

Newsletter Term Two, 2011

Gold Coast Gymnastics inc.

Offering Programs in Miami, Tweed and Coomera

General Manager Phil Hanson

Welcome back for term 2 everyone, and I hope you all had a great Easter break. I would like to wish good luck to the MG and WG comp teams as they enter the 2011 competition season. Many of the gymnasts have been working very hard to improve their skills and routines, and to become consistent and tidy in readiness for competition. There are many individual and team competitions, some of them at our own club. If you would like to come along and support them, they would really appreciate it. See the events calendar here <http://www.goldcoastgymnastics.com/sites/default/files/uploads/events/2011-GCGC-EVENTS-CALENDAR.pdf>

Congratulations to 10 year old Eve Lutz from WG CT5 who was selected to represent the youth of the Gold Coast in presenting and promoting the Gold Coasts bid for the 2018 Commonwealth Games. Eve has already appeared on promotional articles and video and travelled to Kuala Lumpur to assist in presentation of the proposal. You may have seen her on the National news a week or so ago. You are likely to see more of Eve on banners and promotional posters in the near future. We are very proud of her and considering her obvious talents maybe we should start getting our autographs now before she becomes too famous!

You can see a news article about Eve on page 7 or follow this link to see her awesome promotional video for the Gold Coast

http://www.goldcoast.com.au/article/2011/05/11/314435_commonwealth-games.html

2012 onwards Club Development Planning

We are approaching the end of our most recent 5 year development plan, so It's time to consider the longer term future of our club. Looking back it's so pleasing to see how much we've achieved over the last 5 years for the benefit of our gymnasts. Nevertheless there are so many areas we can still improve on, and numerous exciting challenges yet to be met.

Prior to formulating a new plan, your committee will be conducting a SWOT analysis (Strengths, Weaknesses, Opportunities, Threats) and discussing possible future plans and directions of the club. If you would like to comment or be involved in the planning process in any way, please contact myself or any of the committee members : Phil Hanson phil@goldcoastgymnastics.com, Nicole Brunner nicole@goldcoastgymnastics.com, Andrew Biggs andrew@goldcoastgymnastics.com, Megan Elliott megan@goldcoastgymnastics.com, Faye Moss faye@goldcoastgymnastics.com, Angela Moore fundraising@goldcoastgymnastics.com, Claire Byfield claire@goldcoastgymnastics.com, Julie Cuff julie@goldcoastgymnastics.com

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U5's Gabby Crapper

What a busy term one we had. Welcome to the many new families who have joined our club, I have been seeing your children all learning our circuits extremely quickly. Normally it takes a few lessons to work out how the class runs and what is expected of them in this huge, colourful and sometimes overwhelming place. All the classes are running beautifully, so well done everyone and especially the team of coaches we have here. I am always grateful for having such wonderful teachers in our under fives program.

I would like to give a special thank you to Felicity Perrott for her dedication and passion she has given to our gymnasts. We wish Felicity the best with her move to Townsville, as testament to her amazing coaching and care she gave her gymnasts, we now have many children who are a bit sad at not having their coach Miss Felicity. One day we hope she will come back to the nest, but for now we give her her wings. I know she will be doing great things in her life!

A big welcome back to Colette Decker who has taken over from Felicity, Colette brings many years of experience to the club and I know your children will enjoy her classes immensely. Already I see she will be another great asset to this club.

Our carnival was such a fun day, we all had a great time and didn't the kids do a wonderful job showing off what they have been learning to all their family who came to watch. As this term is so short and with so many public holidays, there will not be a carnival in term 2. So I invite you all to come along in term 3, the kids love the day and they are presented with a participation medal at the end which they LOVE.

If you have any concerns whatsoever my email is gabby@goldcoastgymnastics.com otherwise please feel free to talk to me at the gym. I am in the gym Mon – Sat, Thursdays only occasionally.

I look forward to meeting all the new children and of course the parents.



Rising Stars Studio

Miranda Rountree
M.Mus., B.Mus.(Hons), B.Mus.Ed.,
Dip.Music(USA), Dip.Teaching(E.C.),
A.Mus.A., L.Mus.A., M.I.M.T., M.T.A.Q.

