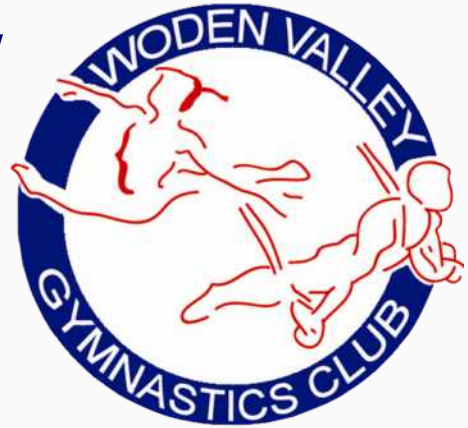


Woden Valley Gymnastics Club



A Newsletter for our wonderful club community



A NOTE FROM OUR PRESIDENT

Andrew Collins

Welcome to 2021!

With a new year comes the opportunity for either a fresh start, or to build on the work already done. In our case it will be a combination of both! The Committee is excited to see the foyer renovation finally kick off which started with the installation of the new glass sliding entry door. By the time this newsletter comes out construction should be underway! Hopefully the increased circulation space and seating area combined with any further easing of COVID restrictions will mean that there will be more opportunities to have parents in the gym to watch. And when we do get in, it will be a much more comfortable place to be too.

The Club's December showcase event was a fantastic way to display the growth and development of our gymnasts and the Club as a whole over a year that was far from ideal. To see our senior MAG and WAG gymnasts carry that positivity through the early part of the year and into the competition season has been wonderful. Late last year the Committee completed a yearly review of the Club's Strategic Plan and we're excited to see the implementation of this year's targets on our way to our longer term objectives in the next few years. The Strategic Plan will be available in the office for anyone interested in seeing where the Club is heading and what our long term goals are.

Lastly, our Secretary Kathy unfortunately has had to vacate the role for personal reasons, and we were thrilled to see so many volunteer to assist in filling the role for the next few months until the AGM in May. Kathy has been an enormous driving force within the Committee over the past 2 years. We will miss her enthusiasm greatly and thank her for her service.

I can't wait to see what 2021 brings for us all.

Andrew Collins
president@wodenvalley.net

Contact the Committee - committee@wodenvalley.net

A NOTE FROM OUR GENERAL MANAGER

Matt Knox

As we finish our GfA Term 1 and are well into our National Term 2 it has been a very busy start to the year at the Club. It's fantastic to see so many gymnasts return this year along with many new gymnasts joining our gymnastics community. We hope you have enjoyed your classes and look forward to seeing you back at the club after the Easter break and School Holidays.

Our long-awaited renovations of the foyer and entrance are about to begin! The builders will be onsite from next Tuesday 6th April. The entire job will last most of term 2 and we will be doing our best to minimise the impact to all involved.

We will be moving the entrance and exit to the side near the weights room and be erecting a marquee next to the shipping container to act as our 'foyer'. We will convert part of the weights room into a temporary office.

During the holidays when the walls are being demolished the toilets will be out of action. We will be bringing in portable toilets over this period. Also, there will be limited access to water.

We will ensure clear signage is used to direct gymnasts and parents to the entrance/exit, and in the case of any changes to entrance and exit pathways. Throughout the entire process gymnast, staff and parent safety will be our number one priority.

Matt Knox
General Manager
matt@wodenvally.net

A NOTE FROM OUR GYMSPORTS DIRECTOR

Naomi Nye

With our Annual Showcase and Awards Day, at the close of 2020 being the event of the year we entered 2021 hopeful that events and competitions would be back on the agenda. Our optimism paid off, with the resumption of ACT competitions and events igniting an energy and enthusiasm in the Club that had been missing last year. Adding to this fervour, an increase in membership across all Gymsports has resulted in a focussed and vigorous start to the year.

We have had many positive results from the competitions held so far. Our gymnasts have had a long period without competition and although nerves were evident at the first competitions for the year, improvements were made with each opportunity they have had to compete. You can read more about the most recent accomplishments in individual Gymsport reports.

An inspiring initiative, where our gymnasts and coaches were required to reflect on what they identified as important values in our Club Community, has come to fruition. Large banners have been erected in the Club with the key motivational statements derived from the process. They are a lovely reflection of the values that we hold to and aspire to as a community.

