

Woden Valley Gymnastics Club



A Newsletter for our wonderful club community



A NOTE FROM OUR PRESIDENT

Andrew Collins

I have no doubt that everyone is dealing with their own struggles at the moment through the current lockdown. All I can offer is a heartfelt thank you.

Thank you to all the gymnast families for supporting all their gymnasts (young and not so young) who are no doubt tearing their hair out.

Thank you to all of our Coaches, Program Coordinators and Administrators who are doing their best to remain engaged with the Club and support our gymnasts and staff through all the means that they can.

A huge thank you to Mel who has been keeping everyone engaged with the Club throughout this whole situation.

And thank you to the gymnasts. I know from personal experience that they can be struggling with motivation, enthusiasm and a variety of other emotions not just relating to gymnastics.

Happily, everyone involved with our Club knows the joy that gymnastics and physical exercise brings. Hopefully by remembering that, and keeping as active as possible, we will be seeing happy smiling gymnasts together at the gym as soon as possible. Until then, keep safe and look after each other.

Andrew Collins
president@wodenvalley.net

Contact the Committee - committee@wodenvalley.net

A NOTE FROM OUR GYMSPORTS DIRECTOR

Naomi Nye

Contingency planning is something we have become far too familiar with in the past 18 months.

When I looked up the benefits of having a contingency plan the reasons listed were:

- Continuity of work
- Reduce the risk of uncertainty
- Prevents panic
- Improves customer relations
- Allows for a focused and successful recovery

These could not be more relevant for our Club Community inclusive of everyone from administration, management, coaching staff, athletes and their families.

With the rollercoaster that is restrictions and lockdowns, we must have numerous contingency plans to allow for us to adapt to what can be sudden changes. We might not always get everything right and some tasks and communications get lost in the confusion, however I know that the team at WVGC are doing their best to provide opportunities for connection with all members.

Term 3 started with a sense of uncertainty as we witnessed the situation in Sydney worsen. It was inevitable that we would face lockdown and amazing we enjoyed the freedoms we did for so long. We were able to provide our full range of services for a long time with little impact.

Since our last newsletter, the foyer renovation was complete, events were held, competitions attended, medals awarded, hundreds of school students accessed gymnastics classes, regular classes were run, birthday parties celebrated, courses and workshops provided. The gym was in constant use 7 days a week between 12 and 16 hours a day. The Club is a place that has a constant energy and thrives on the people who are a part of it.

Then it all came to a grinding halt. Since lockdown, I have had the privilege of being able to access the Club to run my regular ZOOM training session or do a maintenance check. When in the Club, I feel a sense of being home with the most important factor missing: our WVGC Family. Hence the importance of contingency plans. Know that we have every contingency planned for and as soon as we can have you back with our coaching team doing what you love we will make it happen. In the meantime, stay connected through our online classes, competitions, social media posts and activities. We are together apart.

naomi@wodenvalley.net

A NOTE FROM OUR GENERAL MANAGER

Matt Knox

I hope you are all well and endured the challenges the past 5 weeks of lockdown have presented.

No doubt the next 4 weeks will present obstacles for all of us, finger crossed we continue to get warm sunny days to spend our 2 hours outdoors with family or a small group of friends in line with the current restrictions. We are hopeful that the ACT Government will provide direction over the coming weeks on the path forward. We know the return will be gradual and as soon as these are announced we will communicate our return to face-to-face training plans.

I would like to thank our great staff that have been providing zoom sessions for our gymnastics community during lockdown. Whilst this is great to maintain connection and a level of strength, everyone is looking forward to returning to face-to-face training.

Take care and best wishes over the coming months.

matt@wodenvalley.net

WAG

Term 3 has been another busy Term in the WAG Program. At the beginning of the Term the Level 3-7 gymnasts participated in their ACT State Titles Competition where they demonstrated the improvements they have made throughout the competition series and represented the club with pride. WVGC had podium finishes in all levels we had entered teams. The Level 3 team finished 3rd Overall, the Level 4 team finished 2nd Overall, the Level 5 team finished 1st Overall and the Level 6 team finished 2nd Overall. We had many gymnasts across these levels who placed in the top six overall in their level as well as two gymnasts Laura (level 6) and Chantel (level 7) who qualified for the 2021 ACT Teams. Well done to all the level 3-7 gymnasts on the ACT Competition Season and a big thank you to all the coaches and judges who support the gymnasts at these events.

Level 4 Junior Chelsea 4th overall, Amber 5th overall

Level 4 Senior Khloee 2nd overall, Sienna 3rd overall

Level 5 Erin H 2nd Overall, Serena 3rd overall, Ella 4th overall, Libby 6th overall

Level 6 Junior Lina 3rd overall, Rosie 5th overall

Level 6 Senior Laura 1st overall

Level 7 Junior Chantel 1st overall

The Level 1 and 2 gymnasts attended their very first invitational event at Canberra City Gymnastics Club this term. The gymnasts had a great time at this event and represented the club with pride. It was excellent to see all their hard work on the competition floor, they did so well to remember the routines they have been working on in class! The gymnasts were disappointed that the Covid lockdown meant they had to miss the WVGC and SCGC invitionals, however we are hopeful that these events will be able to be rescheduled to later in the year.

