



# Gymnastics 21 Newsletter

## Term 2 2017



### A message from Sam

What an amazing start to the year! Gymnastics 21 has been on an extraordinary journey so far and would like to thank everyone for being a part of it! Special shout out to those who have been with us since the first day we opened, thank you for your loyalty!

Earlier this year, I took a 5-day trip to Sydney for a Gymnastics NSW conference, turning my brain into a sponge and learnt as much as I could. I had a wonderful opportunity to have a one on one with Katy

Heddon – Owner of Black Diamond Gymnastics Academy USA – one of the international guest speakers, she was amazed with G21 and the amount of potential it has is phenomenal! After gathering all that juice, I put my head down and started to develop the business on a whole new level. I decided to open our classes to 5 days a week across three different locations and we have had an amazing response since. Now reaching an astonishing 130 members , and counting! Shows that anything is possible when you put your mind to it.

In February, Megan and I got selected to volunteer at the World Cup Championships in Melbourne! We got to meet lots of world class athletes including Olympic champions from RIO! (Must admit I was pretty star struck!). Watching them train created more brain juice and inspired new skills for Gymnastics 21 programs.

Since then, we have been to so many different coaching workshops throughout the year that has helped us grow into more knowledgeable coaches. There has been loads of new developments happening behind the scenes such as developing further pathways for recreational classes, NEW competitive program, birthday parties and more! We are excited for the future of G21 and are looking forward to sharing this journey with you all. Hold on tight friends! 😊

### ASSESSMENTS HAVE COMMENCED! ✓

Assessments are underway for our Rec gym classes, we will continue to assess your children until week 9 with the class presentations held in week 10. Please let your coach know if you will be away for any assessments. How the assessments work: Each child goes through the progressions of our badge system – ‘G, Y, M, N, A, S, T’ – with an opportunity to go to our competitive program or stay within higher recreational programs. Their skills are scored with either an ‘E = Excellent, I = Improving or L = for learning. To pass their badge that they are working towards, they need to achieve at least 5 E’s and no L’s. Each child will receive a certificate on presentation day and show a stamp on the bottom if they passed their badge. If so, they are then eligible to purchase the corresponding badge for \$5. The badge can then be sewn on to their Gymnastics 21 shirt. Families and friends are invited to come along to watch the presentation. Presentations will be held during regular class times in the last week of term. If parents would like to know if their child has passed their badge or not prior to the presentation day, they may ask their coach in week 9. Please note





that the assessments are there to encourage your child's growth and development. It works as a Personal best score rather than competing and comparing scores with other students.

### Term 3 timetable changes

A few weeks ago we conducted a survey with our Thornton and Salt Ash parents about changes to the Term 3 timetable and we appreciated all your feedback. We have taken your concerns and suggestions into consideration. And we have been fortunate that Megan's availability is now open for all afternoon classes. As of next term the class times will change to run on the half hour instead of the hour (only) at our Thornton and Salt Ash locations (Tues, Wed, Thurs). Our classes have been in popular demand and by having two coaches enables us to adapt to the growth of Gymnastics 21 and ensure the quality of coaching to aid with the progressions for all badges. All badges are welcome into any of the Rec Gym classes as we are now able to split the class into 2 groups by skill ability and badge level. This will also cater for the families with multiple children on different badge levels. Those who have been doing Junior Rec (4-6yrs) this term, are still able to join the Rec Gym Classes even if they are not 5 yet. As they now have some gymnastics experience with us, it will be an easier for them to transition into this class. As the class will be split by badge level and skill ability these kids will still gain vital coaching they need to help progress their skills and confidence. We are also looking at running Classes to suit ages 2-5 in the future.

#### New Term 3 Timetable 2017

	<b>MONDAY</b> (Rutherford High School)	<b>TUESDAY</b> (Thornton Pat Hughes Hall)	<b>WEDNESDAY</b> (Salt Ash Community)	<b>THURSDAY</b> (Thornton Pat Hughes Hall)	<b>FRIDAY</b> (Rutherford @ Galaxy Talent Academy)	<b>WEEKEND</b>
<b>3.30pm</b>		3.30-4.30pm Rec Gym 5-12yrs	3.30-4.30pm Rec Gym 5-12yrs	3.30-4.30pm Rec Gym 5-12yrs		-Birthday Parties -Workshops
<b>4pm</b>	4-5pm Rec Gym 5-12yrs				4-5pm Rec Gym 5-12yrs	
<b>4.30pm</b>		4.30-5.30pm Rec Gym 5-12yrs	4.30-5.30pm Rec Gym 5-12yrs	4.30-5.30pm Rec Gym 5-12yrs		
<b>5pm</b>	5-6pm Rec Gym 5-12yrs				5-6pm Free G 8-14yrs	
<b>5.30pm</b>			5.30-6.30pm Rec Gym 5-12yrs			
<b>6pm</b>					6pm-7.30pm Team Gym (13-17yrs) or by selection	
<b>6.30pm</b>			6.30-7.30pm Team Gym (13-17yrs) or by selection			
<b>7pm</b>						



### Re-enrolments for Term 3

It's close to re-enrolment time for next term. Classes are in high demand and we give our current students the opportunity to book in before we open to the public. To secure your booking, follow the dates indicated below.

\*Re-enrolments will be taken from **Existing students** wishing to book into the same class they are currently attending will be taken in **Week 8 (12/6/2017 – 18/6/2017)**

\*Re-enrolments for students wishing to **change days or times** due to availability will be taken in **Week 9 (19/6/2017 – 25/6/2017)**

\*Bookings will open to the public for **new students** due to availability as of **Week 10 (26/6/2017 onwards)** until classes are filled.