"Progress is impossible without change..." (George Bernard Shaw) is something we will repeat often over the next 12 weeks, as the Club undergoes some major renovations to the parents viewing area, office and kitchen. We will work hard to make the disruptions as stress free as possible and know that your patience will be rewarded with a much-improved foyer that will benefit all members.

Naomi Nye
Gymsports Director
naomi@wodenvally.net



ACRO

Term 1 for ACRO has been exciting for all of our groups. ACRO for Fun students have been learning new skills, ACRO Development have been assigned partnerships for competitions later in the year and National ACRO are learning choreography for their second of two routines for their upcoming competition seasons.

ACRO for Fun's focus for Term 1 was improving confidence! This is a big part of gymnastics: having the confidence to try new skills, fall down, get back up and try again. They need confidence for backward walkovers and handstand flat backs, two 'scary' skills that the gymnasts have all improved on.

ACRO Development have been working on their foundation tumbling skills and have been trying lots of different combinations of partnerships for their ACRO skills. All the Development Athletes have made huge improvements in their Forward and Backward Rolls, Scorpion Hops and Cartwheels. These skills will continue to be refined ready to put into routines.

National ACRO is well on their way to beautiful routines ready for competitions to start in July. The gymnasts have been working hard to achieve all their partner skills and tumbling passes in order to put them into their Balance and Dynamic routines. Next term's focus will be tidying up their choreography as it is an integral part of Acrobatics and is judged with the same importance as the gymnast's partner skills.

Rachel Brooks
ACRO Program Coordinator
acro@wodenvalley.net



WAG

The WAG program has hit the ground running in 2021!

With competition season falling earlier in the year than previous seasons, the gymnasts have been working hard to improve their strength, technique and skills in preparation for their competitions. The senior gymnasts have been working hard to practice and refine the skills and choreography in their routines, participating in an ACT Squad Training at CCGC on the 14th of February. While the levels 3-7 gymnasts have continued to improve their skills and begun to learn their new routines ready for their upcoming competition season.

It hasn't just been the gymnasts working hard, February was the month for upskilling gymnastics qualifications it seems. Six coaches complete their WAG Advanced Coaching Modules 2-4 Course, which is a massive achievement! We are lucky to have such motivated coaches working with our gymnasts here at WVGC. Congratulations to Jaclyn, Bella, Abiah, Minski, JJ and Nick on passing this course, and all the hard work that went into it. I myself participated in the WAG Advance Judging course also in February. I am looking forward to using this new knowledge to further support the WAG gymnasts in my role as WAG Program Coordinator.



WAG

In March, the level 8 gymnasts started their competition season off strong participating in their first ACT Level 8-10 State Trial event at Canberra City Gymnastics Club on the 14th of March. Charlotte came 4th on Vault, 4th on Bars, 4th on Beam, 4th on Floor and 4th Overall. Claire came 5th on Vault, 3rd on bars, 1st on Beam, 1st on Floor and 1st Overall. Both Claire and Charlotte are to be congratulated for their efforts at this event.

On the 28th of March, WVGC hosted the second ACT level 8-10 Trial event. It was a big job to prepare for this event, a massive thank you goes out to all the coaches, gymnasts and parents who gave some of their time on Saturday afternoon to help with moving equipment, setting up judging tables, putting out spectator seating and ensuring the gym was looking its best for the event. Another thank you goes out to all the volunteers who helped run score tables, play music, welcome gymnasts and spectators, announce throughout the day, run presentation and assisted with pack up at the end of the day.

Our Level 8 gymnasts had another successful competition at this second ACT Trial event. Charlotte came 4th on Vault, 4th on Bars, 5th on Beam, 5th on Floor and 4th Overall. Claire came 5th on Vault, 1st on bars, 1st on Beam, 4th on Floor and 1st Overall.

We are looking forward to seeing these senior WAG gymnasts compete at the ACT Level 8-10 State Titles event which will be held at Gungahlin Gymnastics Club on the 10th and 11th of April. We wish Claire and Charlotte all the best at this event.

