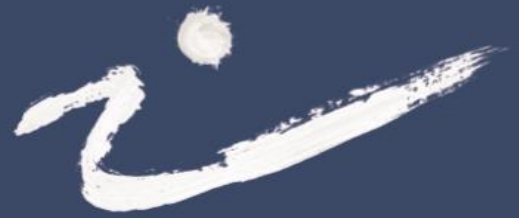


MAROOCHY BEACH NEWS

TERM 1 - 2020

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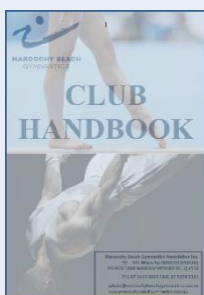
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The 2020 Club Handbook is available from the Club website now: Parent Information

Welcome to all new and returning gymnasts for Term 1-2020.

Maroochy Beach Gymnastics Club is the premier gymnastics Club on the Sunshine Coast. We provide the very best facilities with the safest, and most up-to-date, gymnastics equipment available. Maroochy Beach Gymnastics is dedicated to providing quality gymnastics programs presented by experienced and knowledgeable coaching staff. Gymnastics will extend your child physically, cognitively and socially; and help them to learn and develop, not only with their gymnastics skills, but also coordination, confidence, self-esteem and team camaraderie.

Term 1 classes will run through to Saturday 4th April. Enrolments for

UPDATE: 23rd March 2020

In accordance with government legislation, please be advised that Maroochy Beach Gymnastics Club has closed for all classes. We will reopen as soon as we are able. Please note, **all places will be held during this time**. A huge thank you to all members and families for your support and well-wishes and also to our staff for their enthusiasm and efforts during difficult times over these past few weeks.

We have faced a similar situation following the 2017 fire and have every confidence we will be back stronger. Stay tuned to your email and also to our Facebook page for updates:

<https://www.facebook.com/maroochybeachgymnastics/>

Some brief house-keeping: Parents are requested to escort children in to the gym facility - no carpark drop-offs/collection. Please ensure children are under adult supervision at all times, including the upstairs spectator viewing area and the elevator. To ensure the safety of all members, no running or ball games anywhere inside the gym venue. Parents are not permitted to enter the training area - the exception being for our 1 - 4 year old classes. Please refrain from talking to students or coaching staff during class - this is to ensure coaches are focused on gymnasts and gymnasts focused on gymnastics, and thus uphold the safety of all of our athletes.

TERM 1-2020 NEWSLETTER

DATE CLAIMERS:

Monday 16th March
 Saturday 28th March
 Saturday 4th April
 Monday 20th April
 Saturday 25th April
 Monday 27th April
 Monday 4th May
 Sunday 21st June

~~Term 2 enrolments open: \$25.00 deposit required~~
~~Term 2 enrolments close~~
~~Final day for Term 1 classes~~
 Term 2 classes commence **TO BE ADVISED**
 Club CLOSED – ANZAC Day
 Term 2 accounts due for payment **TO BE ADVISED**
 Club CLOSED – Labour Day
 Maroochy Term 2 Carnival **TO BE CONFIRMED**

TERM 2 ENROLMENT

Registration for Term 2 classes for Monday 4th March 2020 is now open. Children's positions in class are limited and requests for enrolment are subject to availability. This will help to ensure a child's position in class. Please note that any ability in class will help to ensure a child's position in class. Please note that any ability in class will help to ensure a child's position in class. Please note that any ability in class will help to ensure a child's position in class.

We understand that focus is directed on the Covid-19 situation and we extend our gratitude to all Maroochy Beach Gymnastics families for your continued support.

To alleviate further burden for families, ALL members enrolled in class for Term 1 will be AUTOMATICALLY RE-ENROLLED in to the same time and day class for Term 2, unless we are otherwise notified.