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Federal Place, Robina Qld 4226

Pre Levels & Levels **Noa Bozna**

Club championship

All our levels gymnasts, boys and girls are invited to the first competition this year Club Championship. Club championship is an in house competition; all the gymnasts that are booked and coming for the competition will perform routines on all apparatus, and have the opportunity to show their friends and family what they have learned during the year here at GCGC. All friends and family are welcome to come and watch the gymnasts. Entry is only \$2.00. This year we have over 50 recreational gymnasts competing at Club Champs, from all our venues, we hope they all have great time and will show their best work at the comp.

Practice at home

We recommend that all the gymnasts practice gymnastics at home. A gymnast that is practicing at home will see faster progression in their gymnastics skills. Our Practice at home booklet is a great way to practice those important strength and conditioning skills, gymnasts need to bring their books with them to class to get a sticker or a stamp as reward for their hard work at home.

Graduation Procedure

Graduating from level to level is based on the gymnast's ability both in gymnastics skills and behavior and interaction skills. The average gymnast will do 3-5 term in each level, in order to learn all the required skills and move to the next level. Each level has 30-40 gymnastics skills and behavioral skills that they are tested on throughout the term. The gymnasts will have to demonstrate the skills to the passing standards and be consistent in performing the skills in order to pass them. As soon as the gymnasts have passed enough skills they will graduate to the next level.

Please note that higher levels require harder skills and their passing standards are higher. Gymnasts that master all the level skills and are ready to move to the next level can graduate immediately; they do not need to wait for the end of term.

It is very important that the gymnasts are in the level that is appropriate for them in order for them to progress at the right pace. Pushing gymnasts to a higher level will not be beneficial to the gymnast and can slow the gymnast's development and even make them quit. Please remember that the coaches have the gymnast's best interest in mind.

We have great coaches in our program, committed to club, the program and to the gymnast's progression.

I would like to use this opportunity to welcome our new coaches and trainees, and to thank all the coaches in the program for their great work.

Advertise with us

**Do you have a business you would like to advertise.
Why not advertise in our newsletter with over 1500
copies sent out electronically and over 300 hard copies.**

**Rates are very reasonable and helps us cover the
costs of producing a newsletter.**

**If you have a suitable business that you would like to
advertise in our next terms newsletter please email
brett@goldcoastgymnastics.com for availability & rates.**



WG CT Nadia Maddelena

Term 2 is well underway. Now that competition season is in full swing it is important that all parents have ordered all necessary competition gear for 2011. If you wish to view the 2011 competition attire list you will be able to find a link on the clubs website under Women's gymnastics.

Competition Calendar

Parents don't forget to keep an eye on the GCGC WG competition Calendar. If you are unsure about competitions please speak with your child's coach.

Term 2 Competitions

L7-10 State Trial and Snr Regionals 27-29th May

L4-6 Jnr Regionals 5-6th June

L1-7 Club Championships 11-12th June

L4-7 State Championships 24-28th June

Best of luck to all WG gymnasts's competing at these events. Keep training hard and hopefully you will be rewarded at the end, "Your only limitations, are your own expectations".



Barter Card

2012 Girls USA Tour

In January 2012 Gold Coast Gymnastics will be sending a team of girls to represent and compete in Las Vegas USA in the International Lady Luck Competition.



We have been busy contacting local businesses and have been overwhelmed with their generosity so far. If you can still assist our girls team in getting to America please contact our women's co ordinator Nadia Maddelena nadia@goldcoastgymnastics.com

Beside is a list of our generous sponsors so far.



Guardrite Security & Traffic Services
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Bronze Sponsors

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Kingston Shopfitting
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Mermaid Waters
(Donating all Uniforms)



AURORA CHALLENGE / JUDGES CLASSIC

Congratulations to the following gymnasts for their outstanding results at the recent Aurora Challenge / Judges Classic event held 30th April 2011. If you wish to view competition results you will be able to find these on the Gold Coast Gymnastics Club website.



