



28 Belgravia Street, BELMONT WA 6104
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Issue 7 | July 2017

Spirit News

It's school holidays! If you haven't already enrolled for our school holiday program, make sure you contact Samantha at reception today to book in (egymnastics@iinet.net.au). We have a bingo night next month which will be a lot of fun, tickets are only \$5 available from Samantha at reception. Term 3 enrolments are now open, so please contact Samantha at reception to secure your place for term 3. There is more information on the school holiday program, bingo night and enrolment process below, so please read the newsletter carefully.

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 our members, but they will be with us until August 5th, and we greatly appreciate your support and patience until this time.

Term 3 Enrolments:

Enrolments are now open for Term 3, so please contact Samantha at reception to re-enroll today. If you haven't paid your Term 2 invoices, you will not be able to re-enroll for Term 3 until this is paid. Please be aware payment is required by the end of Week 1 of Term 3. If you have any queries about your invoice please email Val at the accounts department at egymaccs@iinet.net.au

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

Kindy Card:

We wish to inform you that as of July 1st there will be a price increase to our Kindy Cards. The new price will be \$110 including GST. If you have any queries, please don't hesitate to contact us via phone (6364 0334) or email (egymnastics@iinet.net.au). Thank you for your understanding.

Cold Weather:

As it is now winter and getting very cold, please make sure that your child is wearing appropriate clothing to and from the gym. This includes jackets, tracksuits and shoes. Thank you in advance.

June – Bring a Friend for FREE:

Congratulations to the following members who won fabulous prizes for bringing one of their friends to classes and entered the draw!

1st Prize – Leah Dillon, who brought along Grace.

2nd Prize – Ashleigh Calvert, who brought along Olivia

3rd Prize – Indi Alienby, who brought along Lucy

Winners will be contacted shortly to collect their prizes!

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

"There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits" - *Michael Phelps*

2017 Term Dates

Competitive Term Dates:

T3: Monday 17th July – Sunday 24th September

T4: Sunday 8th October - Saturday 16th December

Recreational Term Dates:

T3: Monday 17th July – Sunday 24th September

T4: Sunday 8th October - Saturday 16th December

2017 Public Holidays

Queen's Birthday – Monday 25th September

Christmas Day – Monday 25th December

Boxing Day – Tuesday 26th December

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 to 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 reception, egymnastics@inet.net.au to arrange your free trial.

Fund Raising 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 Spirit's 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 4 th 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

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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.

Little Urban Jungle:

Running July 11-13th from 10am-2pm at the Perth Town Hall, the Little Urban Jungle is offering FREE admission for children aged 3 – 12 years of age to come along and try gymnastics and athletics throughout the school holidays! Makes sure you get down there and have some fun! Check out their facebook link:

<https://www.facebook.com/littleurbanjungle/>

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.

FREE - Floor Managers Workshop:

Gymnastics WA is hosting the FREE Floor Manager & Volunteer Workshop Tuesday 18th of July from 6.45pm – 8.30pm. There will be training at the beginning of the workshop to assist in both current and new volunteers which aims to help our volunteers to gain confidence when taking on new positions. The basic role of a Floor Manager is to be in charge of the overall co-ordination of all personal at any given competition session.

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. More information can be found at the Gymnastics WA website [here](#). 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

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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 the following athletes on their recent effort at their state level competitions.

State Competitions

- **Aerobics Series #1**
 - **Level 3 Pair** – Leila Glass & Jessie Thomas – 3rd
 - **Level 3 Junior** – Stefan Trofimczyk – 5th
 - **Level 4 Intermediate** – Kate Belladonna – 1st
 - **Level 4 Junior** – Nicole Trofimczyk – 4th, Aliyah Tan – 8th
 - **Level 5 Intermediate** – Elissa Campbell – 1st
 - **Level 6 Intermediate Trio** – Rylee Poole, Emma Spence & Phoebe Dyson – 1st
 - **Level 6 Intermediate** – Emma Spence – 1st, Phoebe Dyson – 2nd, Rylee Poole – 3rd
 - **Level 7 Senior** – Eleri John – 3rd
 - **Age Group 1** – Rebecca Osborne – 1st
 - **Age Group 2** – Charlie Singleton – 1st, Elyse Palmer – 2nd
 - **Elite International** – Giveney How – 2nd
- **Club Levels Competition #1**
 - **MAG – Level 4**
 - **Noah Rucklidge** – 1st Floor, 1st Pommel, 1st Rings, 1st Tramp

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@iinet.net.au

Debbs: spiritgymnsports@hotmail.com

Phone: 6364 0334



Be sure to like us on our Facebook page!



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Photo Page



Aerobics Series #1 Competition



**Hannah, Alyssa & Ella Sports Acrobatics
National Championships 2017**



Good Luck to **Huia McFarland** who is going on maternity leave to have her first baby! We wish you all the best Huia!

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