Families will NOT be required to remit an enrolment deposit to secure their child's/children's position for Term 2

- In...
- In...
- Cash, EFT OS or Credit Card at the front office

If you have a friend or sibling wanting to join Maroochy Beach Gymnastics in Term 2, please encourage them to register on our WAITING LIST now:

Book a gymnastics class

BOOK NOW

CAN I BOOK A MAKE-UP CLASS?

Please be advised that Maroochy Beach do not offer make-ups or credits on accounts, should your child be absent or holidaying during the term block. Whilst this may disappoint, please be aware that we roster coaches according to the number of students enrolled. Your child's position is always reserved in their class, even if they are absent. The Club cannot exceed the safe coach : gymnast ratio determined by our national governing body: Gymnastics Australia.

The Club do have an Illness/Injury Policy should your child miss classes for 2 or more consecutive weeks, due to an injury or illness. A Medical Certificate must be provided to the administration office and a credit will be applied for the absent classes, providing the injury or illness and absence extends 2 or more consecutive weeks.



**DATE TO BE
CONFIRMED**

MAROOCHY CARNIVAL:

We will be hosting our in-house [Maroochy Carnival](#) in Week 9 of Term 2 – on [Sunday 21st June](#).

The Maroochy Carnival is an OPTIONAL event for all gymnast enrolled in Girls' Levels 1 – 4 classes and Girls competitive Development squads. We do encourage all gymnasts to register for this event as the Carnival is the platform for parents to receive written feedback on their child's individual skill execution and progress.

Gymnasts will be taught routines for their respective level during class throughout Term 2 on the four apparatus of Vault; Uneven Bar; Balance Beam and Floor; as per the Australian Gymnastics Levels curriculum. All gymnasts will learn the apparatus routines in class, irrespective of whether, or not, they intend registering for the Maroochy Carnival.

The girls will then perform their apparatus routines at the Maroochy Carnival. Girls will be grouped and rotate around the gym circuit according to their respective class, with each girl individually performing her routine on each of the four apparatus. The Maroochy Carnival is intended to be a relaxed, fun and encouraging competition environment so coaching staff will always be close at hand to guide, reassure and inspire gymnasts through their routines.



Presentations will be held at the end of each session with every participant receiving a Certificate of Achievement completed by Judging staff; and a medal of participation. The certificates will provide feedback on the performance of each gymnast's skills and routines performed:

PINK - Needs improvement – still learning skill or skills require spotting/coach assistance

WHITE - Satisfactory execution – skill completed individually with wobbles; uncontrolled landings or poor posture

GREEN – Good Execution – satisfactory performance; many small or medium errors or one major error

RED – Very good Execution - good performance; few small errors; minor wobbles; step on landing

BLUE – Excellent Execution - excellent performance; may have a minor error; controlled landing

We will also be presenting many fun awards throughout the day – bounciest vault; artistry on Floor; biggest swings on Bars – so all gymnasts are sure to go home happy and full of confidence.

Event information for the Maroochy Carnival will be emailed early Term 2 to parents/guardians of Girls enrolled in Level 1-4 and Development classes.

Gymnasts will be invited to register for the Maroochy Carnival at the low fee of \$25.00 per child.

Registrations must be received by the closing date so we can place orders for the certificates and awards.

Gymnasts will participate in their regular training attire. Girls are more than welcome to style their hair with gel, glitter and ribbons.

Families and supporters are welcome to spectate from our mezzanine level viewing area. Spectators will be admitted free-of-charge. Our Balanced Bean Café will also be open on the day.

We look forward to a fantastic, fun-filled Term 2 Carnival and trust this will be a memorable and rewarding event for all participants.

GIRLS' LEVEL 1-3 NEWS:

I welcome all Level 1 – 3 girls for Term 1 gymnastics. I do hope the girls are enjoying the skills they have been developing and we look forward to watching them progress over the course of the year.

Our Levels gymnasts are learning the fundamentals of gymnastics, shaping and foundation acro, which will eventually prepare them for progression towards higher and more difficult skills.

