

Woden Valley Gymnastics Club



A Newsletter for our wonderful club community



A NOTE FROM OUR PRESIDENT

Leo Dobes

Those of us who serve, or have served on any community-run committee, know that it adds to the many other pressures in our daily lives. It's therefore important to recognise the contribution made by the Club's previous Committee, especially the retiring President, Andrew Collins, and to offer our thanks for all they have done on our behalf. Fortunately, we will have some continuity, because Andrew, Bob Loftus, Gary Fisk and Carmela Pavlic Searle have agreed to serve on the new committee.



The new committee members elected at the 26 May Annual General Meeting are:

- Leo Dobes (President)
- Bob Loftus (Vice-President)
- Alice Dobes (Treasurer)
- Kathy Anderson (Secretary)
- Andrew Collins
- Gary Fisk
- Laurel Loftus
- Carmela Pavlic Searle
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Further details can be found at the WVGC website: <https://www.wodenvalleygymnastics.net/our-committee>

As the new WVGC President, I'm particularly pleased that committee members participate in, or have children or relatives who participate in virtually the full range of programs offered by the Club.

Our key priority for the coming year, apart from the perennial search for fundraising opportunities and grants, will be to find a solution to the increasing lack of space for the growing number of gymnasts. We will be working closely with the Club Management: Matt Knox (General Manager), Naomi Nye (Gymsports Director), and Mel Willis (Administration and Communications Manager).

If you are able to help out with Club activities – even for the occasional hour or two, or just once in a while – please don't hesitate to get in touch with Matt Knox (matt@wodenvalley.net), or me (President@wodenvalley.net). Many hands make light work; and you will definitely be appreciated.

Leo Dobes

A NOTE FROM OUR GYMSPORTS DIRECTOR

Naomi Nye

Being an indoor sport is never more appreciated than with the onset of Winter in Canberra. Gymnastics at WVGC doesn't slow down with the frost. Your WVGC team of coaches, judges, administrators and athletes have been busy preparing for competitions, attending competitions and events, completing professional development courses and hosting workshops. Winter has also brought its challenges with an increase in COVID and Flu related absences, this has affected staffing at times and we have worked hard to continue delivering classes with minimal impact on our programs.

Preparing for competitions allows for skills that have been worked on over time to be refined and showcased to family and friends and allows for athletes to have a focus and purpose to their training. It has been great to see the awesome results that have been achieved so far, especially with the long gap between competition opportunities for many. You can read more about all the awesome achievements in the individual program reports.

Many judging and coaching courses have been completed in the past few months. With a focus on Acrobatics, MAG, WAG and FreeG for judging and Beginner and Intermediate coaching courses being completed by many coaches as well. Professional development is important in our sport and supporting our team to strengthen their knowledge and further their education is big focus for the Club. The Club supported coaches in attending workshops and conferences both local and interstate. It was also great to see that courses and workshops are now being offered face to face, which enhances the experience for everyone.

WVGC has had the pleasure of hosting community workshops with both the Molonglo Movers and Legacy in Term 2. Providing gymnastics for member of the broader community allows us to connect and demonstrate the accessibility and versatility of the sport of gymnastics. A great time was had by all participants, and we look forward to being part of other community events in the future.

I would like to thank everyone from the coaching team for supporting each other with filling in shifts and being available for extra shifts when members of the team are absent due to illness. It has been challenging at times; however, we have done well to ensure classes have continued and competition and event opportunities have not been affected. Thank you also to the families who have been vigilant in ensuring that gym classes are not attended when an athlete is unwell.

Naomi Nye
naomi@wodenvalley.net

A NOTE FROM OUR GENERAL MANAGER

Matt Knox

2022 continues to move at speed as we hit the halfway mark. The last couple of months have seen numbers continue to grow and it is great to see so many happy gymnasts around the club. We continue to invest in our staff with many coaches attending workshops and courses over the last couple of months. Coach development is and always will be a high priority at WVGC to ensure we continue to deliver high quality services to our community.