Kaity Reedy
WAG Program Coordinator
wag@wodenvalley.net

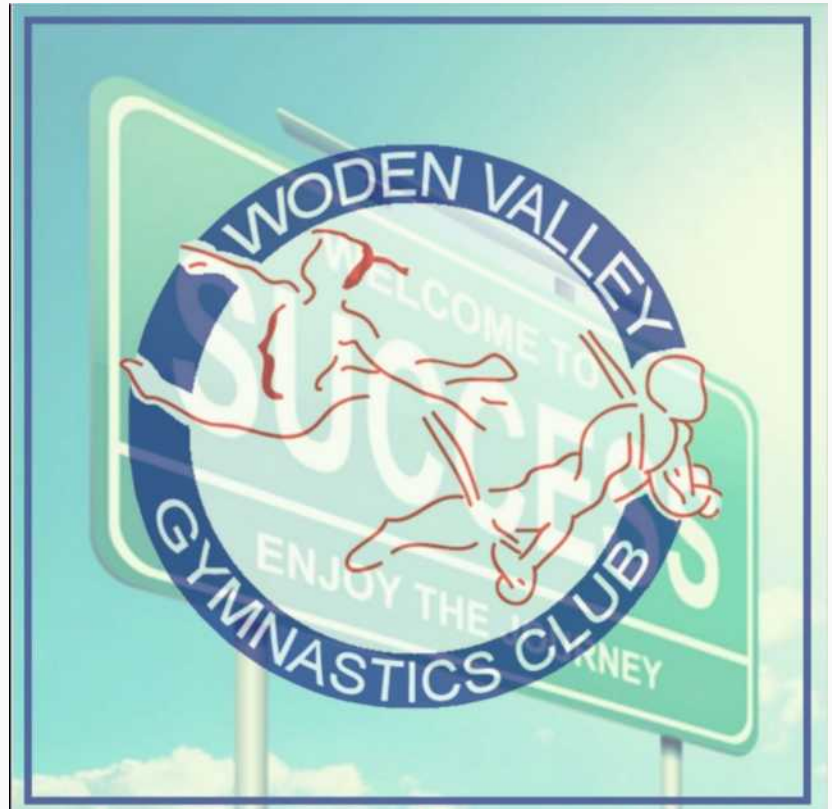


Values Project

The goal for the Values Project was for our Club to have some motivational signage hung around the Club that the Coaches and the Gymnasts have developed together. The first stage of the project was asking our Head and Lead Coaches to list the top 10 core values they would like to see in our gym. From there, we were able to form our overall top ten and break them back to as few words as possible. We then asked the gymnasts to look through them and discuss them amongst themselves. The last stage we gave the Gymnasts a printed form and asked them to rank the values from least important to most important. It was interesting to notice how the rankings of the words changed from the competitive to the semi-competitive / non-competitive gymnasts.

We have ended up with a true collaborative opinion of what is really important in OUR Club.

We hoped that we can empower all of our Coaches and Gymnasts by being a part of the Clubs shared beliefs about our behaviours and attitudes to training.



TeamGym

All TeamGym training groups are preparing for the upcoming GACT GFA State Championships in May. With the Club Showcase at the end of 2020 being the only opportunity for the gymnasts to display their tumbling, mini tramp, acro and floor choreography in over 18 months, they are looking forward to the chance to attend an event.

We have athletes from the age 7 years to 78 years competing in TeamGym. No matter your skill level, there is a team option for you!



Performance Gymnastics

The Coaching team worked hard to deliver three quality performances at the end of year Showcase. Being able to perform as a team in front of an audience is what we missed the most. We were able to introduce a routine that we are working on for the Gym For Life Challenge on the Gold Coast in 2021, which was motivating for future trainings.

Performance Team Gymnastics is for anyone aged 7 years and above. New members are welcome to join us on a Friday night to join in the creativity and fun!



GFA Levels

Welcome! And welcome back to all new and returning gymnasts and families. Its been a very busy term and we would like to thank all of our coaches and gymnasts for an engaging, enthusiastic, fantastic and fun term.

Any questions about your child's class?
Program Coordinator: Rosie
Rosie@wodenvalley.net

Important Dates for Term 2

Assessments: Weeks 4 - 6
Certificate Distribution: Week 8
WVGC GFA Invitational: 29th & 30th May

What is the WVGC Invitational?

It is an event that you child can attend to showcase their skills they are learning in class.

Parents and family will be allowed onto the floor to watch and take photos. Each gymnast in the GFA Levels Sessions will receive a graded medal and certificate. Who can attend?

Any Gymnast enrolled in:

- Mini's
- Junior's
- Senior's
- FreeG (Junior and Senior)

What are Assessments?

