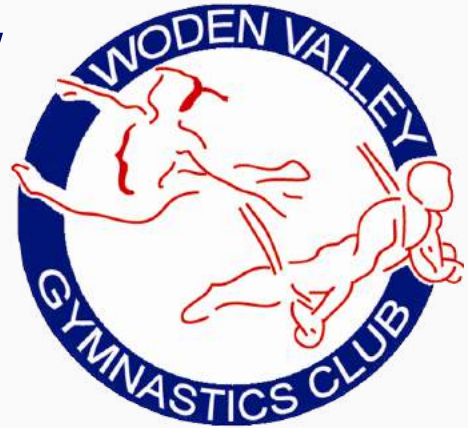


Woden Valley Gymnastics Club



A Newsletter for our wonderful club community



A NOTE FROM OUR PRESIDENT

Andrew Collins

The Club AGM was conducted on the 22nd of August with a number of the 2019-20 Committee returning and a few new faces joining the ranks for the coming year. Importantly a new and up to date Constitution was passed and is now in effect. The draft minutes and included reports have been sent around to all members and are available by contacting the Secretary if needed.

The Committee has recently been continuing on with its push for expansion opportunities for the Club. Our desire to obtain the parcel of land next to our existing gym holding the run down tennis courts has led us to discussions with current MLAs and Candidates at the upcoming election. For us to construct a gymnasium we first need to have the Territory Plan Overlay Zone adjusted from Urban Open Space (which clearly does not reflect the existing Tennis Courts) to match the already existing Territory Plan Land Use Zone for the site of Community Facility. To make this change we require political support and ultimately support of the Planning Minister. Happily, we have had discussions with representatives of all of the major political parties and a number of independents and they are all in support of our use of the site. Our working idea at present is to construct a building that would be large enough to house a gymnasium area with elevated tiered seating additional to our current site, and potentially a second area that could initially be used for community uses that might pair with our own principles of body awareness, physical fitness and mobility, such as Dance groups, martial arts, yoga etc. This would provide a supplementary income to the Club and give us room to expand in the future. There is still a long way to go, but all the signs are positive so far.

Andrew Collins - President
Woden Valley Gymnastics Club
P: 0402 272 002

Contact the Committee - committee@wodenvalley.net
Andrew Collins - President president@wodenvalley.net

A NOTE FROM OUR GENERAL MANAGER

Matt Knox

I would like to extend a very big thankyou to our Coaches and Admin Staff, Gymnasts, and Families as we completed our first full term of training following the easing of Covid-19 restrictions. It was very encouraging to see many gymnasts return for Term 3 of our Recreational Program and Term 4 of our Nationals Program.

With the strong return of gymnasts, we have been able to re-engage with most of our coaches that had to be stood down during our closure and gradual return to our club and programs as we now them. We are very happy to be able to bring these coaches back and would like to thank them for returning with great enthusiasm and excitement.

As we begin the last term of the year it was great to see a very busy School Holiday Program with numbers higher than previous years and many gymnasts returning for another term and many new families joining our club for the first time.

I hope everyone enjoys the warmer weather and longer day as we take another step closer to normality after a very challenging year.

A NOTE FROM OUR GYMSPORTS DIRECTOR

Naomi Nye

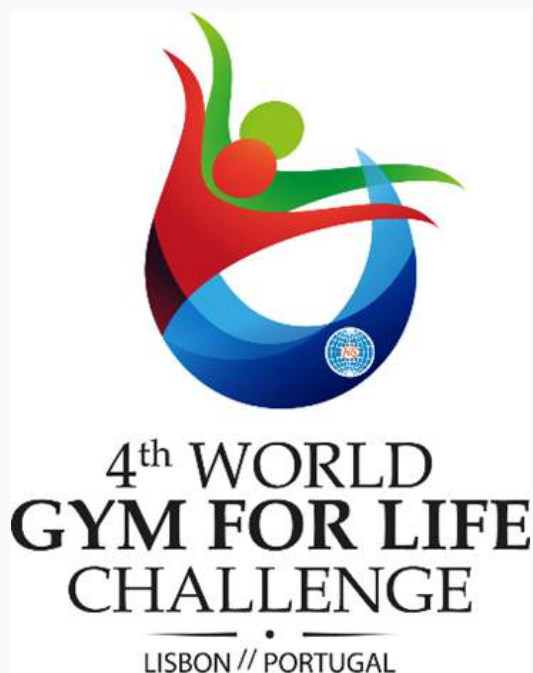


THANKYOU to all our amazing members and their families for such a positive and supportive return to training. Seeing the club full of enthusiastic gymnasts and coaches again has made the struggles of the first half of this year worthwhile. Hopefully, it will not be too long before we can have spectators in the club again.

