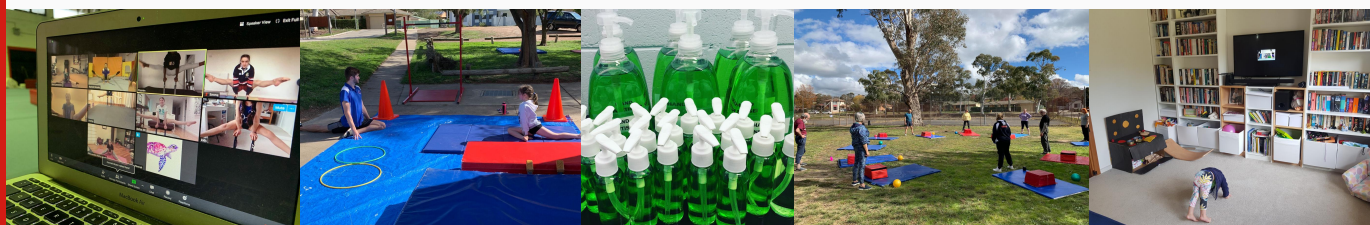


Woden Valley Gymnastics Club



A Newsletter for our wonderful club community



A NOTE FROM OUR PRESIDENT

Andrew Collins

On behalf of all of the gymnasts, parents, extended families and the Committee involved with the Club I would like to say a huge thank you and congratulations to all of the Staff and Coaches who have helped the Club manage through the Covid19 shutdowns and restrictions so far. Despite significant hardships and uncertainty they have remained in positive spirits and looked for every opportunity to improve the Club facilities, programs and the way the Club operates. It has been great to see smiling gymnasts heading in and out of the gym each day again. I can't wait until parents and carers are able to go in and watch too!

As recent events in Victoria show, we are not out of the woods yet and the possibility of localised restrictions and shutdowns is very real. I hope everyone remains safe and well and keeps an eye on the health of everyone around them. If you have any concerns, please err on the side of caution.

Gymnastics Australia and Gymnastics ACT have also been working hard during the COVID shutdown to help all of the Clubs in the ACT. Initiatives such as foregoing affiliation costs, bursaries for coach professional development and cash grants to support club activities, relaunch and rebuild. Gymnastics ACT held its AGM on the 9th of July and it was the turn of WVGC and SCGC to appoint directors for the next 2 years. WVGC appointed Megan Taylor (parent of one of our Rec gymnasts) to the board of GACT as a replacement for Mick Rainey. We look forward to working with Megan and GACT in the years to come.

The Committee have continued to meet regularly through this period over video conferencing and have worked through many issues. Video meetings have been so convenient that we will be continuing to meet 'virtually' for most of our meetings going forwards. Recently we have been finalising the last edits to our revised Constitution in preparation for the AGM scheduled for August 11. The Committee serves to manage the direction of the Club into the future and assist the management staff in running a successful club. It is a tremendously rewarding activity to be involved in and you really get a sense of how diverse the Club activities are and how many people benefit from the Club. If you are interested in becoming involved at the AGM please get in contact, or look out for the notice of meeting and nomination form which will be published soon. We are always after a diverse range of opinions and people who are involved with the Club from different perspectives and programs.

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

A NOTE FROM OUR GYMSPORTS DIRECTOR & GENERAL MANAGER

Naomi Nye & Matt Knox

Pessimism never won any battle. ~ Dwight D. Eisenhower

I would like to congratulate and praise the efforts of our coaching team during the ongoing chapter known as COVID 19. We have had to work together as a team to address each new challenge, adapt our methods, embrace uncertainty and maintain a level of optimism that meant we could emerge from the shutdown better, stronger and smarter.

As the situation developed and it looked more and more likely that we were heading for a period of shutdown, we began to discuss the implementation of strategies to allow for our coaches to continue to have a connection with the gym, each other and our gymnasts and their families.

Once shutdown was announced we entered a period of contemplation and many of us were deeply affected by the absence of gymnastics, gymnasts and our familiar training environment in our lives. Some tears were shed, me included. To use a well-known proverbial phrase 'when life gives you lemons, make lemonade', we brushed ourselves off and collectively embraced optimism and kicked pessimism to the curb.