Grace Lane

1st Overall
Level 4 U/10



Tia Rose Emert

3rd Overall
Level 4 U/9



Madison Price

3rd Overall
Level 4 U/10



Amelia Cody-Byfield

3rd Overall
Level 5 U/11

WG GYMNASTS AIMING TO MAKE NATIONALS

Best of luck to the following Level 7 gymnasts who are hoping to make the QLD L7 team and compete at Nationals in Perth between the 10-14th July. The following girls will be battling to make the top 6 at the State Trials held in Toowoomba at the end of May.

- Tegan Heskins
- Tiarne Holloway
- Hannah Cottle
- Morgan Trevethan
- Taleea Menyweather



Tegan



Tiarne



Hannah



Morgan



Taleea



Physio

Another reminder to WG parents to ensure that they speak with their child's coach regarding any physio treatment. It is important for coaches to give parents a Medical Referral form to get filled in. This will give coaches all the necessary information regarding the injury and allows us to work alongside the physio/specialist to design a training program that caters for the injury.

Training Attendance

Now that competition season is in full swing please ensure your daughter is attending full training. It is very difficult for coaches to prepare gymnasts for competition if their attendance is poor.

Winter Attire

Coaches ask that gymnasts leave training in the evening with a jumper and shoes/ugg boots. This is important to ensure that gymnast's bodies cool down properly. We also suggest that gymnasts come to training in $\frac{3}{4}$ length tights and full piece leotards in the colder afternoons as the gym does get cool.

Nadia Maddalena

WG Coordinator

Events

Jane Wilson

30-31st MAY – MBC Aurora Challenge & Judges Classic – All levels 4-7 girls travelled to Moreton Bay for this event. Congratulations to all girls who passed their level test, qualified to State Championships and achieved their best results. We had a few new Overall pace winners.

1st MAY – MG Invitational – successfully hosted by Gold Coast Gymnastics club with 157 MG competitors. Congratulations to all our boys on a great performance.

14th -15th May – Delta Duel – WG Levels 6&7 All girls showed better performances on target for Regionals later this month.

21st - 22nd May – MG Grand Prix #3 BBC - Good Luck to all boys, this is your last practice before Regionals we wish you a steady competition.

27th May – MG Junior Regionals – Toowoomba – Travel safe – Good luck to our levels 2-5 boys, for many this will be their first away competition ever. The boys are aiming to qualify to State Championships and also be named in the regional Challenge Team. Top 5 boys per level make these teams.

28th - 29th May – Senior Regionals and State Team Trials Toowoomba- WG LEVEL 7 AND MG LEVELS 6 & 7 Gymnasts have their biggest competition to date. We wish you all the best for a steady 2 day competition where only the top gymnasts in the state will be named to the Queensland Teams to compete at National championships in July.

4th - 5th June – WG Junior Regionals – WG LEVELS 4-6. Girls are aiming to qualify to State Championships and also be named in the Regional Challenge Team. Top 5 girls per level make these teams.

12th June – Club Championships – all our levels 1-7 competition teams and recreational levels gymnasts from Tweed, Coomera and Miami will compete for the prestigious club champion awards. For many of our Rec levels gymnasts this is your first competition. We aim to provide a comfortable competition experience for you in preparation for term 3 Invitational competition season. We are still looking for LEVELS SPONSORS if you wish to support the club and sponsor a level at these club championships please email jane@goldcoastgymnastics.com today.

24th - 31st July – Queensland State Championships – Chandler – MG & WG

Stay tuned for a complete list of our qualified gymnasts and their competition times. For those gymnasts not at this level yet, we encourage you to travel up to Chandler and support our boys and girls and show your aspiring young gymnasts what they are aiming to achieve in the coming years. We will post all session times to the website as soon as we have this for your convenience.

Results – you can follow our gymnast's progress throughout the year by viewing our webpage and clicking on the results links which are generally up a few days post the event and or check out our Boys and Girls notice boards in the foyer for final results. Gymnastics is a competitive sport and takes many years to achieve at a standard ready for competition. Our Carnivals and in-house competitions are all set to introduce the gymnast over the years to competition formats. Term 3 will see us again host our Under 5's and Pre-Levels carnival. Please make sure you opt-in with your fees payment if you wish for your child to participate in term 3 events. Many parents were disappointed when the cut off dates closed and they had realised closer to the events that their child was not entered.