Every 6 months all GFA Levels gymnasts will be assessed in class on their skills. Each certificate shows progressions of skills needed to move to the next group. If all of the last skills in each section is achieved, you will be emailed to enrol in the next group.

All gymnasts have ongoing assessments and will be move if ready.

Here are a few photos from out Saturday's classes and what some of our gymnasts enjoy the most.

Please make sure to select yes for photos and videos if you want to be featured on our social media. Names are never published.



GFA Levels - Term 1 2021



GFA Open Levels

Dates for your diary:

Open Pink choreography Saturday 17th April

Open Purple choreography Saturday 10th April

Open Blue choreography Saturday 17th April

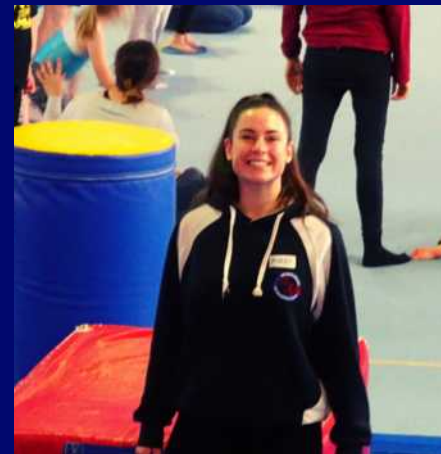
Practice Competition Saturday 17th July

Uniform Orders Due!

A reminder to all open levels families to be checking Team App frequently to avoid missing out on due dates and important information.



We ❤️ our Coaches



Renovations

We are very excited that our renovations are finally starting! We were supposed to have everything completed by the end of 2020, however COVID threw a spanner in the works and everything was delayed.

What are the changes being made?

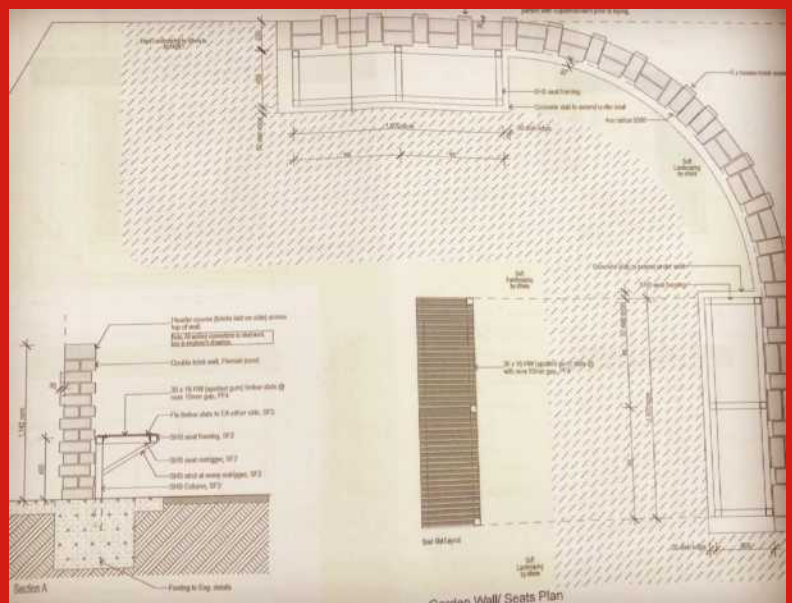
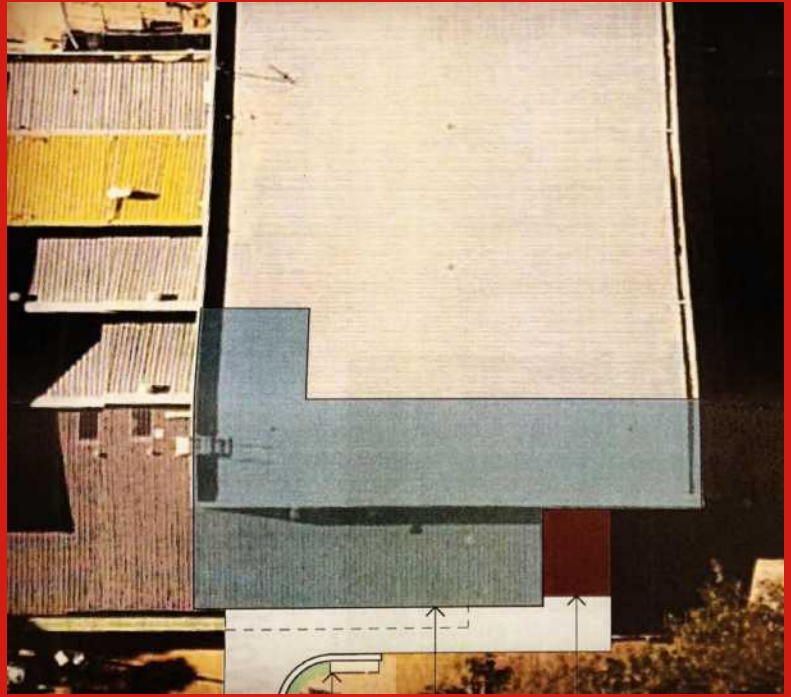
The first stage of the project was completed with the installation of the sliding glass door.