Level 1 – the girls are arranged into groups so they have access to 3 different apparatus each week. We commence with warm-up which is an essential component of gymnastics. Our one hour Level 1 girls participate in a 15 minute warm-up; whilst Level 2 girls are extended to 20 minutes. Whilst warm-up and stretching increases blood flow to the muscles, the girls are also developing coordination, core strength, flexibility and learning correct body shapes. Warm-up will vary throughout the term and is adjusted according to the main focus for that week's class. Basic shapes – such as dish, arch, front support, jumps, lunges – will also assist in ensuring correct form in their future skills. For example, candlesticks provide tummy strength but will also progress to correct body shape for future Uneven Bar skills.

Programming for Levels Girls is designed over a 3 week cycle. Gymnasts are provided access to all apparatus over these 3 week rotations and progress through ability.

Levels girls commence with foundation skills. They are exposed to assisted learning with equipment and are guided by coaches, with the difficulty of skill increasing as they progress through the levels. For example, Level 1 girls will learn a forward roll on a wedge going downhill. As they master this skill, they will progress to executing the forward roll on a flat surface with coach guidance, then eventually independently executing the skill on a mat. The difficulty increases for Level 2 gymnasts. Level 2 girls, for example, will learn to execute two consecutive forward rolls. This skill will eventuate to a dive roll and eventually in time, a front sault. Repetition is vital to ensure gymnasts understand the skill, gain muscle memory and execute with correct and safe technique.

Development – Level 3 Competitive Squads:

Congratulations to Nicole De Bruyn and Juleena Dubyk who recently joined our WAG Level 2 squad. All gymnasts are continuously preparing for the upcoming competition season.

Development – Level 2 gymnasts will be invited to register for the in-house Maroochy Carnival, scheduled for Sunday 21st June (date to be confirmed); whilst the first competition for Level 3 girls will be our Maroochy Invitational in June (date to be confirmed). Level 3 gymnasts will require the tank leotard, retailing for \$100.00. A group fitting day will be held over the upcoming weeks. All competition details will be emailed to respective parents of gymnasts prior to the event.

Rebecca Moorley
WAG Level 1-3 Team Leader



Our FEBRUARY Superstars !!!!



Girls' Monday 3:30pm

Skyia Louise Watson, Ayla Halliday and Charlotte Simmonds



Girls' Tuesday 3.30pm

Nellie Spurling,
Pippa Rees-Aiken
and Catherine D'Arcy



Girls' Monday 4:30pm

Piper Johns, Nora Hilton and
Madelyn Perish



Girls' Tuesday:
Eva McCormick and
Mackenzie Love





Girls' Thursday 3:30pm
Indigo Ison, Georgi May
Seels-Wood and Jamie Martin



Girls' Saturday 8am
Abbey Nizette,
Emily Niccoli and
Tara Lee Maclean



**Hailey Doblo and
Isabelle McFarlane**
**Girls' Thursday
4:30pm**



Girls' Saturday 9am
Talia Fragiaco,
Skye Smith Clarke
and Matilda Powell

WAG Level 4 – 10 News:

Within our WAG 4-6 competitive program, we have had a few gymnasts achieve some big skills for the first time including giants in loops, kips on the uneven bars, back walkovers on high beam without spot or mats, roundoff flics and even some front handspring front tucks on floor. All of these skills take a lot of strength, hard work, perseverance and mental toughness, some are quite hard and pushing past the fear of these skills is a huge achievement in its self. Well done to all the gymnasts who have achieved any of these skills. MBG looks forward to hearing about more gymnasts acquiring skills, keep working hard ladies!!

We have had a high achievement in one of our Level 5 competitive programs with Annika Bojanowski achieving her first cast to handstand on bars. This skill requires a lot of strength, persistence and focus congratulations Anni.

All our competitive girls are working really hard at the moment at strength, shaping and skill acquisition. This is a very big part of the preparation stage before the upcoming competition season. It has been great to see all the girls working together as one big MBG team and am looking forward to seeing this continued comradery throughout the year.