The gymnasts and coaches in the WAG program have been keeping busy during the Covid lockdown, getting together on zoom to catch up and stay involved in gymnastics. Even though we have not been able to train together at the club this has not stopped us from getting together to keep up our training over zoom. A big thank you to the many coaches who have been volunteering their time to work with a range of gymnasts over zoom this lockdown. It has been great to see many of our squads come together to training over zoom and for our gymnasts to get the opportunity to work with a range of different coaches during this time.

Many of the WAG gymnasts have also take the opportunity to engage with fantastic online meet and greets and master classes while at home and the WAG coaches have taken up excellent online learning opportunities during this time away from the gym as well.

Squad change over invitations have now been sent out to all new and existing WAG families inviting the gymnasts to their new training squads for next season. The coaching team is looking forward to next season and are hopeful that we will all be back together training at the club soon.

Kaity Reedy

WAG Program Coordinator

wag@wodenvalley.net





ACRO

A big thank you to everyone for staying connected with WVGC during this whole term, even if it is in lockdown. Woden Valley Gymnastics Club is so lucky to have such a positive, generous, and supportive community. It has been especially lovely to see so many ACRO athletes connecting on Zoom.

Towards the beginning of the Term, the ACRO Program had their first competition of the year with all the competitors showing beautiful routines. Fingers crossed our gymnasts get the opportunity to perform again before the year is out.

The National and Development ACRO athletes focus this term has been their competition routines and working progressions for higher level skills. This has changed drastically since the lockdown as the main part of their routines and progressions is partner work. Over Zoom we have been working on dance, strength, flexibility, shaping, body tension and balances. There is always time for games too, of course!

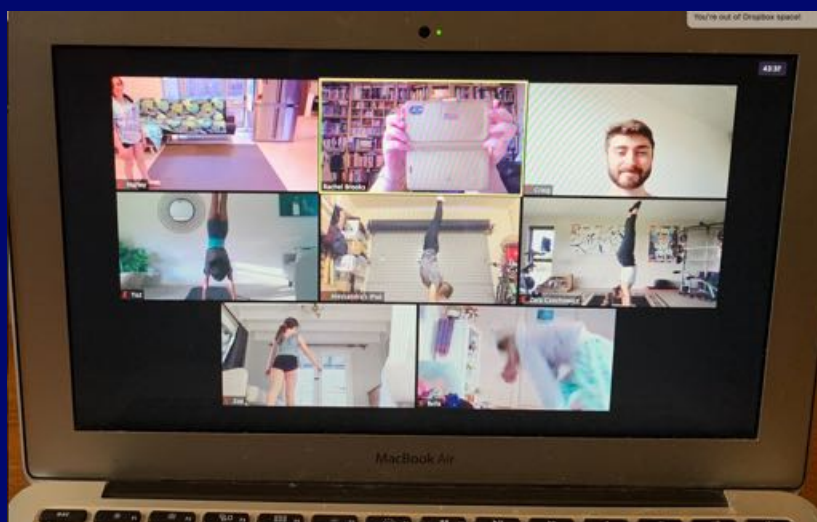
Even with the lockdown the gym has not stopped working behind the scenes, the biggest job being sending out invitations for the 2022 competition season. It has been comforting to have some consistency in these crazy times, by focusing on the Term 3/4 changeover time! When the gym is open again we will have three ACRO for Fun classes and three Nationals classes which is a great step forward to growing the ACRO Program.

Due to lots of our gymnasts moving out of Acro for Fun to Development the Acrobatics Program is looking forward to holding another Acro Come and Try Day when we are able to.

Rachel Brooks

ACRO Program Coordinator

acro@wodenvalley.net



ACRO



KINDERGYM

Kindergym had an exciting beginning to Term 3.

Our skill focus was "board entry". Board Entry is a coordination, timing, and rhythm activity, which involves the transfer of weight and energy from one leg, to two. This skill is fundamental and is used throughout the different Gymsports.

We introduced this skill within each theme. Our first fortnight's theme being "DINOSAURS!"

Children worked together to build their own "Gymnastic-asauras's, using fine motor skills to handle the felt "dinosaur bones".

"OLYMPIC SPORTS" was our next theme and this coincided with the Tokyo 2020 Olympics Games.

Children touched on some basic ball skills, then worked to do this in-time with the music.

We then moved onto "SCIENCE AND TECHNOLOGY". As a group, we blasted off into space, using our bodies as a rocket ship!

Sadly, The ACT lockdown came into effect shortly after this. This did not stop Kindergym or it's enthusiastic participants, so we began at-home zoom sessions!