TERM 3 EVENTS – important dates

21st August – Carnival for U5's and Pre Levels

28th August – WG Invitational – Girls Level 1—3 Rec and WG CT Teams

3rd - 4th September – WG Team Challenge – Spring Hill –WG CT Levels 4-10 - Team Event

16th -19th September – State Club Championships – Caloundra- MG L3 -7 & WG L3 -7

22nd - 27th September – GCGC Wet'n'Wild Team Carnival – We have clubs from all across Australia and Singapore coming to compete here at our Miami venue. Don't miss out stay tuned for more information as to how you can get involved .

Gold Coast Gymnastics Eve stars in Games Bid



Eve Lutze, 10, with world breaststroke champion Brenton Rickard

Photo: MIKE BATTERHAM

Games bid's secret weapon unveiled

LUCY ARDERN
ardernl@goldcoast.com.au

EVE Lutze is no ordinary 10-year-old Gold Coast girl.

She has no interest in television or social networking sites such as Facebook, instead choosing to spend all her spare time playing sport and practising for her starring role in the school play.

The schoolgirl's rare qualities have landed her another job: the city's secret weapon in the Commonwealth Games bid.

Premier Anna Bligh, Mayor Ron Clarke, Australian Commonwealth Games Association president Sam Coffa and Commonwealth Games bid boss Mark Stockwell will

all take to the stage in Kuala Lumpur today.

But the main role in front of the Commonwealth Games Federation will fall to Eve, who will introduce the city's bid and present the bid book to officials.

"I am extremely excited," the St Andrew's Lutheran College student said.

Not showing any sign of nerves before her big moment, Eve insisted she was "comfortable with public speaking".

"I do speech and drama and am involved in the school play," she said. "I am used to people looking at me and speaking to me."

Eve is also the star of the promotional DVD for the bid that will

introduce the Gold Coast presentation at 2pm, before she speaks to Federation members.

The DVD shows the schoolgirl running into the city's sporting champions while she explores the Gold Coast.


Eve said the best part of the experience was meeting heroes such as runner Sally Pearson, swimmer Brenton Rickard and Olympic champion cyclist Sara Carrigan.

"Brenton gave me his Commonwealth Games cap from Delhi," she gushed, still obviously star struck.







A swimmer, runner, gymnast and surfer, Eve is yet to decide on a sporting path, but she wants to be one of the athletes she believes will be on the Gold Coast in 2018.

MG CT Brett Wood

Our boys competitive program is well and truly into swing with our boys having their first event for 2011 on home turf the other week. We were lucky to have close to 160 boys competing with clubs coming as far as Maroochy to compete. The event ran very well and our boys had some great results, so congratulations to the boys and their coaches. Stand out results from the following boys.

 Jack Cartwright	 James Thompson	 Dylan Navarro	 Robin Wren	 Luke Evans	 Jack Glendenning	 Karr Barry
2nd Overall Level 2	3rd Overall Level 2	2nd Overall Level 3	2nd Overall Level 4	3rd Overall Level 4	1st Overall Level 5	2nd Overall Level 5

With Snr Regionals and State Trials coming up for our senior boys we have a lot of boys aiming for Queensland selection to contest the 2011 Nationals at the AIS Arena in Canberra. The boys are -

								
David Tanner	Taylor Moss	Morgan Evans	Indigo Dragon	Thomas Bristow	Finlay Kroon	Reece Jackson	Cory Hitchens	Jesse Softley



Our boys in level 4 and above in 2011 have been extended an opportunity to attend the prestigious International Gymnastics Camp in PA, USA in 2012. We are holding an information and DVD presentation on Wednesday 25th May at 7:15 PM all about the camp and the opportunities for our boys. We will be looking for travelling squad sponsors, so if you know of anybody wanting to get behind our boys mid 2012 please let them get in touch with me brett@goldcoastgymnastics.com.