With the Federal Government's announcement of the Job Keeper scheme the club was able to benefit by being able to keep the 30 eligible staff members engaged and this formed a crucial part of our gymnast and family engagement throughout the Covid-19 closure and operational restrictions I would like to thank all our WVGC families for your support and understanding during these times. We have learned a lot and know we are stronger for the experience.

What we did:

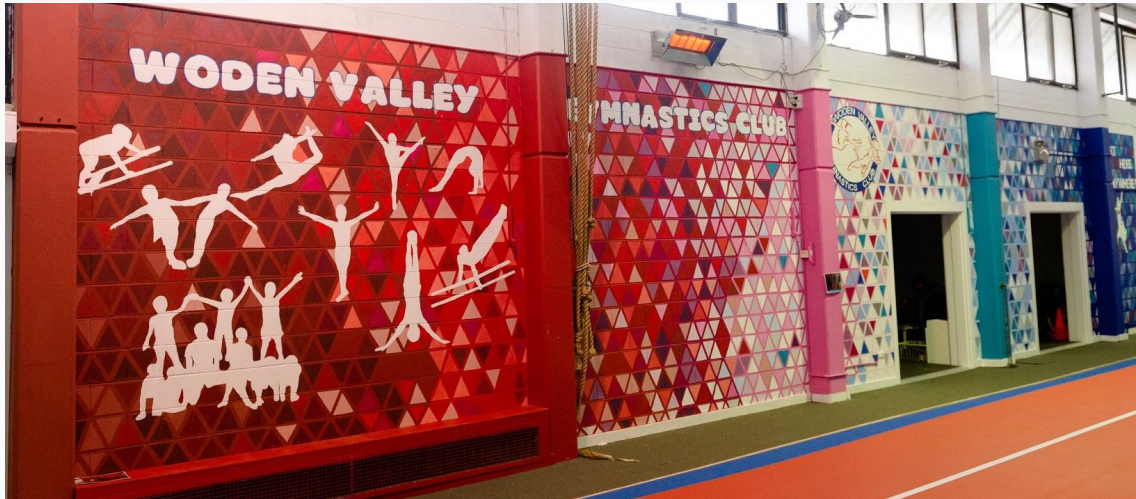
Housekeeping:

We had a small army of coaches from the junior levels through to our most senior coaches cleaning, painting, de-cluttering and relocating equipment to ensure that the gym was looking its best for when we reopened. Many of us ended up with more paint on ourselves than the walls and occasionally the equipment (whoops). As mundane as some of the tasks were, they kept us busy and took our minds of the uncertainty of an undetermined timeline.



Creating:

Our uber talented Administrations and Communications Manager Mel, had the great idea to create a large mural to add a vibrancy to the gym and to celebrate the Gymsports on offer at WVGC. It took many hours on her behalf with several coaches roped in to assist. We all agree it looks amazing and lifts the energy of the gym.

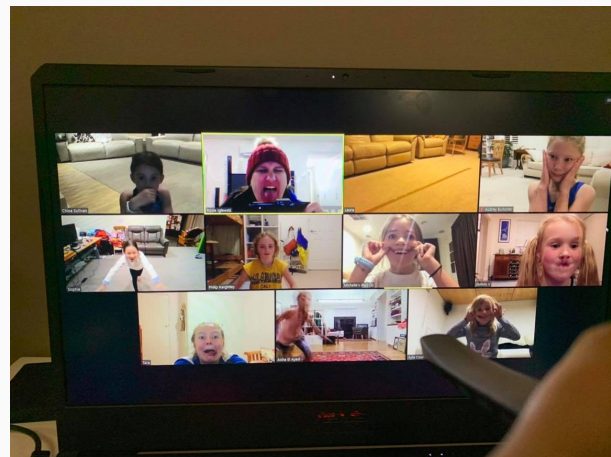
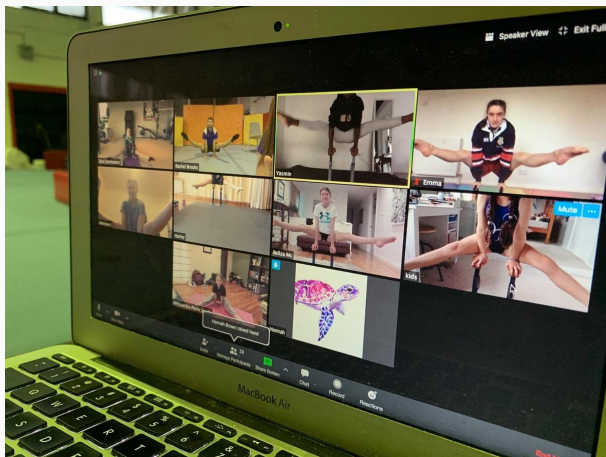