I would like to welcome the new WVGC committee, both those that remained from the previous year and the new representatives. Leo Dobes has taken on the role as President replacing Andrew Collins who remains on the committee. I look forward to working with Leo and the committee for what is shaping to be exciting times ahead. I would like to extend a thank you to those involved in the previous committee for volunteering their time to the club.

WVGC is very fortunate to have a dedicated Education and Compliance manager Kat has done a fantastic job ensuring our club remains compliant under the Gymnastics Australia banner and is dedicated to ensuring our coaches are given every opportunity to develop. Kat has made the tough decision to move on to a new chapter, I would like to thank her on behalf of all involved at the club for her dedication and love for the club.

I would like to thank our great coaching and administration team for another big term. As always, a big thankyou to our gymnastics families for your ongoing support of our club. Enjoy the mid-year holidays and I look forward to a great term 3 at WVGC. Take care and best wishes

Matt Knox
matt@wodenvalley.net

GROOVE & MOVE (Fitter for Life)

The Groove and Move athletes hosted a workshop for the Legacy Ladies of Canberra and had a ball demonstrating their skills. One of the highlights was having the ladies have a go at some skills with the Groove and Movers assisting. The ladies surprised themselves at how many things they could do and the benefits that could be gained from participating in a gymnastics-based program.

We have classes for anyone aged over 50 and would like to be active, social and master new challenges. If you are curious and would like to know more come and say hello on a Monday 2:30 till 3:30 pm during ACT school terms. We would love to meet you.

naomi@wodenvalley.net



MAG

At the start of Term 2 we had six Senior MAG Gymnasts travel to the Gold Coast to represent the ACT at the National Australian Championships. This was the first Australian Nationals for most of the gymnasts and all gymnasts had a good performance. Harry had an outstanding competition bringing home of 6 medals: 3rd All Around, 2nd Floor, 2nd Pommel, 2nd Vault and 2nd High Bar and 3rd on Rings!! Congratulations Harry, this is an amazing achievement! Congratulations to all of the gymnasts that represented the ACT.

Since returning from Australian Championships our Level 7+ gymnast have been working upgrading their routines with new skills in preparation for the National Clubs Carnival at the Gold Coast in September.



Our Level 1-5 gymnasts have been working hard this term in preparation for their competition season that started on the 19th June at Gungahlin Gymnastics Club. All of our gymnasts had a fantastic competition and were banded depending on their score the achieve either a Bronze, Silver, or Gold Medal.

This competition was the first competition experience for most of our Level 1 and 2 gymnasts and all of the boys performed their routines well and had lots of fun.

Our Level 3-5 gymnasts also all had a great competition, especially taking into account the disruption in competition opportunities over the last two years. This group of gymnasts were especially excited to get back on the competition floor.

Following on from competition coaches have sat down with the gymnasts during training to reflect on their performances and set new goals for their next competitions. For now, it's back to refining skills and working towards our goals for the next competition and ACT State Championships in August - we can't wait to see their progress!!

We are looking forward to seeing what Term 3 brings for the MAG Program!
mag@wodenvally.net



ACRO

This Term, the Acrobatics Program has been focused on preparing for our upcoming competition season. Our Level 4's will have their first competition at the end of July, while our Levels 1-3 are busy learning and refining their skills for routines. Additionally, our 'ACRO for Fun' classes have been working on their foundation skills, such as "Scorpion Hops", "Aerial Awareness" (body tension) and "Forward Rolls".

The highlight of the term for the ACRO Program was the Beginner Judges course and ACRO workshops held in May. The wonderful Wendy came from Nunawading Gymnastics Club in Victoria to present the Beginners Judge course and workshops. We were delighted to have 10 coaches from the club attend and pass the course! The following day, ACRO coaches and athletes participated in workshops consisting of: foot pitch skills, artistry, skill and routine review and the Acrobatic Gymnastics tables of difficulty. It was a fantastic weekend with all participants taking home an abundance of valuable knowledge.

Our Level 4 Acrobats will be off to Sydney at the end of July to compete at their first competition of the year. It will also be their first competition outside of Canberra since COVID lockdowns. Our coaches and families are very excited to see the athletes show off their beautiful routines and new leotards!!