We are also:

- Demolishing the stage
- Widening the hallway
- Re-working the Pommel and P-Bars apparatus area
- Installing tiered seating for better viewing
- Making over the main admin office and making improvements to storage
- Installing an awning at the front of the building
- Putting in new paths out the front and installing a garden wall and seating area out the front
- Making over the kitchen
- Installing new signage to increase our visibility and street presence

There will be lots of different things to manage during this time. The main Admin Office has been relocated to the weights room and we will be operating at a limited capacity for the next 3 months. We appreciate your patience with us during this time. The most effective mode of communication with us is email.

We will do the best we can to communicate any changes to you over email - please keep an eye out on your emails! Over the next 3 months.



Groove and Move

Finally! Our most energetic and enthusiastic group of Gymnasts were able to Showcase the routines they had been working so hard on throughout the year, at the annual Showcase event. We presented our TeamGym floor routine and our Gym For Life Performance that was to be our entry for the FIG World Gym For Life Challenge in Portugal (now cancelled). Both received great applause and cheers as our over 50's demonstrated that age is just number, and gymnastics truly is a sport for ALL.

The group is currently preparing for the GACT GFA State championships with new a fun routine that will certainly entertain.

We have two classes for our over 50's during the week. Our Monday class is a regular training session, and the Wednesday class is for those who wish to compete at state, interstate, national and international events.

If you would like to come and have a try, your first class is free.



Enable Gym:

We believe that everyone should have the opportunity to participate in Gymnastics. Our Enable Program caters to Gymnasts of all ages and abilities. We provide appropriate classes and support across all our programs, whether that is in a regular class, small, specialised support class or a private class.

Some of our Gymnasts were able to showcase in person their skills at our Annual Showcase and some, who would not enjoy the large crowds, were included in the slide show presentation at the start of each indoor session.

MAG

Our level 6+ gymnasts have been working extremely hard, putting in the hours of training that's needed to compete at this level. Our gymnasts have had a very busy and challenging few months perfecting skills, linking skills together and putting their newly learnt skills into routines in preparation for this year's competition season.

Our Senior competition season kicked off at the end of February. This was our gymnasts first competition in over a year. They had 3 competitions in 6 weeks with the aim to qualify to represent ACT at the Australian Championships, with the ACT State championships wrapping up the first round of senior competitions. The nerves were affecting some of our gymnasts, but they pulled through and kept on going.

At Level 7 Under, we had four gymnasts competing. Harry, qualifying with 6 points to spare and gaining a score high enough for the ACT excellence award at every competition. Harry continued to improve his overall score throughout the three qualifying competitions and increased his medal collection by medalling on each piece of apparatus at every competition. Patrick had better competition at state final being only 0.5 away from the All Around qualifying score. We are hoping to have an ACT controlled test for Patrick to increase his qualifying score.

Our other Level 7 Under gymnasts Isaac and Lucas had good first senior competition season performing to their best and getting competition experience at a Senior Level. We're really proud of all our Level 7 Under Gymnasts, who all medalled on at least one apparatus.

At Level 7 Open we had two gymnasts competing. Josh had a good first competition, narrowly missing out of the All Around qualifying score but qualifying on 3 pieces of apparatus. Josh had a great second competition, hitting the All Around qualifying score and the minimum score on every apparatus.