Embracing technology:

Did someone say 'ZOOM'? Most of us had no idea what this platform of communication was before shutdown, now we are experts! Adapting to change is difficult and teaching coaches to embrace a new method of delivering had its challenges.

Learning that we didn't have to shout at our devices whilst coaching on ZOOM, ensuring our ZOOM sessions did not conflict with others, ensuring we met the Gymnastics Australia guidelines for online coaching, being visible on the screen when demonstrating, leaning how to mute our chatty gymnasts, etc, etc.

Although not all our gymnasts could be provided this service, it was agreed by all who did access it that it was a platform that served us well. .



YouTube:

Training videos were made available for all our members via YouTube. Fun and fundamentals were the focus of these videos for our members. Our coaching team learnt a lot creating these videos and Rosi our GfA Program Coordinator did an amazing job providing tech support to all who needed it.

Education:

Gymnastics ACT opened several grant opportunities for registered coaches. I am pleased that WVGC had the highest number of coaching staff in the ACT apply for and successfully receive education grants allowing for them to obtain higher qualifications during this period of shutdown. Our Education and Compliance Manager Katrina Brougham was the driving force behind our high number of applicants and is to be congratulated on her efforts.

Preparation:

Knowing we were going to open eventually, we ensured that our senior staff and Program Coordinators took the time to ensure their programming was reviewed and updated across all programs.

Reinvention:

Every time a new restriction has been introduced or rolled back; we have ensured we were ready to implement new models of operation. This resulted in the running of one on one classes for certain training groups and the running of 5 to 6 outdoor group training areas every afternoon. Our coaches had to carry equipment outside every day, then ensure it was thoroughly cleaned and packed away. Our coaches managed to gain a fresh appreciation of the luxury it is to have such a great permanent facility.

Ongoing operations:

As we continue to operate and offer our programs to the WVGC community, we are constantly reviewing our "Covid Action Plan" and making any necessary changes to ensure we continue to maintain our hygiene and cleaning processes.



KINDERGYM

The Kindergym Program had a very lonely, last few months. As restrictions came in, we began online classes, continuing with the same structure as our regular class routine.

Transitioning into online classes was quite a challenge, particularly for the KG Program. Coaches had to think outside the box, and imagine how gymnastics can be done in the space of a lounge room or backyard, all while continuing the exciting, colourful way in which our Kindergym Classes are presented. Within our 'at home' circuits, we utilized items from around the home, such as a table, chairs and a couch. Over the shutdown, our themes were Easter, Dinosaurs, Transport, and we returned back to regular classes at the end of May.

We absolutely loved seeing all the images/videos our KG Families sent through! The club was thrilled to see many children continuing their classes through the shutdown period. Coaches were proud to see the continual commitment our gymnasts have to mastering their skills.

We also took the opportunity to re-organize our fabulous storeroom. Dozens of storage tubs, props and toys were gathered together, sorted, stored, and ready for our amazing return!

Coming into Term 3, the KG Program has some very exciting new themes; SPORTS, AROUND THE WORLD, ABC'S & 1,2,3's, AT THE ZOO & PIRATES.