At this time of the year we would normally be reflecting on the inspiring competition results and personal goals achieved at in Club, State, Interstate and National competitions of our gymnasts across all our Competitive Programs. Although this is not to be the case, we have ensured that the next stage of our training year is moving forward, training groups and timetable changes have been implemented with the competition season of 2021 on the horizon. This has been a more difficult process for our Coaching team this year, as competition results are a clear measure of athlete progression. Our Senior Coaches have had to take into consideration the disparity created by no competitions and have scrutinized their decisions at length before finalising any decisions.

Our GFA program is going from strength to strength. Kindergym has seen growth in the past few months, which can be attributed to the dedication of the coaching team and the high quality achieved everyday within the program. Our GFA programs are doing well with the changes introduced at the start of 2020 finally having a whole term of uninterrupted implementation. The gym is a hive of activity and fun every day. We are looking forward to hosting our annual Showcase and Awards event on Sunday December 6th. The format and logistics of running the event will be altered due to COVID restriction, however we are determined to have all our Gymsports represented and to celebrate together our LEVEL of Gymnastics and the Woden Valley Gymnastics Club Community.

FIG WORLD GYM FOR LIFE CHALLENGE SELECTION!!



Our club set a huge goal a few years ago to not only become National Gym For Life Champion Team, but also to again be selected for the World Gym For Life Challenge 2021. We have achieved both!

It was a bittersweet moment when we were informed, we had been selected and that due to the uncertainty created by COVID, that we would not be able to attend.

We would like to acknowledge and recognise the enormity of what has been achieved and to congratulate the Coaches, Gymnast and their families who were a part of the teams that were selected. Our Senior Performance Team was selected for their National award winning 'Puppet Master' routine and the Groove and Move over 50's team were selected for their repeat Gold Medal performances at National Clubs in the past few years.

Our hope is that we can still participate, even if it is virtually.



KINDERGYM

The Kindergym Program was delighted to see such a large amount of growth in Term 3!

Due to the on-going Corona-virus Pandemic, we had to present our themes a little different than originally planned. Instead of attending the "Tokyo Olympics", we adapted and explored a variety of "SPORTS."

We then went "AROUND THE WORLD", taking the Grow-ups and children on a much needed, imaginary holiday.

After this, it was time to work on our literacy and numeracy skills with "ABC'S & 1,2,3's".

What else can families do during this epidemic? We can visit "THE ZOO".

Since all the Kindergym children worked so hard throughout the term, we thought we'd finish off the last two weeks with a 'Bang!'

Our famous ship sailed into the gym and we celebrated the end of term being "PIRATES".

Within our exciting themes, we worked on fundamental gymnastics skills. Our main skill focus was developing a strong "Spider-man" handstand.

Our secondary focus was 'midline crossing' with proprioception skills corporated in each circuit.

Our Dynamic Movement Patterns were static, landing and swing.

Throughout the 10 weeks of term, we used every single piece of equipment within the gym!

We are looking forwards to another busy term, with more exciting themes:

-OUTERSPACE

-FOOD, GLORIOUS FOOD

-CAMPING

-INSECTS & ARACHNIDS

-CHRISTMAS

We are very proud of the progress our youngest gymnasts have achieved in the last 10 weeks and we wish each and every Gymnast the best for their class/es in Term 4. 'Pirates'



'Pirates'



'Pirates'



'At the Zoo'



'At the Zoo'



'Pirates'



'Around the World'



'ABC's & 1,2,3's'



'Sports'

ACRO

Term 3 has been a fun term for Woden Valleys ACRO Program; we have had a very successful ACRO Come and Try Day with lots of very talented gymnasts and dancers. WVGC looks forward to seeing these gymnasts learn to fly, tumble, dance and have fun!

National ACRO has been busy learning choreography for one of their two competition routines, working hard on their tumbling and neatening up their partner skills for the annual Showcase and Awards Day on the 6th of December. Due to competitions not running this year ACRO will be focusing on the display to show off all their hard work.

Development ACRO have been working hard on their basic tumbling and individual skills: Scorpion Hops, Handstands, Cartwheels and Head-Stands as well as basic ACRO skills, strength and flexibility. Term 4 will be all about putting these skills together into one big routine for the end of year Showcase.