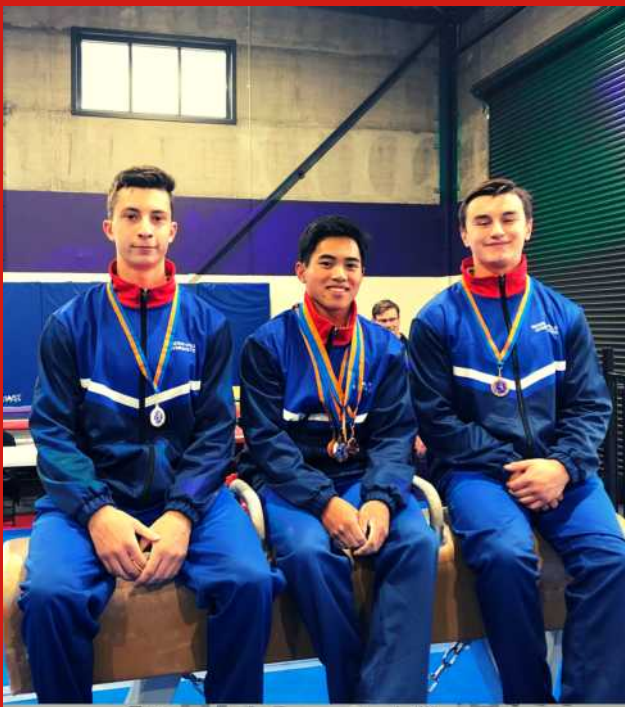
2021 is Darryll's first year competing at this level. Darryll had a steady first competition season qualifying as an apparatus specialist on Rings and Floor and medalling on at least one piece of apparatus at each competition.



MAG

Level 9 under 17 we had one gymnast compete in this level as an apparatus specialist. Jonathan, had a good competition season qualifying to represent the ACT on Floor and Pommel at the Australian Championships.

At Level 10 we have our most senior MAG gymnast performing the most advanced skills. David and Jeremy have been working hard and dedicating a lot of time to gymnastics. David and Jeremy have been training 24 hours a week for years, with this year goal to qualify for the ACT team at level 10. At the first two competition both gymnasts qualified as an apparatus specialist however their goal was to qualify for All Around. David achieved the All Around qualifying score at state championships and we couldn't be prouder!



live
love
stretch

Strength,
balance +
flexibility
for adults

Let me help you get back into things

Join me coach Monique Allen, Olympic gymnast here at the gym for some fun gymnastic inspired strength, balance + flexibility classes. All fitness levels welcome.

Location 27 Mulley Street, Holder ACT

Cost \$320 per 10 weeks, based on school term dates. Casual and corporate prices on enquiry.

Email support@gymbody.com.au for class times, days and availability.

MAG

Our Level 3-5 gymnasts have been working hard perfecting skills and starting to learn their routines, for their first competition of the year on 2nd May. This will be these gymnasts' first competition 21 months.

Level 1 and 2 gymnasts are looking forwards to their first competition in July. This year's competition season will be most of our Level 1 and 2 gymnasts first ever competition and all the boys are excited about competing this year.

Junior State levels is a new class added this year to our MAG program (this class is a semi-competitive recreational stream within WVGC). The aim of this program is to develop the gymnasts confidence and athletic ability through their participation in a structured and supportive program. Gymnasts are not expected to compete, however are encouraged to! This program is a stepping stone between our National program and GfA Program.

Other super exciting news, we have new "Mushrooms"! Mushrooms are a training apparatus for Pommel Horse, our Junior gymnasts spend a lot of time and years training circles on Mushrooms before they progress on to a Pommel Horse. We also have a new junior set of Parrell Bars (P-Bars) arriving soon for our new redesigned Pommel and P-Bar area.

Louise Love
MAG Program Coordinator
mag@wodenvally.net



Holiday Program

Our December and January School Holiday Program was an absolute blast!
Our gymnasts enjoyed various activities including Ninja Warrior, Art and Craft and Free Play.
It's not too late to book into our April holiday program, please head to our website to book in!



Kindergym

The Kindergym Program has had an extremely busy and enjoyable start to the year. The coaching team was overjoyed to see so many young gymnasts making progress within (and outside) of classes.

Our Skill Focus was Forwards Roll.

Forward rolls are an exciting way to experience being upside down! It is a fundamental skill, trained in every Gymsport. Forwards rolls are a prerequisite to achieving advanced tumbling and rotation-based skills, such as somersaults.