The gymnasts competing in Levels 1, 2, & 3 are working very hard at the moment to learn their Balance and Dynamic routines. Everyone is feeling excited to get their new competition leotards and show them off at their first competition in September.

ACRO for Fun also debuted a new class on Mondays in Term 2, the first class for older ACRO for Fun gymnasts. This will continue into Term 3, with gymnasts 8+ years and above. As always, we have our regular 'ACRO for Fun' classes running on Tuesday, Friday and Saturday.

acro@wodenvally.net



ACRO Beginner Judges Course and Skills Workshop



KINDERGYM

Our Kinder gymnasts and coaches have been working incredibly hard over Term 2! We have been proud to observe many young gymnasts achieve new skills, in all types of aspects; physically, socially, emotionally, and psychologically. Whether a gymnast has gained confidence in engaging with a piece of equipment or has become more comfortable to engage with others in class, our community (the team of coaches and grown-ups) have celebrated the variety of growth and milestones that our youngest gymnasts have been working towards and achieving.

Within classes, we accessed every piece of age-appropriate equipment within the environment and incorporated five exciting themes.

Our themes were:

- Food
- Space
- Transport
- Insects
- & Dreamtime

Our Dominant Movement Patterns were 'Static', 'Landing' and 'Swing' and our Skill Focus was Handstand development.

Gymnasts have been busy building their "Spiderman Handstands", along with their upper body and core strength! When Kindergymmers practice their Spiderman Handstands, they are gaining awareness of their body in space and time. They are also building sensory and muscle memory & learning how to regulate their nervous systems whilst being upside down. This helps gymnasts with their focus and concentration skills.

Our Neuronastic focus was Spatial Awareness and Vestibular Stimulation.

When gymnasts stimulate their vestibular system, they are activating their body's natural balance mechanisms. This helps gymnasts to feel secure and confident within their bodies. This enables the gymnasts to move confidently, whilst building focus and concentration skills. Stimulation of the vestibular system also allows gymnasts bodies to rest and relax when it is time to be still.

When gymnasts engage in spatial awareness activities, they are building muscle tone, posture, and coordination. They are developing an understanding of where they are, in relation to objects and others around them. They are also learning how this space changes, as they move through, in, around, over and under objects in their world. This helps gymnasts understand mathematical concepts when they are older.



KINDERGYM

Our Kindergym coaches have also been busy building their brains and knowledge base! This term, we were lucky enough to send a team of staff to attend the NSW Kindergym Conference. Our team of Coaches are always striving to expand their skill set and gain a deeper understanding of early childhood development, and this was a wonderful opportunity to do so! Staff attended a series of professional development workshops, learning about Social/ Separation Anxiety post Covid, and the importance of Tummy time in infants and younger children. We shared the day with many other industry professionals, which helped us to gain insights into other Club communities and learn about the variety of ways in which Kindergym is presented across the country.

kinder@wodenvally.net



ENABLE

Enable Gym is a program that caters for those in our community who need extra support from early childhood through to adults. Support and classes provided are based on the individual needs of the gymnast.

Due to the high demand for the program, we can not always provide a class option straight away, however we do our best to provide options ASAP.

Please feel free to contact us if you would like to know more naomi@wodenvally.net

GYMNAESTRADA

With approximately 12 months till we have a team representing Australia in Amsterdam, our team have begun working on the nearly 15minute routine. Working with diverse skills and ages has been fun and we are enjoying creating a performance that showcases everyone.

Fundraising has begun in earnest. The team of nearly 40 athletes and their families held a very successful Babysitting night fundraiser, that helped raised much needed funds to assist with costumes and coach support for the event. Thank you to all the families who supported the fundraiser. We look forward to providing other great fundraising events and opportunities for our community to be a part of.

