

August 2011

# Maroochy Beach News

## Maroochy Beach Gymnastics

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## President's Pen

Firstly, thank you to all Maroochy Beach Gymnastics volunteers and staff that contributed to make the Maroochy Beach WAG Invitational a successful event. As well as running a successful competition, this proved to be a profitable fundraiser.

Congratulations! To our August Pride Award Winners – Shennae & Allannah Bougoure for their assistance with the Invitational Competition

and our Spirit Award Winner – Adam Dybing for his outstanding efforts with coaching. Every month the club receives letters of thanks and praise regarding Adam's coaching efforts. Thank you and well done Adam!

Each winner receives two movie tickets.

**Rachel Campbell**  
President



## From the Front Desk

### TERM 3 FEES

Term fees are now OVERDUE. A late fee of \$11 is applied. Please make arrangements to pay these fees ASAP.

Methods of payment are as follows: Cash, Cheque, EFTPOS, Credit Card (a 2.25% surcharge applies) or by Direct Deposit – BSB: 014650, A/C No. 199894637, Description: Gymnasts Name and Invoice No.

Office Hours are:  
Monday - Friday:  
9:30am – 6:00pm,  
Saturday 8:00 – 11:00am.

### CENOVIS VOTING!

**Would you like to help towards winning \$5,000-worth of equipment for Maroochy Beach Gymnastics Club?**

It's easy! Please take a minute to visit the Maroochy Beach Gymnastics Club profile page on the Cenovis website – just click on this direct link to cast your vote for our Club:  
<http://www.cenovis.com.au/win-the-goods-entry/vote/144>

### FACEBOOK

We are on Facebook. Are you a member? Let's see how many members we can get in our group – Maroochy Beach Gymnastics Club group.

### RECREATIONAL CARNIVAL

WAG Recreational Stage 2, 3 & Open gymnasts along with MAG 2 & Open recreational gymnasts will be given the opportunity to compete in the Maroochy Beach Recreational Carnival on Sunday 6<sup>th</sup> November. Details to follow.

**Only 3 Sausage Sizzles to go!**



This term we have continued with our Saturday Sausage Sizzle.

Sausages are on sale for \$2 each.

If you are able to assist for the last few weeks please add your name and contact number to the roster on the notice board and a Committee member will contact you.

**Where do the funds raised go?**

**Recently funds raised have contributed towards the following –**

**Recover landing mat \$500**

**New mini tramp \$1200**

**Queensland MAG Representatives Sponsorship \$1200**

**Updating office equipment**

**What would we like to purchase in the future?**

**Lightweight, mobile equipment for circuit programs.**

**Yum Yum! Sausages!**

**\$2 / sausage**

**Other canteen items also on sale.**

*“Try to make sure you have lean red meat 3 – 4 times a week. Chicken, fish and eggs will contain iron but not as much as red meats...”*

**Eat Right...**

**The Importance of Iron**

Iron is important during our whole life but it is particularly important during times of rapid growth such as adolescence.

Iron is an important nutrient for growth, brain development, and for maintaining a healthy immune system. It also helps carry oxygen to our muscles. Iron deficiency is one of the most common nutritional disorders. It can lead to developmental problems, poor immune function, tiredness, poor concentration, reduced performance at school, decreased athletic performance and irritability. You may also feel light headed, have shortness of breath, headaches and restless legs.

Adolescents are vulnerable to iron deficiency because of increased iron requirements related to rapid growth. Iron requirements are highest in males during puberty. Teenage girls are at risk of deficiency after they start menstruating. Girls who try ‘fad diets’ are also at risk because of restrictions to their diets. Children who participate in intensive physical training may also be at risk of iron deficiency.

To find out if you could be iron deficient you will need to ask your GP for a blood test. If iron deficiency is diagnosed you may need to take a specially prescribed medication. It is also a good idea to visit a Dietitian.

To prevent iron deficiency you need to make sure you eat a variety of foods. Red meat is the richest source of iron. Try to make sure you have lean

red meat 3-4 times a week. Chicken, fish and eggs will contain iron but not as much as red meats. If you are a vegetarian ensure that you eat a range of peas, dark green leafy vegetables, broccoli, pulses (lentils, chick peas etc) and iron fortified breakfast cereals every day.

Vegetarian sources of iron are not as well absorbed as the iron in red meat. You can help the absorption of iron by making sure you have a range of foods rich in vitamin C such as citrus fruits, berries and mandarins.

**Written by:  
Justine Urbahn  
Contact 0418792390**



## Junior Jumpers

What a fantastic term, Term 2 was. Check out all of the fun that these guys had on the Photo Board at the entrance.

### JUNIOR PROGRAM CO-ORDINATOR

Maroochy Beach Gymnastics Club Committee is pleased to announce that Chrissy Bell has been appointed the Junior Program Co-ordinator. We wish Chrissy all the best in this role.

