

Woden Valley Gymnastics Club



A Newsletter for our wonderful club community



A NOTE FROM OUR PRESIDENT

Andrew Collins

Welcome to another calendar year! What a difference a few weeks makes with the transition from doing everything we can to minimise any COVID cases to living with it throughout the community. I sincerely hope that all our extended WVGC community are managing through this time as well as possible. I know that the staff at WVGC are doing their upmost to ensure the gym is as safe as possible.

My hope is that 2022 is the year we can begin to have an event schedule free from interruption, so ALL of our gymnasts have the opportunity to show off the skills they have been working on for the past 2 years.

The Committee has continued to work on the Club's expansion. The Government Agency who are the land custodians of the Tennis Courts next to the gym are open to changing the Land Use for us to build a second gymnasium, however they would like us to show genuine Community appetite for the change. To demonstrate this, we will soon be publishing a survey to the public, along with supporting information, so look out for that in the coming weeks.

The Club AGM is coming up in May. If you are at all interested in helping out the Committee and the Club, or are after some professional board experience then it's a great way to give back to the Club and we'd love to hear from you.

Andrew Collins
president@wodenvalley.net

Contact the Committee - committee@wodenvalley.net

A NOTE FROM OUR GYMSPORTS DIRECTOR

Naomi Nye

Connecting with our community was the focus for the last few months of 2021. Our WVGC Coaches and Management worked hard to provide a variety of options during lockdown periods for participation and inclusion and transitioned all members back to face-to-face training options as restrictions eased. It was great to see 2021 culminate in a gym full of active and excited gymnasts all working towards their own individual goals and those who excelled were recognised at the end of year Award event.

It can't be denied that the weariness of COVID restrictions loomed over the staff at WVGC during the last lockdown and as it ended, we were struggling ourselves to create new ways to remain motivated and connected with our community. Gymnastics is a sport where face-to-face coaching is a key element, making the restrictions imposed by ZOOM sessions so much harder for your coaching team. I was impressed at the way the WVGC team continued to provide opportunities for learning and connection despite all the challenges faced, and we greatly appreciated the number of families who continued to log in and join us in the sessions offered.

The huge enthusiasm and eagerness of members to return to face-to-face training was evident in the number of athletes and coaches who joined our outdoor sessions and then who came back to classes in the club once we were able. The importance that WVGC plays in the community as not only a sporting club, but a place of belonging was cemented during this time.

We hosted an end of year award event where Athletes, Coaches and Volunteers were recognised for their achievements and contributions throughout 2021. Please see more information on awardees within this newsletter.

A sense of optimism for 2022 has been ongoing since a return to full training. New skills and goals have been the focus of all, and the anticipation of a return to events and competition has been a great motivator. Although we know that challenges will still be faced as we navigate the minefield that is a pandemic, we know that WVGC will continue to provide a safe, supportive, inclusive and nurturing environment, where we build strong, resilient and adaptable people of any age to be valuable members of our community.

naomi@wodenvalley.net

A NOTE FROM OUR GENERAL MANAGER

Matt Knox

Reflecting on another challenging year navigating our way through a lengthy lockdown and the hurdles our club faced in the gradual return to indoor training and managing covid in the community, it gives me a great sense of pride for the fantastic work our coaching staff and management team undertook to ensure we remained engaged and delivering excellent sessions to our gymnasts whether it was via Zoom, outdoor sessions or back in the club.

I would like to thank our coaching team for their flexible and adaptive approach to delivering sessions throughout the last couple of months of 2021 all whilst having to wear masks in the club during the summer months.

2022 won't be without its challenges as we learn to live with COVID-19 in the community, WVGC will continue to provide a safe environment for our gymnasts and families by continuing our thorough cleaning processes.

I look forward to seeing our competitive gymnasts get the opportunity to compete throughout 2022 and I'm excited to see our CfA and Kindergym Programs kick off for Term 1.

As always, I would like to thank our WVGC community for your ongoing support for our club community and staff.

matt@wodenvalley

EDUCATION AND COMPLIANCE

What a topsy-turvy 2021 Educational Calendar we had! Despite the challenges, the enthusiasm of coaches to learn and improve their coaching methods was inspiring!

The 2021 Gymnastics ACT Coach congress, organised by Naomi Nye, placed WVGC on the National stage. It also provided opportunity for four of our coaches, Naomi, Rosie, Kaity and Abiah, to share their wealth of knowledge by presenting online workshops to attendees from all over Australia.

Despite many accreditation courses being cancelled throughout the year, and motivation tested, we still saw eight coaches begin their accreditation journey with the Beginner course. Five coaches (Sophie, May, Zoe F, Alyssa and Alisa) completed WAG Intermediate and Mia, Alyse and Emi completed ACRO Intermediate, showing incredible dedication by travelling interstate to achieve this. Jeremy and Clare started their Advanced accreditation journey by completing their MOD 1, the first step to becoming an Advanced coach, allowing the independent coaching of somersaults and handsprings. Finally, 6 coaches completed their Advanced WAG accreditation, a commitment over a minimum of 6 months that involves many assessments and hours of online learning and spotting practise, culminating in Presenting skills at a face-to-face course. Congratulations Jaclyn, Bella, Abiah, Jerushah, Nick and Minski!

The Club has also identified a need to improve our judging presence at competitions. Tatiana, Alyssa, Emi and Alice answered the call and dedicated a full weekend to becoming Intermediate WAG judges, for the benefit of the gymnasts and the sport. A number of our judges are currently attending 'judges school' in their own time, a GNSW initiative providing judging practice and updating. Congratulations also to Kaitlin Reedy, our WAG Coordinator, for completing the WAG Advanced Judges accreditation, a commitment not for the faint hearted! Her dedication to improving the judging presence at competition, by supporting all of our new judges through workshops and information is much appreciated.

