



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
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Issue 7 | July / August 2016

Spirit News

Term 3 is well and truly underway and hopefully all our members are settling in. If you have any immediate issues with classes, please contact your personal coach, or Samantha at reception on 6364 0334, or email egymnastics@iinet.net.au. If you have started classes you should have received an invoice and this should be paid within 2 weeks. If you haven't received an invoice please contact Val immediately via email marketing@efireandsafety.com.au and she will handle any issues. If you would like to pay please contact Samantha and she will handle payments.

As there are a large number of competitions and events coming up in the next few months, if they haven't already all the competitive athletes will be receiving invoices shortly. These need to be paid within 7 days, as Gymnastics WA has a very short turn-around time, and strict policy with payment. Failure to do so could result in your athlete not being entered into the competition or event.

If you are a competitive gymnast and have any queries regarding this newsletter please contact Caroline (carolinewright_sg@hotmail.com) for any clarification.

Quiz Night:

Spirit Gym Sports are having a Quiz night this Friday night, in conjunction with the Opening Ceremony of the Rio Olympics. There are 11 tables in total with each table consisting of 10 team members, with the **top 3** scoring teams winning prizes. There will be 6 rounds of general questions, with a special 7th round of Olympic based questions. There will also be a raffle and different games throughout the night to test both your knowledge and skill. The quiz night aims to raise much needed funds for equipment for the club, to ensure we can supply the best possible coaching experience for our athletes. There will be drinks available at the bar, so please bring along share plates for your table. Time to get your cleverest friends together to battle it out for the top prize!

Tickets are available at trybooking.com, by searching Spirit Gym Sports Quiz Night in the events section, OR by click the link below:

<https://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=209112>

Date: Friday 5th August (This Friday!)

Time: 6.30PM for a 7.00PM Start

Venue: Stirling Panthers Soccer Club (Corner of Langley Cres and Crocker Rd, Innaloo)

Belmont Competitive Classes:

If you are not already aware we are holding competitive classes in Hall 2 at Belmont. Competitive classes differ from recreational classes as it gives the gymnasts an opportunity to compete at different levels. If you already attend recreational classes at Belmont in Hall 1, and you would like to try our competitive gymnastics please contact Caroline (carolinewright_sg@hotmail.com) to arrange a trial.

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

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination" - *Jimmy Dean*

2016 Term Dates

Competitive Term Dates:

T3: Monday 18th July- Sunday 25th September

T4: Sunday 9th October- Saturday 17th December

Recreational Term Dates:

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2016 Public Holidays

Queen's Birthday-*Monday 26th September*



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Dropping Off and Picking Up:

Please be aware when dropping your child off, or if you are car-pooling and dropping other children off as well, please wait until class has started before leaving. This is particularly important at the start of Term to ensure payment has been taken. We don't want to stop the gymnasts from training while payment is being chased up, as this is unfair for the child.

When picking up your child please ensure you do so on time. We understand that sometimes this is unavoidable, however if you are repeatedly picking your child up late please make a conscious effort to be there on time. Thank you in advance!

New Classes at Belmont:

We are pleased to announce that we are offering new classes at Belmont. The new classes on offer are Team Gym, Acrobatics, Aerobics and Men's Gymnastics. Details of all the classes are below, and if you would like to enroll in these classes please contact Samantha; egymnastics@inet.net.au

Team Gym:

Beginner: 5.30-6.30pm Monday and Wednesday
Intermediate: 5.30-7.30pm Monday and Wednesday

Acro:

5.00-7.00pm Thursday

Men's Gymnastics:

MG Purple: 4.00-6.00pm Thursday

Aerobics:

5.30-7.00pm Thursday

Retirements:

We would like to announce that we have had three retirements over the last few months in the sport of Acro. Alika Woollons, Mina Ryan and Lizzie Jones have all decided to retire and Spirit would like to congratulate them on a fantastic careers, and wish them all the best for the future.

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 make-up class.

Make Up Classes:

Make-up classes are for public holidays, classes being canceled due to competitions, or medical conditions requiring a medical certificate ONLY. Make-up classes are not if a session is missed for any other reason. These make-up classes need to occur in the term in which the session was canceled was in, or if you are a competitive athlete these are available and provided in the school holidays.

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Team Selections

International Selection

Good Luck to the girls what have been chosen to represent Australia at the 2016 ANAC International Aerobic Championships. They are away in Las Vegas at the moment flying the Australian and Spirit banner, doing us proud! Go Australia!

Athletes

- Francesca Strangio
- Charlotte Singleton
- Elyse Palmer
- Eleri John
- Oliva Osborne

Coach

- Samantha Elkington

Results

Congratulations to everyone who has competed in the recent competitions.

Domestic Competitions

- **AERO Series #2**
 - **Level 2 Intermediate**
 - Johanna Hobday - 1st
 - **Level 3 Mini**
 - Stefan Trofimczyk – 3rd
 - **Level 4 Junior Individual**
 - Nicole Trofimczyk – 1st
 - Alyssa Bowen – 2nd
 - **Level 4 Junior Multiple**
 - Alyssa Bowen and Nicole Trofimczyk (Team) – 1st
 - **Level 4 Intermediate**
 - Kate Belladonna – 2nd
 - **Level 5 Junior**
 - Elissa Campbell – 1st
 - **Level 6 Intermediate**
 - Phoebe Dyson -1st
 - Rylee Poole – 2nd
 - **Level 6 Senior**
 - Megan Hockaday – 1st
 - **Level 7 Intermediate**
 - Olivia- Jane Osborne – 2nd
 - **National Development**
 - Rebecca Osborne – 1st
 - **Age Group 1**
 - Francesca Strangio – 1st
 - **Age Group 2**
 - Elyse Palmer – 1st
 - Charlie Singleton – 2nd

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- **Senior Female Individual**
 - Giveney How – 2nd
- **Club Levels Competition #1**
 - **MAG Level 4**
 - William Edmonds – 1st
 - **WAG Level 5 Team**
 - Jaime Kroon
 - Kaitlyn Rankine

Upcoming Competitions

Throughout the month of August there are many competitions that are going to be held. These are for our MAG, WAG, Rhythmic, Aero, Acro and Team Gym athletes. As there are many athletes competing we would love to see our Spirit members supporting all these athletes competing! The competitions dates are below and more information can be found on the Gymnastics WA website.

- **WG Control Test** – 7th August
- **RG Loftus Challenge** – 12th – 14th August
- **ACRO Judges Invitational** – 12th – 14th August
- **AERO Judges Invitational** – 14th August
- **MG Loftus Challenge** – 20th – 21st August
- **Team Gym** – 21st August
- **WG Loftus Challenge** – 26th – 28th August

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@iinet.net.au

Phone: 6364 0334



Be sure to like us on our new Facebook page!



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Queen's Birthday-Monday
26th September

Photos Page

Below are some pictures of our competitive girls, getting ready for their competitions coming up in the next few months. Good luck girls!!



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