



28 Belgravia Street, BELMONT WA 6104
Phone (08) 6364 0334 | Fax (08) 9371 1044
Email | egymnastics@iinet.net.au
Website | www.spiritgymnsports.com.au



Issue 9 | September 2017

Spirit News

Hello Spring! Hopefully everyone is enjoying their classes and the warmer weather. Be sure to be on the lookout for the school holiday programs and timetables. If you are part of the competitive program, and would like to attend the competitive holiday program (MAG, WAG, ACRO and RG gymnasts) individual times have been sent out, so please let Caroline know as soon as possible which sessions you will be attending. As always if you have any issues please speak to your coach directly or contact Samantha at reception on 6364 0334 or egymnastics@iinet.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@iinet.net.au

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.

Public Holiday:

Please note: No classes will be run on September 25th due to the Queen's Birthday long weekend. Thank you for your understanding.

Events:

We have many competitions and events coming up soon. For any further information on these, including dates, times and uniform, please speak to your coach directly.

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@iinet.net.au to arrange your free trial.

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

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

"You are the creator of your own destiny" - *Anonymous*

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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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.

School Holidays

The school holiday program is back for the September / October School holidays, with sessions available every day for every level and type of gymnastics! *Please Note: There will be no classes run on Monday 25th of September due to the Queen's Birthday long weekend*

- KindyGym – Daily from 9.45am – 10.30am
- Holiday Classes – Daily from 11.00am – 2.00pm
- Lil Ninja Classes – Tuesday and Thursdays from 2.30pm – 3.30pm

The holiday classes 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 to use. The cost for the KinderGym class is by using the normal Kindy Kard. The cost of the main session is \$30 per child, \$50 for 2 children or \$60 for 3 children, and the cost for the Lil Ninja class is a SPECIAL holiday price of \$10 per class. This is payable at the time of booking. If you would like to secure your place please contact Samantha on 6364 0334 at reception today!

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.

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Results Section

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

State Competitions

- **Aero Judges Invitational**
 - **Level 3 Intermediate** – Johanna Hobday – 5th
 - **Level 3 Junior** – Jessie Thomas – 7th, Leila Glass – 8th
 - **Level 3 Junior Multiple** – Glass, Thomas – 3rd
 - **Level 4 Intermediate** – Kate Belladonna – 1st
 - **Level 4 Junior** – Nicole Trofimczyk – 3rd, Aliyah Tan – 5th
 - **Level 4 Junior Multiple** – Trofimczyk, Tan – 3rd
 - **Level 5 Intermediate** – Elissa Campbell – 1st
 - **Level 6 Intermediate** – Rylee Poole – 1st, Phoebe Dyson – 2nd, Emma Spence – 3rd
 - **Level 6 Intermediate Multiple** – Poole, Spence, Dyson – 2nd
 - **Level 6 Senior** – Megan Hockaday – 1st
 - **National Development** – Alyssa Bowen – 1st
 - **Age Group 1** – Rebecca Osborne – 1st
 - **Age Group 2** – Elyse Palmer – 1st, Charlotte Singleton – 2nd, Francesca Strangio – 3rd
 - **Age Group 2 Multiple** – Strangio, Palmer, Singleton – 1st
- **GWA TeamGym**
 - 3rd Overall
- **WAG Loftus Challenge**
 - **Level 4 Junior B**
 - **Sophie Strickland** – 11th All Around, 6th Tie Vault, 9th Bars, 10th Beam, 14th Floor
 - **Level 4 Junior C**
 - **Taylor Palmer** – 9th All Around, 12th Tie Vault, 12th Bars, 8th Beam, 8th Floor
 - **Level 4 Senior**
 - **Aleisha Patriarca** – 9th All Around, 13th Vault, 5th Bars, 3rd Beam, 5th Tie Floor
 - **Halle Warne** – 10th All Around, 9th Tie Vault, 14th Bars, 14th Beam, 7th Tie Floor
 - **Kiera Huges** – 12th All Around, 11th Vault, 16th Bars, 13th Beam, 14th Floor
 - **Emilee Menzel** – 18th Vault, 20th Beam, 19th Floor
- **RG Loftus Challenge**
 - **Level 6**
 - **Joy Wang** – 6th Tie All Around, 6th Floor, 7th Tie Rope, 5th Hoop, 6th Clubs
 - **RG Multiples**
 - **Spirit Banana Trio** – 3rd
- **Acro Loftus Challenge**
 - **Level 4 Mixed Pair** – Connor Doyle, Abby Van Hagen – 1st
 - **Level 4 Women's Pair** – Eryn Major, Samantha Meed – 4th
 - **Level 6 Women's Trio** – Hannah Reynolds, Alyssa Teng, Ella Van Hagen – 1st, Kate Langton, Tiana Martelli, Bethany Wee – 2nd
- **MAG Judges Team Invite**
 - **Level 1 Team**
 - Gareth Huan, Jack Jennings, Gabriel Huan, Jacob Urbani – 3rd

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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



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Photo Section



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