ACRO for Fun has some exciting news! WVGC is now offering another ACRO for Fun class; now gymnasts can have double the fun on Friday from 4:00-5:30 and Saturday from 11:30-1:00.



WAG

It has been a busy Term in the WAG program!

It was fantastic to meet most of the WAG families at your daughter's progress meetings this term. It was a great opportunity to let parents know how your gymnast is progressing as COVID regulations and cancelled competitions has made it difficult for you to see the progress they have made this year.

Being back training regular hours has been fantastic for the gymnasts. The girls have been working on the basics, with lots of drills and progressions to safely return to the skills they were training prior to the COVID shutdown. Every gymnast has made excellent progress towards their goals despite so many interruptions to their training schedule this year and should be proud of the accomplishments they have made this term.

We are now getting ready for next years competition season. Families have been advised of changes to training groups and we are finalising coaches for next term. The WAG coaching team are excited to continue supporting all the girls to continue progressing towards their goals and the skills they need for their competitions next year!



Groove and Move

Life begins at 50 at WVGC with our Groove and Move Gymnastics Program. Although outdoor training brought the benefits of sunshine and the laughter of the Kookaburras, we have enjoyed being back in the gym, especially after the onset of colder weather. Being back on all the equipment allowed for a lot more skills being mastered and brought a fresh energy to everyone's training.

Our group of Groove and Movers who compete in TeamGym and Performance Gymnastics were disappointed that no competitions were happening this year. This did not slow them down, they have been working hard at perfecting their competition routines for the end of year Showcase.

Being active within a supportive environment is so important as we age. All people over the age of 50 are welcome to join our group of inspiring gymnasts. We train on a Monday from 2:30-3:30pm and for the more enthusiastic members who like to perform and compete we train on a Wednesday from 8 – 9am.



Performance and TeamGym

With Kaitlin's return from The International Academy of Physical Education in Ollerup, Denmark she has brought a breath of fresh air and fresh ideas to both Performance and TeamGym training. Look out for amazing results and performances at National Clubs 2021 on the Gold Coast!

The groups are working on new skills and choreography and look forward to demonstrating what these awesome programs are all about at the end of year Showcase.

Enable Gym:

Our enable program has welcomed several new participants this term, aged from 3 to 78 years of age. Our coaching team work hard to provide one on one, small group and assistance in a mainstream class situation. We believe that the challenges presented by a person's individual needs are our challenges to overcome. There is a solution for most to participate in the sport of Gymnastics at WVGC.

Many of our Enable Gymnasts have been with the club for more than 10 years and we have seen them develop into amazing young adults and teenagers. Our coaches often reflect on how much our Enable Gymnasts have mastered, not just physically, but socially and cognitively. In addition to the benefits for the gymnasts, our coaches gain so much from the participants. It is a win win!!!

GFA Levels

YAY! We made it! It been a great term with over 100 new gymnasts. Our new levels are seeing kids enjoying their gym classes with a focus on the 4 F's of Gymnastics. Fun Fundamentals, Friendship, Fitness and Safety.

Its been a busy term with lots of attendance but a quiet term in regard to events due to Covid Restrictions. In term 4 you have a few events to look out for. WVGC GFA 'Come watch a lesson' (Date to be advised) We would like to invite you and your child to attend a session (Saturday evening or Sunday) to watch what is involved in a lesson for your child. It will be a chance to see what equipment they use what skills they work on and an opportunity to take some photos.

We also have our end of year showcase going ahead in term 4. Your child will learn the WVGC Dance and showcase their skills for others so see. The event will be run outside and inside for different sessions. December Date TBA. TERM 4 IS ASSESSMENT TERM. All GFA Levels Gymnasts will be assessed and given a certificate to show how they are going with their skill development.



Open Levels

Open Levels were assessed in term 3 and have now started a new competition training season. Well done to all students in the open Levels Program. They received a certificate for their training year of 2020.

Open Levels are also invited to participate in the showcase at the end of the year.

Our Coaches are looking forward to a hard-working year and showing off exactly what our gymnasts can do!