Winter Weather

As the weather is starting to get rather cold in the morning and afternoons our coaches are often surprised to see gymnasts arrive with just gymnastics shorts on and often leave with the same. To ensure our athletes stay well we ask that the boys doing morning training arrive to training adequately dressed until they warm up in the gym. They also need to have a jumper/tracksuit to leave training as well as some footwear. To avoid our coaches constantly reminding gymnasts please assist us by ensuring they are dressed sensibly in the colder months.

BBC Grand Prix Invitational

The final schedule for the BBC Grand Prix Invitational is as follows

Saturday 21st May

Levels 2 & 4 8.00 AM - 11.00 AM
Level 3 11.00 AM - 2.00 PM
Levels 5 & 6 2.00 PM - 5.30 PM

Sunday 22nd May

Level 7 Open 1.00 PM - 4.45 PM

Jnr Regionals, Snr Regionals and Snr State Trial

The schedule for the Jnr & Snr Regionals is now available along with the Snr State Trial, please check the schedule and ensure you allow plenty of time to travel to Toowoomba and if your sessions are early in the morning or you have two days of competition please ensure you book some accommodation.

Friday 27th May

Level 2 & 3	Warm Up 3.00 PM	Competition 3.25 PM
Level 4 & 5	Warm Up 6.00 PM	Competition 6.25 PM

Saturday 28th May

Level 6 U/12	Warm Up 8.00 AM	Competition 9.25 PM
Level 7 Open	Warm Up 12.05 AM	Competition 1.30 PM

Sunday 29th May

Level 6 U/12	Warm Up 8.30 AM	Competition 9.55 AM
Level 7 Open	Warm Up 12.30 PM	Competition 1.55 PM

Competition Venue

Clive Berghofer Recreation Centre - University of Southern Queensland
Baker Street - Toowoomba

Follow us on Facebook

<http://www.facebook.com/GCGC.Mens.Team>



Good Luck Myles Cronin

We wish Myles Cronin the best of luck as he accepts a full time position at the QAS High Performance Centre. Myles has been an amazing coach for Gold Coast for over 5 years as well as being a competitive gymnast in his younger years. Gold Coast Gymnastics will always be Myles home club and we wish him well.



Injury Maintenance

It is always important to manage any injury with the advice and guidance from your sons coach and preferably a medical professional recommended by our club. We request that if you are unsure of what to do your first point of call is your sons coach or the men's co ordinator. Please avoid self diagnosis and always get advise from a professional.



Our Level 2 Gymnasts and level 5 gymnast Kiarn Barry at the recent GCGC Invitational.

Administration

Maggie Maddelena

Allocations go out	Monday 6th June, 2011
Stay re-booking	Tuesday 14th June, 2011
Graduate re-booking	Monday 20th June 2011
Last Day of term Tweed	Saturday 2nd July, 2011
Last Day Coomera & Miami	Saturday 25th June, 2011
Public holiday	Monday 13th June 2011 (Queens Birthday)

Please note that all allocations are **E-mailed** out (no paper copies) so please ensure that all email addresses are up to date.

Coomera Erin White

We are very excited about our Level 1 and 2 gymnasts from Coomera who are coming to compete at the Club Championships on June 12th. It is a great way for the gymnasts to display all of the hard work they have put into learning their skills and routines.

The next competition for our levels girls will be at our Miami venue will be our WG invitational held on August 28th. Parents will be receiving information regarding how to register for this competition at the beginning of Term 3. I would like to encourage all of our Level 1 and 2 gymnasts to consider participating in this competition. It would be great to see all of our Coomera gymnasts there and supporting each other.

News items now easier to find

It's now easier to find news items that relate to you, as our website allows you to filter news by your venue and your program.

Just follow this link <http://www.goldcoastgymnastics.com/latest-news> or go to latest news from the main page.

The you'll see this interface where you can choose your venue and program, and see only news items relevant to that area.

latest News

News articles have been categorised to help you find the articles which are relevant to you. Please tick the locations and the program areas that you are interested in, then click on the Apply button to filter the news articles.