It is not too late to be part of the team as final commitment with Gymnastics Australia are open till November 2022. If you are thinking you would like to be part of the fun and fantastic adventure that is Gymnaestrada, email

naomi@wodenvally.net

World Gymnaestrada 2023
Amsterdam

WORLD
GYMNAESTRADA
2023 AMSTERDAM



Performance Gymnastics

The Gym for Life Challenge held at the Gymnastics Australia National Clubs Carnival on the Gold Coast in September is an event that we are very much looking forward to after 2 years of no competitions due to COVID. We are excited to be taking a team and have been busy working on choreography ideas and music.

naomi@wodenvally.net



TEAMGYM

TeamGym involves teams of 6 to 12 people, who partake in tumbling, mini tramp, acrobatics and dance with the aim to achieve a bronze, silver or gold banding at competition events.

With athletes ranging in skills and abilities from beginner through to level 10, and ages from 6 years through to 80 years, it is very inclusive and super fun.

Teams perform on the following apparatus:

- Floor
- Tumbling
- Vaulting / Mini trampoline

The Club attends state, regional, interstate and national events.

To find out more email naomi@wodenvally.net



FreeG

It has been a fun and busy time in FreeG this term. There have been a lot of smiling faces and skills learned. Throughout, we have had a special focus on building up backwards tumbling (whether that be rolls or flips) and fundamental parkour skills. For those new to the gymsport this meant building up their basic vaulting of obstacles, and as they improved, moving towards more 'show-y' vaults like a dash vault.



For many, they will be able to show these off at the upcoming GFA State Championships; the first FreeG competition for us this year. Beyond gymnastics and parkour skills, this will let gymnasts show off their creativity and style that they have built up through classes. It is a great opportunity for grown ups to come and see what sort of things they've been learning. Also with the coming term sees the introduction of our new class names which we hope will help FreeG grow to its full potential.

freeg@wodenvally.net



RELEASE YOUR FREEDOM



Gymnastics for All Levels (GfA)

Hello holidays! We have been working very hard in our GfA Levels classes this term and now we are all ready for a break, ready to hit the ground running for Term 3!

Evaluations were carried out on all gymnasts enrolled in a Mini, Junior or Senior class in Term 2. Emails were sent out to families to show their final star ratings for each skill in each level.

The gymnasts were rated on their skills based off the below star rating:

- 1 * Not applicable - Your child is not working this skill yet, is unable to due to medical reasons.
- 2 * Developing - Your child is at the beginning stages of learning and performing this skill
- 3 * Achieved - Your child can execute this skill, this skill needs a lot of work to make it look nice and perform to technical requirements.
- 4 * Mastered - Your child can perform this skill as close to technical requirements as possible. Only a few corrections needed.
- 5 * Completed - Your child is working past this skill. Your child is using this skill to progress further in the skill progression.

All gymnasts enjoyed having their turn at showing off their skills to be marked off by their coaches. Everyone moving groups received an email for parents to confirm which group they would be moving to. Well done to all gymnasts and coaches! Evaluations are a big job and everyone involved helped to make this a smooth process.

rosie@wodenvally.net



GfA OPEN LEVELS

Our Junior Open Level had their first comp at the start of the term. They all performed well and parents got to see all the hard work our smallest competition squads have put in. They all did well receiving graded ribbons for each apparatus, a certificate and medal.

The next scheduled competition for Junior Open Levels is on 4th September at our club.

It's been a term of hard work for our Senior Open Levels Gymnasts as they prepare for their upcoming competitions in Term 3. The gymnasts have been focused on refining their competition skills and working towards gaining bonus skills.

Competitions coming up are:

- July 16th Practice Competition @WVGC
- July 31st @Gungahlin Gymnastics
- August 28th @Gungahlin Gymnastics

For more information for those competing please ensure you are checking Team App!