FULL DETAILS AND BOOKINGS ON OUR WEBSITE

WWW.WODENVALLEYGYMNASTICS.NET

21ST - 24TH DECEMBER

**GYMSPORTZ
SCHEDULE**

MONDAY:
Acrobatics/
Teamgym

TUESDAY:
Rhythmic
Gymnastics

WEDNESDAY:
Trampoline &
Tumbling

THURSDAY:
Artistic

FRIDAY:
Free G



**CHRISTMAS
SCHOOL
HOLIDAY
PROGRAM**

NINJA WARRIOR 9.00 AM - 11.00 AM EVERY DAY
GYMSPORTZ 11.30 AM - 4.00 PM EVERY WEEK DAY
KINDERGYM 9.30 AM - 10.45 AM MONDAY & WEDNESDAY

TERM 4
ACROBATICS FOR FUN
Friday 4:00 - 5:30
Saturday 11:30 - 1:00



MAG

Our MAG gymnasts have been working hard over the last term. Since coming back we have been working on getting back our pre-shutdown skills back and are now working progressions towards new skills.

This year has been a tough year with no competitions for the gymnasts to look forward to and see how far they have progressed. We love watching the groups train and seeing all the new skills our gymnast have been learning.

This term we have lots to look forward to starting with our National Training Camp for all Level 2-10 MAG, WAG, OPEN and ACRO gymnasts on the 25th of October. On the 6th December we have WVCC Annual Showcase and Awards Day where all our MAG gymnasts will be showing off the skills they have been working.

This Term we will be welcoming our Development gymnasts into MAG National Level 1. We are looking forward to next term and seeing all the new skills our gymnast will achieve before Christmas.



Schools:

Our Schools Program also had a busy and productive term. We thoroughly enjoyed having St. Jude's School and Montessori School visit us for sessions each week. Over the term, the students quickly adapted to the routine, and became overly efficient in lining up in preparation to change activities. The coaches were so impressed with Montessori and St. Jude's commitment to sessions this term. Rain, hail, or shine, they were always ready for gymnastics!!

Throughout the Term, we incorporated multiple gymsports during sessions, such as Acrobatics, Rhythmic & Free G/ Parkour. These gymsports were quite popular and will be continued in the Schools Program over the next year.



live love stretch

Strength, balance + flexibility for adults

Let me help you get back into things

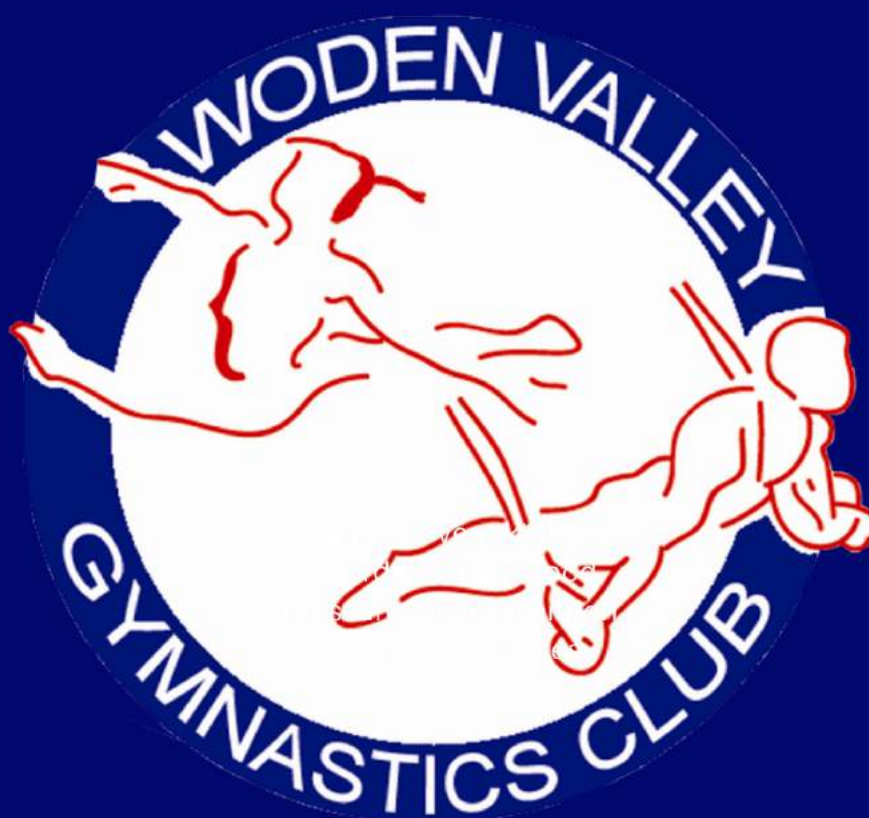
Join me coach Monique Allen, Olympic gymnast here at the gym for some fun gymnastic inspired strength, balance + flexibility classes. All fitness levels welcome.

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.

Adult Gym



Time Change

7.30 - 9.00

from 2nd October