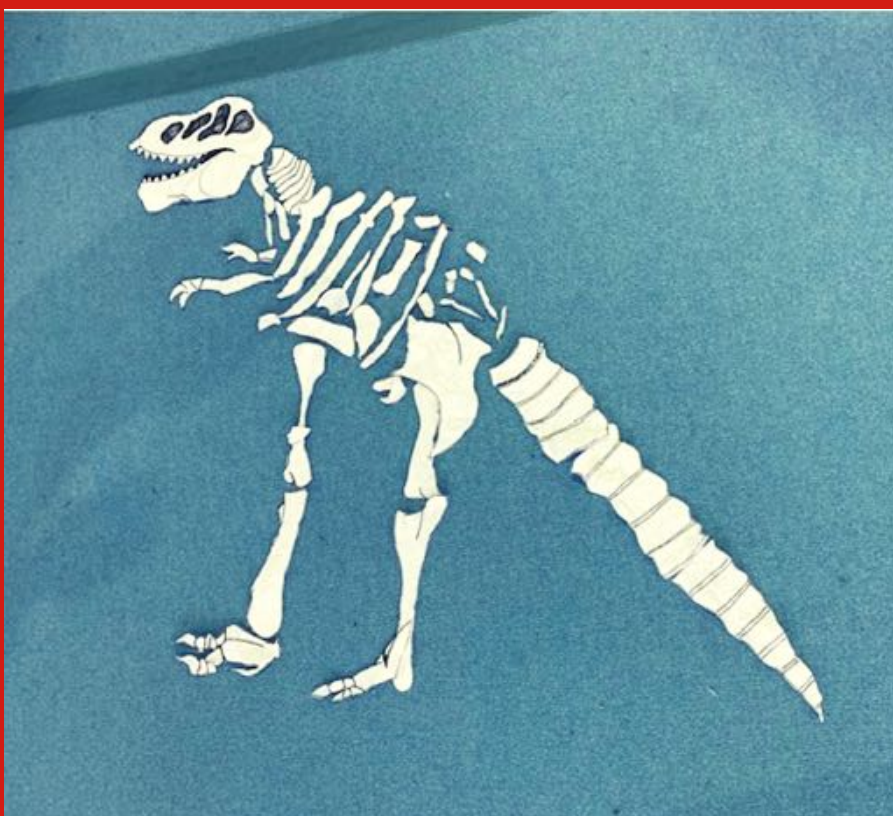
Zoom sessions begun with "BOOKS" as our theme. Our lovely Kindergym Coaches shared their favourite childhood books, and incorporated body movements into each story.

As lockdown extended, we became "SUPERHEROS AT HOME". Children and coaches dressed up as their favourite superhero. We played a game with many different superheroes, and used our heros (or toys) to do gymnastics with.

A big thank you to all the grown-ups who logged on for zoom sessions, and made it possible to connect with the KG gymnasts. It has been such a joy for our coaches to see gymnastics continuing at home.

We are looking forward to continuing gymnastics with you, in whatever capacity possible.

Kiara Andrew
Kindergym Program Coordinator
kinder@wodenvalley.net



KINDERGYM



MAG

This has been a rollercoaster Term for the MAG Program.

The National Clubs Competition on Gold Coast was cancelled for the second year in a row with great disappointment to some of our MAG Gymnasts.

WVGC hosted a Level 1 and 2 Invitational Competition this term. This competition was the first ever competition for many of the gymnasts. All of the gymnasts performed well and had fun. We would like to thank all the coaches, judges and officials who helped at the event - we couldn't do it without your help. Thank you.

Our level Level 1 and 2 gymnasts then had their second invitational competition at Canberra City Gymnastics Club. Our gymnast showed improvements in their routines and performed really well at their first experience at another gym.

Our Club should have been hosting the MAG Level 3-5 State Championships on 12th September which was likely won't be able to be run this year.

Since lockdown we have been running Zoom sessions to keep connected with our gymnasts. We have been encouraged by our gymnasts continuing to work hard at home.

Louise Love
MAGProgram Coordinator
mag@wodenvalley.net



GfA

GfA Levels

What a rollercoaster of a Term!

We started off with a lot of lovely new faces, but we also welcomed back our familiar faces!
We hit 700 Enrolments in week 3! WOW!

In week 5 we slid into Lockdown 2021 and enjoyed some intense zoom sessions.

Zoom...

- Many HIIT Sessions
- Stretching
- Dancing
- Practicing skills
- Learning new skills
- Learning gymnastics terminology
- More dancing
- Scavenger hunts
- Crazy outfit ideas
- Strength
- Cardio
- And of course, MORE DANCING!!!

I hope to see you all back in the gym very soon! ☺ Keep Calm and Practice safely!

Holiday Program

We had an amazing holiday program in July! We saw over 700 individual enrolments in our activities.

Rosie Iglewski
GfA Program Coordinator
rosie@wodenvalley.net



GfA OPEN LEVELS

Senior Open Levels attended their first competition in 2 years and exceeded expectations!

Open Pink had most of their gymnasts experience their first ever competition!

Open Purple Made a huge impact with their floor choreography

A big shout out to our Level 10 Team Placing all in the top 6!

All Levels took out podium finishes which is an outstanding effort.

We cannot forget to thank our wonderful Senior Open Levels Coaches!

Well done to you all for a fabulous outcome for the ACT State Comp #1 2021!