Developing the confidence and awareness to perform a forward roll down a wedge (or around the bar) was a focus in each fortnightly set of circuits.

To achieve this, gymnasts first need to become comfortable with sideways rotation. By reinforcing sideways rotation within each circuit this term, gymnasts gained (and will gain) the confidence and ability to rotate forwards.

Why we love Forward Rolls:

- stimulation of the vestibular system
- increases coordination and body awareness
- engages visual tracking, a vital skill to prepare the eye muscles for reading
- develops bilateral coordination, using both sides of the brain and body simultaneously
- develops core and upper body strength
- enhances flexibility & balance

When participating in a Kindergym Program, we believe in developing the child as a whole person. Our circuits and activities are designed to simulate the brain, body and imagination of the child. By using exciting, relatable themes each fortnight, children are provided many opportunities for guided discovery and play.

Our Term 1 themes were "IN THE OUTBACK", "EMERGENCY SERVICES", "RECYCLING" "ON THE FARM" and "EASTER".

We are looking forwards to our new set of themes, starting in Term 2.

We will be "IN THE GARDEN", "OCCUPATIONS", "HUMAN BODY", "THE DREAMTIME" & "TEDDY BEARS PICNIC".

Kiara Andrew

Kindergym and Communities Program Coordinator
kinder@wodenvally.net

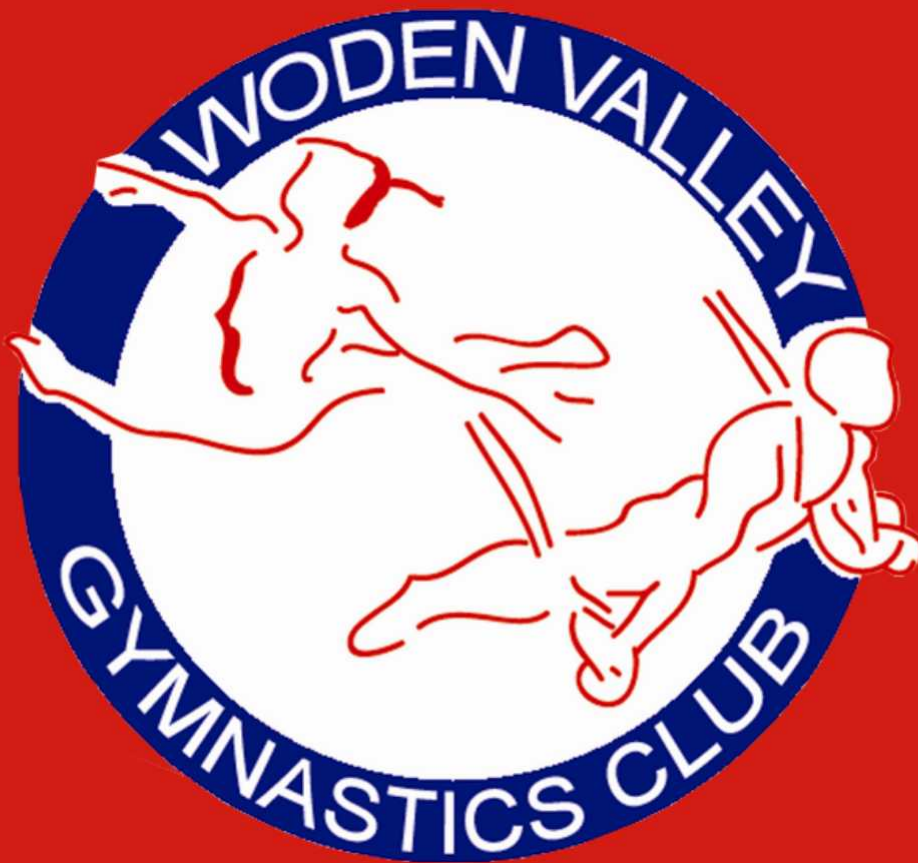


Georgia Godwin visits WVGC!!

We were very lucky to have 2021 Tokyo Olympian fit us into her very bust schedule and come and visit our WAG Program in their Saturday training day. Georgia was very interested in learning about our gym and talking with as many gymnasts as possible!



Adult Gym



Tuesday 8.00 - 9.30 pm

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Thursday 7.30 - 9.00 pm