA, 9th VT, 3rd UB, 2nd BB, 2nd FX

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- Team Final – 1st Consisted of the team of Isabelle McQueen, Clara Kolm, Olena Edmeads and Mikayla Scerri
- **Junior International 14**
 - Grace Barry – 8th AA, 5th BB, 5th FX
 - Team Final – 3rd Consisted of the team of Grace Barry, Sophie Prince, Madeleine Vernon, Sophie Mahoney and Zoe Thair
- **Senior International**
 - Emily Little – 1st AA, 1st VT, 2nd UB (Tie), 5th BB
 - Team Final – 2nd Consisted of the team of Emily Little, Aya Meggs and Niamh Collins

Coach Details

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

Caroline: carolinewickens@outlook.com

Samantha: egymnastics@inet.net.au

Debbs: spiritgymnsports@hotmail.com

Phone: 6364 0334



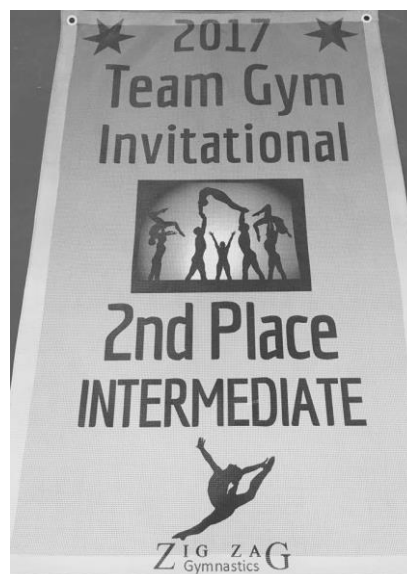
Be sure to like us on our Facebook page!



Photo Section



Emily Little receiving 2016 Senior athlete of the Year



Our Team Gym athletes and their second place prize

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