A Gymfun class participant follows Kindergym at home



Theme Easter



JJ and theme Coronavirus



We are keeping clean and sanitised



Woden Valley Gymnastics Club 2020 Kindergym Timetable



All children under kindergarten age require a parent on the floor with them

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baby Gym					9.30 - 10.20	
Gym Fun	9.30 - 10.20	9.30 - 10.20	9.30 - 10.20	9.30 - 10.20	10.30 - 11.20	8.30 - 9.20 9.30 - 10.20
Siblings/ Mixed Ages	10.30 - 11.30					
Junior Gym	11.30 - 12.30	10.30 - 11.30	10.30 - 11.30		11.30 - 12.30	8.30 - 9.30 9.30 - 10.30

Baby Gym:
9 months - 2 years
Gym Fun:
2 & 3 years
Junior Gym:
4 & 5 years
**Mixed Ages/
Siblings:**
Bring more than 1

27 Mulley Street, Holder ACT 2611
02 6287 41 21
office@wodenvalley.net
www.wodenvalleygymnastics.net

Term Dates 2020

Term 1: 3 Feb - 9 Apr
Term 2: 27 Apr - 6 July
Term 3: 20 Jul - 27 Sep
Term 4: 12 Oct - 20 Dec

Price Guide:
50 min class: \$215
1 hour class \$241

Term 1 & 2 Reg & Ins \$100
Equipment Levy \$10
10% off per sibling

One off paid trials available



Register on our online booking system 'GymnasticsBiz' if you'd like to enroll. The link can be found on the homepage of our website.



Have You Seen Our New Wall?



Woden Valley Gymnastics Club resume training and activities outside



Lucie Bertoldo

Latest News

f t e A A A



The senior boys class do handstands outside the club's facilities. Picture: Supplied

Wall support, Zoom sessions and balance beams on the lounge room floor are just a few ways Woden Valley's gymnasts have kept up with training at home.

But now they'll be able to resume their programs at Woden Valley Gymnastics Club, albeit in the chilly, autumn sun.

The club re-opened its outdoor facilities this week for classes to resume in groups of 10, following the ACT government's easing of social distancing restrictions.

Club administrator Mel Willis said they've been able to retain most of their competitive athletes, who spent the shutdown period training via online platforms.

"In the first instance, we had to get creative in the way we reached out to people," Willis said.

"Everytime I see pictures of gymnasts training at home, they've got different types of equipment like beams and air floors. Those products are getting popular.

"Reaching out through Zoom is one thing, but having them on site, seeing each other and their coaches in person, and getting them out of the house has been really important."



Acrobatic athletes had group training via Zoom meetings during the shutdown. Picture: Supplied

Woden Valley used the shutdown period to review and reinvent the way they train, providing online material for competitors, Kindergym, and senior programs.

The club was also able to continue one-one-one training during the shutdown, with coaches practicing physical distancing and sanitising all equipment in-between sessions.

The gymnast would train for 45 minutes, allowing 15 minutes for the coach to wipe down all equipment used.

They've started planning for the next ease of restrictions, which could include up to 20 people allowed in their indoor facility.

"As soon as they give us the go-ahead that we can start having groups inside, we definitely will," Willis said.



Gymnasts have been training at home, following online instructions from their coaches. Picture: Supplied

"We're looking at ways of cleaning down equipment after each gymnast, as well as the routine of when people can leave and enter the gym.

"They'll have to sanitise their hands, but we've also been given instructions from Gymnastics Australia saying they'll have to sanitise their feet as well.

"We're wrapping our heads around how that will work, making sure we've got plenty of sanitising stations."

It's likely the Kingergym program will remain online until the club is able to open the facility's doors.



Woden Valley coaches have published videos online for the Kindergyms program. Picture: Supplied

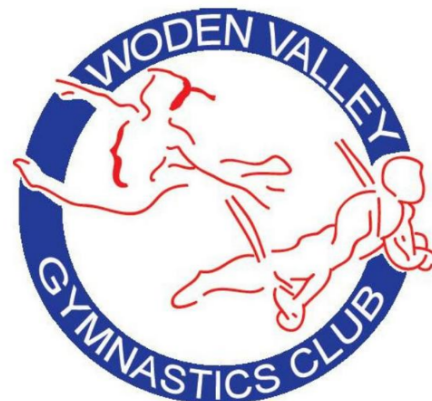
Coaches have been publishing videos on YouTube for youngsters and their parents to follow along at home, but are unsure when the program will be able to resume in person.

"We had approximately 300 Kindergyms and we're expecting a bit of a drop off because they had to have their parents with them at the facility," Willis said.