### TEDDY BEARS PICNIC

For the last week of term, week commencing Monday 12<sup>th</sup> September,

Gym Explorers, Kindy Gym and Gym Fun gymnasts will be having a Teddy Bears Picnic. There will also be a Colouring in Competition, which will commence soon. So, start to dig out your teddy's and practice your colouring in.

Chrissy Bell

### Junior Program

### Co-ordinator

Left-Right: Junior Gym Gymnasts, doing what they do best! Having Fun! Cooper and Josh.



## MAG MOMENTS

### WOW!

#### The boys are on fire!

Congratulations to the Senior boys for their efforts at the National Championships. Results are as follows:

#### Level 6 Under 12

**Kyle McCartney** – Team GOLD, 29<sup>TH</sup> All Around, Selection in Junior National Training Squad.

**Christopher Jenkinson** – Team GOLD, SILVER All Around, BRONZE Pommel Horse, BRONZE Rings, Selection in Junior National Squad.

**Michael Tone** – Team GOLD, SILVER All Around, SILVER Pommel Horse, GOLD Rings, SILVER Parallel Bars, SILVER High Bars, Selection in Australian Open Tour to New Zealand.

**Dylan Schlumpf** – Team GOLD, 7<sup>TH</sup> All Around, BRONZE Rings, Selection in Australian Open Tour to New Zealand.

**Congratulations!** To coach, **Adrian Looney**, on his preparation of the gymnasts. Adrian has also been selected as the **Level 8 Team Coach** to

attend the Open Tour to New Zealand.

### CAR BOOT SALE

To assist our members, Michael Tone and Dylan Schlumpf with the financial costs involved with travelling to New Zealand, a Car Boot Sale has been organised, for **Sunday 16<sup>th</sup> October** @ the gym. \$10 / car and \$15 / trailer. 8:00 – 11:00am.

Contact Martin Tone on 54458085 for details.



**“Christopher Jenkinson  
Level 6 U 12 SILVER All Around  
Michael Tone  
Level 8 Open SILVER All Around ”**



*“Volunteers needed for Bump In / Bump Out if you can help, sign up on the roster .”*



## Bump In / Bump Out

Every year Maroochy Beach Gymnastics Club assists Queensland in their preparation and pull down of equipment for the Queensland State Club Championships which is run in correlation with the WAG Border Challenge.

We require a lot of manpower on Friday 16<sup>th</sup>

September from 7:00am – 1:00pm to set up and pulling down on either Monday 19<sup>th</sup> September or Tuesday 20<sup>th</sup> September.

If you can be available for all or some of this time, please add your name to the roster on the notice board.



## WAG Winners

### Ashleigh Thomas and Ella Kenafake Retiring

It is with great sadness that we farewell two of our gymnasts, retiring from our Senior Training Group - Ella Kenafake and Ashleigh Thomas.

Ella has been with Maroochy Beach for over 10 years, beginning in the Recreational program & progressing to the competitive program in 2001. She has since represented the Club at a Regional, State & National level, placing 1<sup>st</sup> in Australia for Level 7 at the 2010 National Championships & 1<sup>st</sup> Overall at the 2009 Border Challenge. Ella will now focus on her final year of school.

Ashleigh transferred to Maroochy Beach as a Level 5 gymnast in 2005. Ashleigh also represented the club at a Regional, State & National level, placing 3<sup>rd</sup> overall at the 2009 Level 7 Border Challenge. Although retiring, Ashleigh will continue her association with Maroochy Beach as a WAG competitive & recreational coach & judge.

### Maroochy Beach WAG Invitational Competition

Congratulations to all gymnasts that competed at our inaugural Maroochy Beach WAG Invitational. A special Congratulations to our overall place getters:

**Level 3 Novice:**  
Hannah Bujold 3<sup>rd</sup> overall

**Level 4 Novice:**  
Kaitlyn Mitchell 1<sup>st</sup> overall  
Josie Jenkins 2<sup>nd</sup> overall

**Level 5:**  
Sabrina Fry 1<sup>st</sup> overall  
Shana Orlaugsson 2<sup>nd</sup> overall  
Gemma Whitelaw 3<sup>rd</sup> overall

## Date Claimers

Every Saturday 8:00 – 11:00am – Sausage Sizzle

Teddy Bears Picnic – from Monday 12<sup>th</sup> September

(Gym Explorers, Kindy Gym and Gym Fun)

Bump In / Bump Out – Friday 16<sup>th</sup> – Monday 19<sup>th</sup> September

Last day of term – Saturday 17<sup>th</sup> September

First day of Term 4 – Monday 3<sup>rd</sup> October

AGM – Tuesday 11<sup>th</sup> October

Car Boot Sale – Sunday 16<sup>th</sup> October

Sunday 6<sup>th</sup> November – Recreational Carnival

Saturday 26<sup>th</sup> November – Gala Day