Within our WAG 7-10 competitive program, we have had a couple of skill achievements including Kip Cast to handstands, Clear hip to handstand, Tsukahara vaults and Back flics on beam. These girls are right at the start of their competition season and are full steam ahead in focusing on the little details to their skills and routines. Keep focusing on your goals girls!!

We have put up a whiteboard in the gymnast's area that has a new quote and word of the week every week. The quote gives the gymnasts something inspirational to think about during their sessions and how they can implement this to their training.



The word of the week comes from Dr Alison Arnold's Tight might tool deck. The tight mind tool deck is a deck of 51 tools that are essential elements of an unshakable mind.

Practising these during training will help individuals break through, recover, and hit when it counts. Mental toughness is a way of life so we will be using these words and instructions throughout the gym to assist individuals to grow and develop mentally.

Nyssa Hamer
WAG Level 7 – 10 Team Leader

STRETCH



COMPETITIVE TEAMS NEWS:

Our WAG Level 7 – 10 gymnasts kicked off the senior competition season competing at the Premier Invitational over the weekend of 14th – 15th March. All of our 10 representatives had exceptional competition results and lots of personal bests at their very first event for 2020. A huge congratulations to our WAG Level 7 – 10 gymnasts:

Level 7 Under 13 years:

Charlee Mills 1st Floor; 2nd Uneven Bar; 5th Balance Beam; 6th Vault; 1st All Around
 Tahlia Shields 5th Uneven Bar; 10th All Around

Level 7 Open:

Tamsin Roberts 4th Uneven Bar; 5th Balance Beam; 6th Vault and Floor; 5th All Around
 Isla Waddy 6th Balance Beam

Level 9 Open:

Layna Daly 10th All Around
 Freya Lord 3rd Vault; 12th All Around
 Madison Horton 6th Vault; 14th All Around

Level 10:

Nika Stadnik 1st Uneven Bars; 2nd Balance Beam and Floor; 3rd Vault; 1st All Around
 Hannah Dwan 5th Uneven Bars; 6th All Around
 Rhiani Lizemore 6th Floor; 10th All Around



It has been a very brief start to the 2020 competition season with Gymnastics Queensland and Gymnastics Australia announcing the cancellation of all competitions until 31st May 2020. Unfortunately this means our senior gymnasts will not have the opportunity to compete at south-east Queensland Regionals; Queensland State Championships or the 2020 Australian Championships. Our thoughts and regards are with our senior athletes who have been tirelessly training for the past 12 months in preparation for these major events and potential Queensland representation. Whilst we do understand the current situation and competition cancellation is to uphold the well-being, health and safety of all individuals, we would like to proudly acknowledge our senior gymnasts who have trained 20+ hours every week – morning and night – to attain their goals and in preparation for the pinnacle of competing at a senior state and national level of competition. Congratulations and we hope you will have the opportunity to compete your new skills and polished routines in the near future.



Charlee Mills–Level 7



Tahlia Shields–Level 7



Tamsin Roberts–Level 7



Holly Thurgood–Level 7



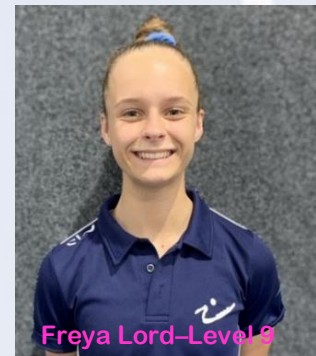
Isla Waddy – Level 7



Leyna Daly–Level 9



Maddie Horton–Level 9



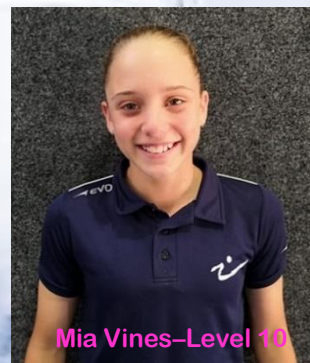
Freya Lord–Level 9



Hannah Dwan–Level 10



Rhiani Lizemore–Level 10



Mia Vines–Level 10



Nika Stadnik–Level 10



Harrison Williams–Level 9



Jonah Harrison–Level 10



Kosi Thompson–Level 10



UNDER 6's Program NEWS:

Welcome to Term 1, 2020 to our new and re-enrolling gymnasts and families. Congratulations to our Junior gymnasts who have progressed to the next level within our Junior program.