Location	Area
<input type="checkbox"/> Coomera	<input type="checkbox"/> Under 5s (Mini movers, Smarties, Jelly Tots, Jelly Beans and any weekday morning Pre-levels classes)
<input type="checkbox"/> Miami	<input type="checkbox"/> Pre Levels (Bronze, Silver, Gold for boys and girls)
<input type="checkbox"/> Tweed	<input type="checkbox"/> Rec Levels (WG levels 1-3, MG levels 1-2, Open Age, Adults)
	<input type="checkbox"/> MG CT (Mens Gymnastics, Competition Team)
	<input type="checkbox"/> WG CT (Womens Gymnastics, Competition Team)

Apply

Tweed Lorraine Bassett

Firstly, I would like to thank you all for your continued support of our venue at Tweed and welcome all of our new families. We are pleased to say we have over 140 gymnasts participating in our programs!

Under 5 's

We are now offering Smarties, Jelly Tots and Jelly Beans at Tweed on both Monday and Saturday morning plus M & M's on a Monday. All children love our fun pack programs, for more information please speak to Lorraine at the venue.

Monday Afternoons

Monday afternoons have taken off really well and we are pleased to advise that we are now offering WG Level 1 & 2 on Mondays. Congratulations to the gymnasts who recently graduated into this class from Gold, you have all worked really hard and we are positive you will enjoy the new challenges in Levels.

GCGC Club Championship's

Good luck to all of our Level girls competing in the upcoming Club Championships!! **Go Tweed !**

Staff

This term we welcome the following coaches to our Tweed team:-

- **Colette Dekker**
- **Stacey Bech**
- **Demi Bilton**
- **Kelsey Semple**

General

Any suggestion or comments are greatly received please email Lorraine@goldcoastgymnastics.com or alternatively come speak to me at the venue.

Have a great term of gymnastics; have fun and enjoy yourselves !



Farewell Kay

Kay retired from gymnastics as a Level 7 gymnast in 2008. She stayed with the club and successfully completed the Junior Leaders Program where she was offered a School Based Traineeship.

We are proud and pleased that Kay has now successfully completed her School Based Traineeship obtaining a Cert II in Sport Coaching.

We wish Kay every success and happiness for the future
Good Luck Kay!



**Proud Supporters of
Gold Coast Gymnastics**



Vacation Care Erin White

We are welcoming back our Vacation Care program for the Term 2 break. This holiday period we will be offering more sessions for your children to register in.

The Vacation Care dates for Term 2 are:
27th June - 1st July and 4th July - 8th July

The Under Five's Vacation Care program was a huge success during the Easter Holiday break, so we will be introducing more sessions as well. The Under Five's program will be running on June 27th, 28th, 29th and July 5th, 6th & 7th. These sessions run from 9:00am-12:00pm, and include a morning tea snack.

More information regarding daily activities will be available at the office, posted in the foyer, and on the website. Each day of Vacation Care will offer a morning full of gymnastics activities and workshops, and an afternoon of fun games, crafts, and much more.

Invite a friend, or tell a neighbor, Gold Coast Gymnastics Vacation Care is open to all School Aged children, regardless of being a member or not.

We are also looking for donations for our Craft supplies, if you would like to contribute anything please contact Erin by email: erin@goldcoastgymnastics.com



Birthday Parties Erin White

If you are looking for something different and fun for your child's birthday, why not try a gymnastics party. These parties are fantastic, rain or shine! They get the kids moving, and are exciting, no matter what age you are.

The great thing about having Gold Coast Gymnastics do your birthday party is that it is all taken care of for you! We can supply the cake, lollie bags, and cordial as well as balloons, and table decorations; although, you are more than welcome to bring your own supplies as well.

If you require any more information, or wish to pick up a party pack contact the office or email Erin:

erin@goldcoastgymnastics.com



SLOW DOWN

Please remember to slow down in both carparks at Gold Coast Gymnastics. Please keep your speed to 5 Km/h.

Remember children can be very unpredictable and priority at GCGC is safety and wellbeing of all patrons.

Please don't simply drop your child at the gate. You must park your car and escort your child onto the premises.



Gold Coast Gymnastics is a Smoke Free Zone

As a courtesy to all members and in the interest of public health and safety, Gold Coast Gymnastics is a smoke free zone. You can't smoke anywhere on our premises including our carparks.

