

Spirit News

Welcome back to Term 3! By now everyone should be settled into their classes, however if you have any issues please speak to your coach directly or contact Samantha at reception on 6364 0334 or egymnastics@inet.net.au

Membership:

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

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.

Bingo Night:

Thank you for everyone who came to the bingo night, it was a huge success with over 100 people turning up and taking part! All participants had fun and were keen for the next bingo night, so we will be holding another night soon. Make sure to be on the look out for it!

Fitness Revolution:

We would like to offer a warm welcome to Nicky and Ange from Fitness Revolution. They will be sharing the gym with us and have redone the outside courtyard area for their fitness classes. If you would like more information on their classes please contact Angela onangela@fitness-revolution.com.au.

Sports Acrobatics:

Sports acrobatics is a beautiful, dynamic and spectacular sport for both men and women. The sport develops courage, strength, stamina, co-ordination, flexibility, jumping abilities and adroitness. Sports acrobatics unites its power and poise, with grace and beauty to create an intriguing sport. Acrobatics in groups of two, three and four perform routines with the heads, hands and feet of their partners. Spirit offers all levels and abilities of Sports Acro for boys and girls.

Spirit has been one of the strongest acrobatics clubs in WA over the last 15 years, with consistent success at competitions and also getting athletes selected onto State teams. If you are interested in these classes please contact Samantha at reception, egymnastics@inet.net.au to arrange your free trial.



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

"All our dreams can come true, if we have the courage to pursue them" - *Walt Disney*

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*



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Fund Raising Events

Spirit holds many different types of fundraising events to help advance the club. Make sure to be on the lookout for these events as the more the Spirit community participates, the more money 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.

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.

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

State Competitions

- **Aerobics Series #2**
 - **Level 3 Intermediate** – Johanna Hobday – 4th
 - **Level 3 Junior** – Stefan Trofimczyk – 5th, Jessie Thomas – 8th
 - **Level 4 Intermediate** – Kate Belladonna – 1st
 - **Level 4 Junior** – Nicole Trofimczyk – 2nd, Aliyah Tan – 5th
 - **Level 6 Intermediate** – Emma Spence – 1st, Phoebe Dyson – 2nd, Rylee Poole – 3rd
 - **Level 6 Senior** – Megan Hockaday – 1st
 - **Level 6 Intermediate Multiples** – Poole, Spence and Dyson – 1st
 - **National Development** – Alyssa Bowen – 1st
 - **Age Group 1** – Rebecca Osborne – 1st
 - **Age Group 2** – Elyse Palmer – 1st, Francesca Strangio – 2nd

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- **Senior Female** – Giveney How – 2nd
- **Acro Judges Invitational**
 - **Level 3 Women's Trio** – Charlotte Swan, Yoshi Watters, Jennifer Kpally – 1st
 - **Level 4 Mixed Pair** – Conor Doyle, Abby van Hagen – 1st
 - **Level 6 Women's Trio** – Ella van Hagen, Alyssa Bowen, Hannah Reynolds – 1st
 - **Level 6 Women's Trio** – Kate Langton, Tiana Martelli, Bethany Wee – 2nd

State Team Selection

A huge congratulations to the following athletes who have been selected on the Aerobic Gymnastics State Team 2017. **Kate Belladonna, Nicole Trofimczyk** (Level 4), **Elissa Campbell** (Level 5), **Phoebe Dyson, Megan Hockaday, Emma Spence, Rylee Poole** (Level 6), **Alyssa Bowen** (National Development) **Rebecca Osborne** (Age Group 1), **Elyse Palmer, Charlie Singleton, Francessca Strangio** (Age Group 2) and **Giveney How** (International 18+).

We also would like to congratulate our State Team Managers, Judges and Coaches - **Paula Osborne** (Team Manager), **Natalie Belladonna, Barbara Pearson** and **Beverley Van Elven** (Team Assistants), **Samantha Elkington** (Head Coach), **Karissa Marshall** and **Debbs Van Hagen** (Team Coaches) and **Leona Campbell** and **Debbs Van Hagen** (Judges).

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!



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**

Photo Page



Left: Congratulations to our NCE / Spirit athletes Kate and Tieia for fabulous results at the Junior Judges Invitational.

Below: Congratulations to our Acro athletes for their recent effort at the Acro Loftus Challenge



Right: Spirit's Sports Aerobic Team which recently got selected on to the WA State Gymnastics Team 2017.



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