Notes will be handed very shortly. Once you have received the re-enrolment note you will need to be quick to book as our classes fill quickly! We take bookings on a first in, first serve basis.



### Birthday Parties

Yes, we now do birthday parties! Our mobile gymnastics birthday party service is catered for children aged 4-12yrs. We bring our equipment to your home and set up in either a medium – large outdoor area (needs to be flat surface) or we can hire a hall space at one of our locations.

G21 provides enthusiastic coaches for an hour lesson that will ensure the kids have a tonne of fun in a safe learning environment. With a variety of themes to choose from, your child's birthday party will be one of a kind. The kids will have a blast swinging on the bar, balancing on the beam, bouncing on the trampoline, learn how to roll and tumble and much more!

To find out more head to our website [www.gymnastics21.com.au/birthday-parties](http://www.gymnastics21.com.au/birthday-parties) or email Sam to get an info pack [g.2.1@outlook.com](mailto:g.2.1@outlook.com)





## Introducing... TeamGym!

Gymnastics 21 was kindly invited to perform at Raymond Terrace rectory markets in April. We put together our first display team and trained throughout the school holidays. Check out their amazing performance on our Facebook page – [www.facebook.com/gymnasticstwentyone](http://www.facebook.com/gymnasticstwentyone)

This event inspired us to take on the new competitive program - TeamGym - Commencing in Term 3.

TeamGym combines parts of tumbling, mini tramp, and dance to create an exciting team competition event. TeamGym is huge in Europe, with strong teams of teenagers and young adults putting their skills and teamwork against other teams. The Australian TeamGym program has been developed for teams of gymnasts aged 5 right through to adults, with performances on 3 different apparatus.



- Floor
- Tumbling
- Synchronised Vaulting / Mini trampoline

Teams can have a minimum of six and maximum of twelve members but depending on individual strengths, not everyone needs to perform on every apparatus.

The program is split into following divisions:

- Novice
- Intermediate
- Advanced

The competition events are friendly and uplifting. Sam is currently organising opportunities for our current teen/Team gym girls to gain more experience and knowledge through attending workshops and watching local Team Gym comps before we dive in to our first comp.

Gymnastics 21 hopes to bring a Novice team to compete at Hunter Championships on 7/8 October 2017





## LEAP into leadership!

Gymnastics NSW's LEAP program is a youth development program for gymnasts and coaches aged 12-24. It is the most exciting sport leadership program around. Not only does it offer amazing opportunities to learn more about the development of our sport but you can also gain a lot of valuable life skills such as independence, confidence, and responsibility.

LEAP is a multi-level program designed to keep you constantly pushing yourself to achieve your personal best. All steps of the program are fun, interactive and designed to provide an ongoing path to long-term participation in sport. From the minute you commence you will be introduced to topics like inclusion and diversity, sport for development, leadership, coaching, judging, events and so much more!

If that's not enough, one of the most amazing things about LEAP is that it will give you the opportunity to meet people from all over NSW or even internationally! This will give you the chance to make lasting friendships and keep you participating for many more years to come.

There's always something new and different to try in the world of gymnastics. So what are you waiting for? Sign up today and get ready for the experience of a life time!

<http://www.leap.org.au>



## Release your freedom

Gymnastics Australia has officially launched the new freestyle gymnastics program! FreeG fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts, Parkour and brought to worldwide attention by festival performances and stunt actors. This program is catered for children aged 8-14yrs. FreeG gets your body moving in ways never thought possible. It will get your heart racing and develop a heightened sense of spatial awareness that can be put to good use in a variety of other sports (including, boarding, biking, skiing, climbing and surfing). Gymnastics 21 has developed a NEW progressive pathway program for our FreeG students with colour coded badges for each level inspired by the martial arts belts. Each student will work through their progressions starting on Orange then yellow, green, blue, purple, red, white, and black. In each level, they will be tested on their Floor skills, Vaulting skills, Bar skills, wall skills and of course the freestyle creativity of putting it all together. To find out more about what FreeG is, head to our website

<https://www.gymnastics21.com.au/free-g>





## How G21 gives back to the community



Gymnastics 21 recently sponsored the Australian Police Football Association Journal (APFA) which is a magazine that helps fund commemorative football games for the families who have lost loved one in the line of duty.

Recently Sam has become an Avon representative as she not only has an interest and hobby in beauty but especially loves Avon's philanthropic causes. The three key main causes are Avon's breast cancer crusade (number 1 corporate fundraiser for the breast cancer cause), Avon's campaign against domestic violence and Healthy forests, beautiful world (100% profits go to The Nature Conservancy (TNC) and World Wildlife Fund (WWF) in the fight to stop deforestation. Avon has raised billions of dollars to help each of these causes. So, whether you would like to purchase for purpose or want to just get your glam on, you can make orders through Sam. She will give you an Avon catalogue and order form and bring your ordered products to you at your next lesson at G21!

AVON  
*Beauty for a Purpose*

To find out more about what these amazing people do head to their website  
[http://www.avon.com.au/PRSuite/whoware\\_main.page](http://www.avon.com.au/PRSuite/whoware_main.page)

Sam has always had a desire to use Gymnastics 21 as a philanthropic step for something greater, can't wait to get to that stage!

## Keep an eye out for our NEW holiday DAY programs

**\*COMING SOON! (big theatre voice)**

**New class themes!**

**Choose a one 2 hour session or STAY. FOR. THE. WHOLE. DAY!**

**Just to tease you..... 😊**

**Details will be announced soon, so keep an eye out on our Facebook page and website!**