"With social distancing and other restrictions, it's going to be a bit more of a build up on that side of things.

"We're a little unclear about what our recreational program is going to look like when we're allowed to come back. We'll have to look at how many people are allowed and what types of groups as well.

"We're going to try and get most people back in and have some sort of physical presence in our facility."



**Woden Valley Gymnastics Club
ANNUAL GENERAL MEETING
Saturday 22nd August 2020 4.30 pm
Woden valley Gymnastics Club Gym 27 Mulley St, Holder**

Notice is given that the Annual General Meeting of the Woden Valley Gymnastics Club Inc will be held on Saturday 22nd August 2020 at 4.30 pm at the Woden Valley Gymnastics Club Gym, Mulley St, Holder.

AGENDA

Welcome to WVGC General Meeting

Attendance

Membership payment for non-members

Proxy forms declared

Special Resolution for the Constitution of Woden Valley Gymnastics Club Inc

Welcome to WVGC Annual General Meeting

Proxy forms declared

Minutes of 2019 WVGC AGM

WVGC Management Committee Report

WVGC General Manager Report

WVGC Gymsports Director Report

Nomination Forms declared for Committee Members

Election of Management Committee

Members Nomination Forms declared for Life Members

Election for Life Membership

Presentation of Financial Statement

Appointment of the Auditor

Appointment of the Public Officer

General Business

The Annual Return

Change of Constitution documentation

Closure of the Meeting

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Women's Artistic
Gymnastics



Men's Artistic
Gymnastics



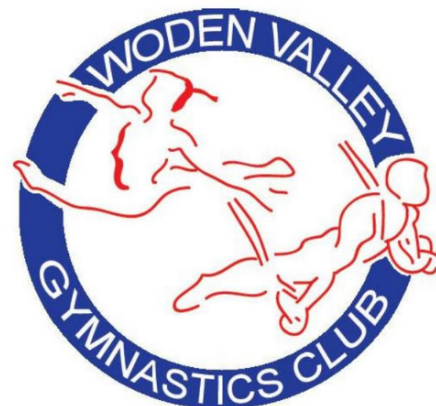
Gymnastics
for All



Trampoline
Gymnastics



Acrobatic
Gymnastics



SPECIAL RESOLUTION FOR THE CONSTITUTION OF WODEN VALLEY GYMNASTICS CLUB INC.

That the Constitution for Woden Valley Gymnastics Club Inc. be altered as noted in the new Document available on the Website of Woden Valley Gymnastics Club Inc.

The current WVGC 2010 Constitution can be obtained by contacting secretary@wodenvalley.net The proposed WVGC 2020 Constitution can be found on the Website of Woden Valley Gymnastics Club Inc.

ELECTION OF OFFICE – BEARERS, COMMITTEE MEMBERS AND LIFE MEMBERS

Nominations are called for the following positions: President, Vice – President, Secretary, Treasurer, Three or more Ordinary Committee Members and Life Member/s. Nominations must be made on the Committee Nomination Form (attached) or the Life Membership Nomination Form (attached) signed by two members of the WVGC. Completed nomination forms must be delivered to the Secretary at the Club's Office at Mulley St, Holder, by close of business on Friday 7th August 2020

PROXIES

A member entitled to attend and vote at the annual General Meeting may appoint a person to attend and vote at the meeting as the member's proxy. A proxy must be a member of Woden Valley Gymnastics Club Inc. No member may hold more than 5 proxies. A proxy may be appointed by returning a completed Proxy Voting Form (attached) to the Secretary at the Club's Office at Mulley St, Holder, at least 24 hours before the commencement of the meeting.

AUDIT

A copy of the Audit for the financial report of Woden Valley Gymnastics Club Inc from December 2018 to December 2019 is available from secretary@wodenvalley.net

**Kathleen Anderson OAM
Secretary Woden Valley Gymnastics Club Inc**

27 Mulley Street Holder ACT 2611 • 02 6287 4121 • office@wodenvalley.net • PO Box 3598 Weston ACT 2611

www.wodenvalleymnastics.net



START HERE, GO ANYWHERE!