My aim is to have a FUN hour with your gymnast incorporating exploration, strength, agility, balance, coordination, fine and gross motor skills and self-confidence - all in a gymnastic environment.

We will be having 2 week Theme based classes so that nobody misses out on a theme. The 1st week is learning and second week of a theme reinforces what they have learned and we try to extend some skills for those who are ready. Of course the theme will be based around all the fun gymnastic equipment and more.

Under 6's Program Coordinator – Chrissy Bell

Week 1	28 th January	Welcome
Week 2	3 rd February	'Fun with Streamers'
Week 3	10 th February	Getting into gymnastics with a lot of fun
Week 4	17 th February	'Critters and Flitters'
Week 5	24 th February	Animals and birds - so many creatures in gymnastics
Week 6	2 nd March	'Spots, Spots and more Spots'
Week 7	9 th March	-Wear something with spots - be spotty
Week 8	16 th March	'Tunnelling Around'
Week 9	23 rd March	
Week 10	30 th March	Easter — Dress up Easter Theme and happy holidays



Having a swingingly good time in our 2020 membership singlets

Our Under 6's Super Heroes



CONGRATULATIONS

Our annual competitive Awards dinner was held on 7th December. Congratulations to all competitive gymnasts on your outstanding achievements throughout the 2019 and especially to our 2019 major award winners:

Volunteer of the Year: Aimee Finch
Level Upgrade: Charlee Mills and Piper Harboe (Level 7)
Gymnast Choice Award: Nika Stadnik (WAG) and Jonah Harrison (MAG)

Club Level Champions:

MAG:

Level 3: Lincon Finch
 Level 4: Fraser Palmer
 Level 5: Joshua-Tracy Killlorancole
 Level 6: Frankie Colley
 Level 9U: Harrison Williams
 Level 9O: Jonah Harrison
 Level 10: Kobi Thompson

WAG:

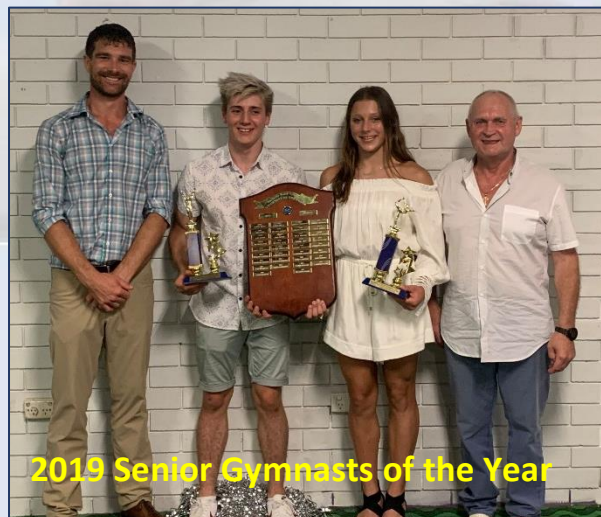
Level 4: Mikalah Gill
 Level 5: Paradise Browne
 Level 6: Charlee Mills
 Level 7: Bridget Harvey
 Level 8: Layna Daly
 Level 9: Mia Vines
 Level 10: Nika Stadnik

Junior Gymnast of the Year:

Joshua-Tracy Killlorancole (MAG) and Charlee Mills (WAG)

Senior Gymnast of the Year:

Jonah Harrison (MAG) and Nika Stadnik (WAG)



THANK YOU

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TERM 1-2020 NEWSLETTER