



TERM 2, 2020 NEWSLETTER

A Note From The Club President

Our Club has had some significant upheavals over the past few months and I hope everyone is weathering the disruptions as best as you can. The Committee and the Club Management are doing all we can to ensure that the Club gets through this enforced shutdown period and out the other side in as good a shape as possible.

Over the last few months while putting together the Strategic Plan for the Club's future we have had cause to review the Club's core beliefs and purpose and as you'll see below, the Club is about so much more than just gymnastics. The sport of Gymnastics, in all its wonderful variations builds healthy, strong, adaptable, resilient and supportive people. Gymnasts might arguably be some of the best prepared people to endure the tough, stressful and unsure times that we now find ourselves living through.

As you will know, many of our fantastic Club coaches are previous gymnasts themselves. They have all benefited from the profound positive lifelong impacts that gymnastics, and in many cases WVGC, has had on them and they now get tremendous satisfaction in passing that on to our current gymnasts regardless if they are 2 or 82. Our coaches and gymnasts have had to adapt to new methods of delivery, but the benefits of gymnastics on body, mind and character are still there.

I hope we can open the club again soon. I hope it won't be too long until we can see lots of smiling happy faces doing gymnastics. Until then I hope everyone is staying safe, healthy and keeping up their strength and flexibility.

Andrew Collins – President

A Note From The Gymsports Director & General Manager

What a massive learning curve we have all been on since the start of Term 1! I am so proud of the way in which the WVGC community have adapted to the ongoing challenges facing the club since we had to start implementing measures to ensure the safety of all our members.

Each new restriction that has been introduced by the government has meant that your coaching and administration team have had to constantly adapt and reinvent the way in which we can deliver our services. From adversity comes innovation, strength, and opportunity. Our staff have had to embrace technology and communication mediums they are not familiar with and have had to rethink the delivery methods for their gymnasts.

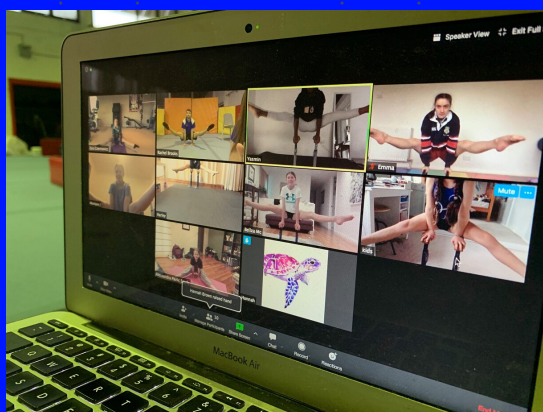
We are creatively navigating the changes that COVID 19 has created and have re-invented how we are providing our Gymnasts with coaching services. With every restriction implemented or eased our club has adjusted the way in which we coach.

In addition to providing multiple daily ZOOM classes and social media training sessions, our gym has moved outside into the Autumn sun and taken over the outdoor areas next door to our facility.

We are providing private one on one sessions. We are about to start running multiple group sessions every day, with up to 4 running from 4 til 5pm and numerous group sessions running over the weekends.

We have been creating Youtube videos for Club Members to follow along to, especially for our Kindergymmers

All while strictly adhering to the ACT Government COVID 19 guidelines.



An Excerpt from the Club's Strategic Plan:

Our Core Beliefs

At WVGC we believe that physical health and control over body movement is fundamental to building a happy and healthy life. By challenging one's physical and mental abilities, in a safe, supportive, inclusive and nurturing environment, we can build strong, resilient and adaptable people of any age to be valuable members of our community.

Our Purpose

To enable people to challenge and improve themselves both physically and mentally so that they can gain the skills and confidence to excel in all parts of life This is the Club's "Why". It is the purpose that drives the Club and everyone who is involved with it – Coaches, Staff, Gymnasts, Parents & Families

How We Live Our Purpose

We live the Club Purpose by supporting all our gymnasts to build positive character traits and lifelong healthy practices for body and mind through gymnastics skills training.

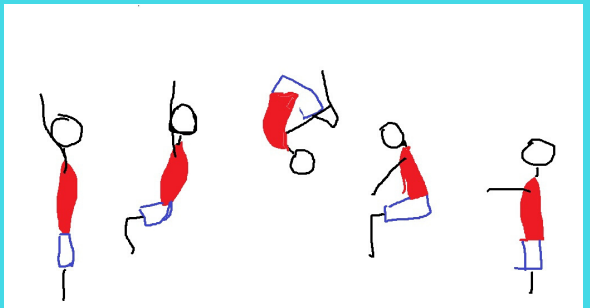
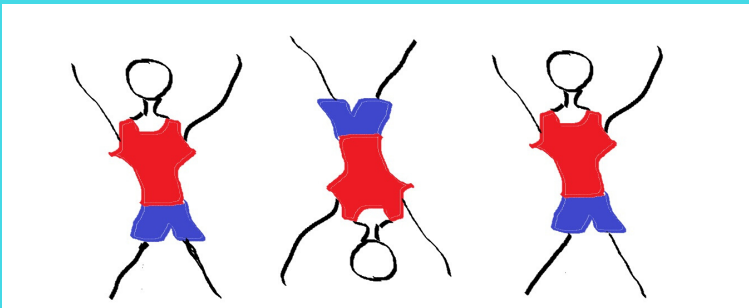
What We Do

We provide quality gymnastics programs to people of all ages and abilities in the Canberra region by providing:

- **Coaches for all programs and levels who are suitably qualified and experienced**
- **A facility for learning and skill development that is both challenging and safe.**
- **An inclusive environment that builds self-confidence, self-esteem, self-discipline and personal character using positive encouragement.**
- **Programs to develop balance, agility, spatial awareness, physical fitness, flexibility, strength, body coordination, concentration and mental alertness developed under the governance of Gymnastics Australia and Gymnastics ACT.**
- **Support for all of our gymnasts to achieve the highest possible level of skill in line with their ability and desire to achieve.**

Kindergym Term 1 2020 Themes 'Nursery Rhymes' and 'Earth and Environment'







Ideas For Activities To Do At Home When Feeling Bored

- Read or Listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an 'All About Me' board
- Colour
- Write a letter or draw a picture to mail to someone
- Draw/paint pictures, hang them in a room as an 'exhibition'
- Create leaf rubbing art
- Learn a magic trick
- Make a spaceship from cardboard boxes
- Do a puzzle
- Think up an imaginary creature and write a story about it
- Do a photoshoot for all of your stuffed toys
- Make clothes for your toys from scrap fabrics
- Create shadow art
- Make your own magazine
- Make paper flowers or snowflakes
- Learn to juggle
- Play dress up
- Make up silly songs
- Create an indoor campsite
- Build a house out of cards
- Draw cartoons or comic strips
- Use items in your house (like pots and pans) to make musical instruments
- Design a board game
- Write and illustrate a book

Resources for Families are available online at 'Big Life Journal' - a organisation that creates engaging materials that help kids grow a resilient mindset.



Have you seen our Youtube Community Outreach Channel?



**"Start here,
go anywhere!"**