To the Winter Olympic Games? To be World Champion in your chosen sport?



Meet Laura Peel!!!

Laura was born in Canberra in 1989 and started Gymnastics at Woden Valley Gymnastics Club as a young primary school student in the recreation classes. She enjoyed training and her junior coaches often had to restrict how hard she pushed herself. She particularly loved trying new skills and "flipping". Over a number of years she progressed through the National Levels stream to Level 7 with Woden Valley Gym Club. There followed a few years with Canberra City Gymnastics Club before she finished with gymnastics.

In 2009 a new sport beckoned and she started aerial skiing, which combined her love of gymnastics and skiing. In World Cup competitions she gradually moved up the rankings from her first gold medal result in Austria in 2012 to 4 more golds, 4 silvers and 5 bronze medals in competitions around the world over the next eight years. She competed for Australia in the Winter Olympics in Sochi (Russia) in 2014 and came 7th. There was an injury pause in 2015 but she came back to World Cup competition in 2017 before again representing Australia at the Winter Olympics in Pyeong Chang (Korea) in 2018 where she came 5th. The 2019-2020 World Cup season was a huge success for Peel, jumping triple back somersaults in competition for the first time, taking home four World Cup medals and also won the coveted FIS World Cup Crystal Globe as number one ranked aerial skier in the world.

For the second time in her career, Peel was named winner of the Olympic Athlete of the Year title for the 2020 Snow Australia Awards, sharing the award along with halfpipe snowboarder Scotty James.

So, from junior gymnast at WVGC to Australian Olympian and World Cup Champion in aerial skiing.

Well done Laura!

Strength, balance + flexibility for adults

gymbody.com.au

Join coach Monique Allen, Olympic gymnast for 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.

Covid Shut Down - GfA Program Persepctve

During Covid shut down a lot was happening at the Gym! Our coaches did a lot of cleaning, painted the walls of the gym, painted a feature wall, private lessons outside were run for our Competitive athletes, more cleaning was done, Zoom sessions were run for all our participants to choose to attend, Caree packages and training plans were dropped to development athletes. Outdoor groups Sessions were run for majority of our classes, sanitiser jugs were emptied and filled, more cleaning was done, more painting done, 3 different timetables worked out for outdoor; indoor and private sessions for each level of restrictions raised, Equipment was organised in the club with tape marking out where everything goes, even more cleaning and vacuuming, YouTube videos were filmed, edited and uploaded to YouTube, GfA Plans were edited, sanitiser jugs were emptied and filled, Emails were sent, more painting done and completed, Website redesigned, challenges had, tears shed, long tramp turned around, P.Bars removed and floor sections put down, Equipment transported outside; then inside; and outside; and Inside; and cleaned, final equipment cleaning, organising and packing away.



BIRTHDAY PARTIES ARE AWESOME AT WODEN VALLEY GYMNASTICS!!

For a fun-filled and action packed Birthday Party, you can't beat a WodenValley Gymnastics Club Birthday Party!



- The minimum age for Birthday Child is 4.
- The staff running your Birthday Party are fully qualified gymnastic coaches and all parties are supervised by a coach and an assistant
- Our parties last for two hours: one and a half hours on the gym floor with fun and structured activities, followed by 30 minutes in the party area for refreshments and birthday cake.
- Our facility is very safe for children; the entire floor area is padded with foam and there are plenty of thick crash mats and huge pits filled with foam cubes for added safety (and fun).
- Parties are self-catered, we have 2 convection microwaves, a fridge, a freezer, a kettle, and an ice machine, should you wish to prepare food. Don't forget your Birthday Cake!

PRICE: \$300 for a minimum of 10 children, \$20 a head over the minimum number. An \$80 deposit is required at time of booking.

Nominate your preferred time and date in our online booking system, and we will contact you to confirm which space you have been allocated. We supply printed Birthday Invitations, if you'd like to use them.

Parties are self-catered, we have 2 convection microwaves, a fridge, a freezer, a kettle, and an ice machine, should you wish to prepare food. Don't forget your Birthday Cake!