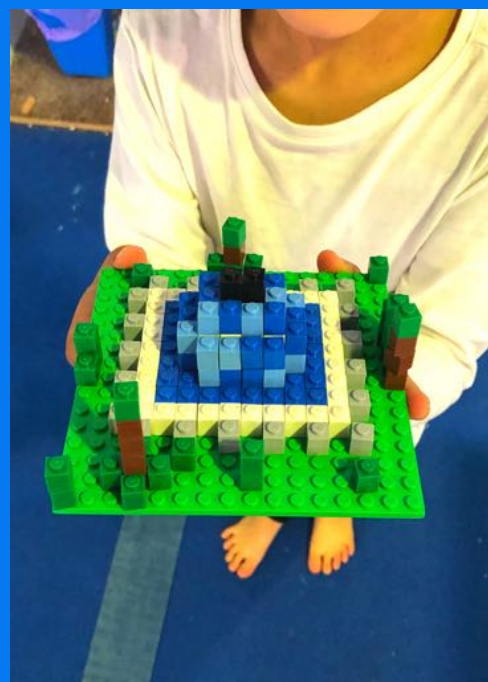
If you need any help please email rosie:
rosie@wodenvally.net

Good luck to everyone competing in Term 3!



HOLIDAY PROGRAM

Our Holiday Program in April had our highest numbers of attendance ever! It's not too late to get your space in our July Holiday Program, we always make sure we have plenty of spaces for everyone! All bookings and details can be found in your iClass Pro app. rosie@wodenvally.net



WAG

Term 2, 2022 has been another big term for the gymnasts in the WAG Program!

To start the Term off we had two athletes, Jenna and Chantel, travel to Queensland to represent the ACT at Australian Championships. Both gymnasts are to be congratulated for strong competitions and making it through to finals on day two. Not only did the girls make it through to finals, they both had medal winning routines which is an excellent accomplishment. Well done to Jenna who was 3rd on Beam in the Level 10 competition and Chantel who was 3rd on Floor in the Level 8 competition.

Since Australian Championships, all of our level 8-10 athletes have been hard at work back in the club working on new skill development as they have a break in competitions. It has been great to see so many new skills beginning to happen for these gymnasts across all four apparatus. We look forward to seeing these gymnasts back on the competition floor at the National Clubs Carnival in September.



Coffee Fundraiser

To support WAG, MAG, ACRO and GFA teams travelling to National Clubs on the Gold Coast in September/October.

Order between May 21st and July 5th and all orders will be delivered to the club ready for collection from the 20th of July.



Coffee can be ordered in 250g, 500g or 1kg bags and can be either ground or whole based on customer preference.



Scan QR code to order!



WAG

Our level 3-7 gymnasts have also had a busy term as they prepare for their upcoming competition season. Training the last few weeks has seen them buckle down to get their skills and routines ready to go. Thanks to the help of all their coaches and a dedicated team of 8 judges we ran an in-house practice competition on Saturday during their training time at the end of week 9 to ensure the gymnasts had an opportunity to gain useful feedback and competition experience before their competition season kicks off. We wish these gymnasts the best of luck as they travel to Albury this weekend to participate in the Flyaway Gymnastics Club Invitational Competition.



Not only has it been a busy term for our Senior and Intermediate athletes, our Junior gymnasts have also had plenty on, participating in the first two competitions of their season this term also. The WAG 1-2 athletes kicked off their competition season attending the Canberra City Gymnastics Club invitational on the 5th of June and then the Southern Canberra Gymnastics Club invitational on the 26th of June. At this level, the gymnasts have the opportunity to showcase the skills they have been working on and get feedback on their progress using a banding system. It was great to see so many proud smiling faces as this was the first ever competition opportunity for many of these little gymnasts. They now have 6 weeks to continue refining their skills before participating in their last competition for the year - we cannot wait to see the great progress they make during this time!

Looking forward to seeing what Term 3 brings for the WAG program!





July School Holiday Program

Kindergarten 2022 - 14 years

Week 1: 4 - 8 July & Week 2: 11 - 15 July

FreeG: 8.00 am - 11.30 am \$35

Gymsportz: 11.30 am - 5.00 pm \$65

Full day: Book FreeG + Gymsportz

Kindergym (Ages 2 - 5) \$25:

July 4, 8, 11 & 15

9.30 am - 10.45 am

**Full details + bookings can be accessed via
our iClass Pro App**



Woden Valley Gymnastics 2022 Kindergym Timetable



Updated 20-06-22 Term 3 Dates Monday 18 July - Saturday 24 September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baby Gym 9 months - 2 years		9.30 am - 10.20 am			9.15 am - 10.05 am	
GymFun 2 & 3 years	9.30 am - 10.20 am		9.30 am - 10.20 am	9.30 am - 10.20 am	10.15 am - 11.05 am	8.30 am - 9.20 am 9.30 am - 10.20 am
Siblings/ Mixed Ages 2 - 5 years	10.30 am - 11.30 am	10.30 am - 11.20 am			11.15 am - 12.15 pm	8.30 am - 9.20 am 9.30 am - 10.20 am
JuniorGym 4 & 5 years	11.30 am - 12.30 pm		10.30 am - 11.30 am	10.30 am - 11.30 am	12.15 pm - 1.15 pm	8.30 am - 9.20 am 9.30 am - 10.20 am

Class Prices

50 minutes = \$25.65
1 hour = \$28.35

Class prices are all you need to pay

Kindergymmer's need their grown up on the floor to participate with them.
Kindergym is a great bonding experience!

New member guarantee - we will refund all fees paid at the end of your first calendar month if you don't wish to continue - conditions apply

27 Mulley St Holder ACT 2611 02 6287 41 21 www.facebook.com/WodenValleyGymnasticsClub
www.wodenvalleygymnastics.net office@wodenvalley.net Woden Valley Gymnastics

Woden Valley Gymnastics 2022 GfA Levels Timetable



Updated 20-06-22 Term 3 Dates Monday 18 July - Saturday 24 September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Girls (5-8 years)	4.00 pm - 5.00 pm	4.00 pm - 5.00 pm	4.00 pm - 5.00 pm	4.00 pm - 5.00 pm	4.00 pm - 5.00 pm	4 sessions 8.30, 9.30, 10.30 & 11.30 am
Junior Girls (9-10 years)	5.00 pm - 6.00 pm	5.00 pm - 6.00 pm	5.00 pm - 6.00 pm	5.00 pm - 6.00 pm	5.00 pm - 6.00 pm	10.30 am - 11.30 am
Senior Girls (10+ years)	6.00 pm - 7.30 pm	6.00 pm - 7.30 pm	6.00 pm - 7.30 pm	6.00 pm - 7.30 pm	6.00 pm - 7.30 pm	10.30 am - 11.30 am 11.30 am - 1.00 pm
Mini Boys (5-8 years)	4.00 pm - 5.00 pm	4.00 pm - 5.00 pm		4.00 pm - 5.00 pm		8.30 am - 9.30 am 9.30 am - 10.30 am
Junior Boys (9-10 years)		5.00 pm - 6.00 pm		5.00 pm - 6.00 pm		10.30 am - 11.30 am
Senior Boys (10+ years)		6.00 pm - 7.30 pm		6.00 pm - 7.30 pm		
ACRO for Fun (6+ years)	Seniors 10+ 4.00 pm - 5.30 pm	6 - 14 years 4.00 pm - 5.30 pm			6 - 14 years 4.00 pm - 5.30 pm	6 - 14 years 11.30 am - 1.00 pm
Free G (6+ years)	Intermediate 6-10 yrs 5.30 pm - 6.30 pm Senior 10+ yrs 5.30 pm - 6.30 pm		Junior 6-7 yrs 4.00 pm - 5.30 pm Intermediate 8-10 yrs 5.30 pm - 6.30 pm			Junior 6-7 yrs 5.30 pm - 6.30 pm Intermediate 8-10 yrs 11.30 am - 1.00 pm
TeamGym & Performance		TeamGym	8.30 am - 1.00 pm TeamGym		Performance 7.30 - 9.00 pm	

Class Prices

1 hour = \$28.35
1.5 hours = \$33.50

Class prices are all you need to pay

Ages are a guide and all children are assessed into the appropriate skill and peer groups

02 6287 41 21
27 Mulley St Holder ACT 2611
office@wodenvalley.net

Email is the best way of contacting us

New member guarantee - we will refund all fees paid at the end of your first calendar month if you don't wish to continue - conditions apply

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