ACRO

What rollercoaster of a year. Acrobatic Gymnastics is a team based sport involving throwing and catching gymnasts, tumbling and dance. It was extra hard to hear we wouldn't be allowed to be in the gym together or do our ACRO skills due to the Coronavirus as our whole sport is based around partnerships and group work.

ACRO for fun class:

Before the shut down we had introduced an ACRO for fun class for all ages, abilities and genders which sadly couldn't run during the lock down. It is now back up and running and looking for more gymnasts. This class has been sorely missed by its participants and coaches so its very exciting that things are getting back to normal and it can start again. With lots of hand sanitiser for feet and hands we can even do our group skills again.

Development ACRO was working hard on their skills and drills and heading towards routines and competitions which can no longer go ahead. No time was wasted though as they did Zoom classes, outdoor sessions and one-on-ones when permitted and then finally got back in the gym when we were allowed. Development can't wait to put their skills to use in competitions next year!

National ACRO was starting routines and selecting skills for competitions and now we have extra time to prepare for next years competition season. While in lockdown national ACRO had Zoom lessons that focused on strength and conditioning, flexibility, individual skills and choreography. Nationals also did outdoors sessions and one-on-ones.

All our groups can't wait to be back in the gym! Why don't you join us? There are spaces in our ACRO for fun and Development classes everyone is welcome to give it a go, have a trial lesson and see what its all about. For more information about any of the acro classes on offer at WVGC please contact Rachel at: acro@wodenvally.net



Meet our new WAG Program Coordinator Kaity!

Kaitlin Reedy

Nickname: Kaity

Gymsports I have participated in:
Women's Artistic Gymnastics, Team Gymnastics,
Performance Gymnastics

Favourite Apparatus:
Mini-Trampoline

Favourite Gymnastics event attended:
2017 World Gym For Life Challenge because it was my first
overseas gymnastics trip and it was amazing to see how
advanced performance gymnastics is in other countries.

Background:

I have a Bachelor of Education (Early Childhood and Primary Teaching) and have taught as a primary school teacher since 2016. I have an Advanced WAG coaching accreditation and an Intermediate WAG judging accreditation. I have been coaching across WAG, GFA and KinderGym for over 10 years. In 2019/2020 I studied at Ollerup International Academy of Physical Education in Denmark, with a focus on project management, intercultural relations, Danish gymnastics history and coaching theory.

Interests outside Gymnastics:

I collect cacti and succulents! like sewing and crochet, especially making hair scrunchies! love animals and enjoy spending time with my dog and my rabbit





Return To Play in a Covid Safe Environment Plan

Introduction:

The ACT Government has announced further easing of restrictions which includes a staged return to indoor sporting activities. A 'Return to Play in a Covid Safe Environment Plan' has been developed to facilitate indoor sport. Through this plan all members of the WVGC community are made aware of their personal responsibility to comply with new requirements to ensure the safety of everyone within our Club and our wider community.

Overview:

This plan has been developed referencing ACT Government directives along with the following reference documents:

- ACT Government Return to Play in a COVID-SAFE Environment framework
- National Principles for the Resumption of Sport and Recreation Activity
- AIS Framework for Rebooting Sport in a COVID-19 Environment
- Gymnastics Australia Rebooting Gymnastics Factsheets
- General factsheets and information from the Australian Government Department of Health

This plan will remain flexible and will be adapted when restrictions are changed over the short and long term.

Conditions of Entry to Our Facility:

Entering our facility implies acceptance of these conditions. It is the responsibility of all adults involved with our Club to have read all aspects of this plan to ensure the safety of everyone.

Re-commencement of Classes:

WVGC will always constantly monitor and follow ACT Government directives regarding restrictions relating to the on-going operation of indoor sports. Changes will be made to our timetable to accommodate social distancing and maximum capacity requirements and to enable appropriate cleaning and sanitising to occur between classes. We ask for your continued support and patience. Should tighter restrictions be reintroduced, decisions about the continued operation of classes will be communicated to families as soon as possible.

What is your role?

Gymnasts – always follow all directions from WVGC staff/coaches .

Adults – know and follow the guidelines and conditions listed within this plan at all times. Ensure any children accessing our facility have read (or been spoken to about) the information in this plan.

Staff - know and follow the guidelines and conditions listed within this plan at all times.

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