Beyond the GA coach/judge accreditation program, our coaches continue to demonstrate a passion for learning and commitment to the Club. Jaclyn, Abiah and Jeremy, became GA accredited Supervisors, providing an important mentoring role to our junior and intermediate coaches. Nine of our coaches also attended the Gymnastics Queensland online conference for Advanced coaches.

GfA, incorporating TeamGym, Performance and FreeG, continues to develop within the Club, and with that, our educational commitment. Craig, Emi, Jeremy, Abiah and Jerushah travelled to Sydney to attend the Intermediate/Advanced Coach Team Gym Course, with Jeremy, also attending the FreeG Intermediate and Advanced Zoom workshop presented by WA Gymnastics.

Coach presence at our internal educational workshops, is humbling. Our coaches continue to demonstrate their passion beyond teaching skills, extending their desire to learn about how to engage with the individual athlete, both from both a skills and personal perspective. Our workshops focused on spotting (physically supporting) both basic and advanced skills, updates in concussion recognition and management, learning new drills, and warm up games and methods to incorporate progression and regression activities to cater for the range of abilities within groups. New research in flexibility methods were also presented. This is of particular importance as traditional methods have been found to not only be ineffective, but also disrespect the safety of the gymnast.



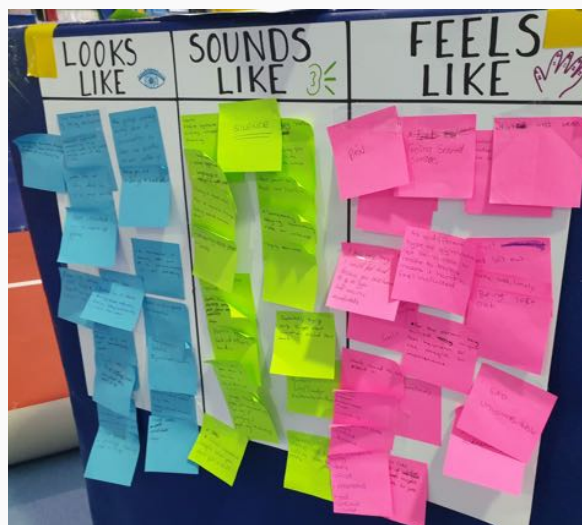
EDUCATION AND COMPLIANCE

The Club was also honored to host external presenters. Brian Duval, from Athletics ACT presented information on running technique, and developing strength and power (twice due to popular demand!). Rhiannon Kocmar, Swim Australia's Presenter of the Year 2020, joined us for what I would describe as one of the highlights of our educational workshops, as we explored athlete wellbeing, through two panels of athletes, parents, coaches and experts. Coaches were provided with insight into working with gymnasts with developmental differences, such as autism, ADHD and sensory challenges, so that we can provide a valuable, inclusive, safe environment within our programs, with greater understanding and respect for their individual needs.

Our Club is committed to ensuring Mental Health support for both our staff and gymnasts. The majority of our Senior Staff recently completed the Mental Health First Aid course, as well as a number of our dedicated coaches. We now have 22% of our workforce qualified in Mental Health First Aid. Following the Youth Mental Health First Aid Course in Feb/March, over 30% of our staff will be Mental Health First Aid qualified. We are now working towards becoming recognised within the National Skilled Workplace Program.

Continuing with our dedication to providing a mentally healthy safe environment, Kaity and Naomi hosted a Bullying workshop for staff, gymnasts and parents, and our staff explored activities designed to support mental health – think ice-baths and Muay Thai! Gymnast safety is always a Club priority and our staff with First Aid qualifications well exceed GA expectations. Following the First Aid course in February, 66% of our staff will be First Aid qualified! This ensures there are always multiple people in the gym who can provide First Aid if necessary. The Club also purchased a defibrillator, so access is now on the premises (as opposed to next door). I feel absolutely honored to work with and support such a strong team of coaches. They are dedicated to improving their own learning and mentor others to achieve their goals. They support their gymnasts to face challenges, as individuals, and to have access to the best learning environment they can create. In this way, our gymnasts gain skills and confidence to excel in all parts of life.

Katrina Broughman
Education and Compliance Manager
education@wodenvally.net



2021 Award Recipients



2021 Club Person of the Year, Mel Willis.

Nominations below:

"Mel worked really hard over lock down keeping everyone engaged and organised some really awesome masterclasses and interviews for gymnasts and coaches with high profile gymnasts and presenters. She has great ideas and designed some amazing new training leotards for the WAG program."

"Given Mel's energy and persistence in keeping the WVGC running behind the scenes during the pandemic of 2021, her nomination is obvious. Her dedication was critical to a very smooth transition back to normality - it was marvellous to see."

"I would like to vote for Mel as the voice of the club during lockdown. Mel always kept us informed about what the plans were (sometimes almost daily when things were changing very quickly) and responded to any queries promptly and politely. All of the zoom registrations, outdoor class registrations and then returning to regular scheduling was such a huge task but it was done so well. Given this herculean effort, I'd like to nominate Mel."

"Mel works so hard for positive atmosphere within the gym and works so hard to promote the gym."

"It is so refreshing to meet people that love what they do and thrive doing what they do. The positive, inclusive, inventive culture she strives to create from the grass roots up is outstanding and should be recognised and celebrated. I have been involved in the sport for over 40 years and so proud to recommend this club as the best club in Canberra for anyone that has asked me 'Where is the best place for child to do gymnastics?' Congratulations - the club is very lucky to have people like you."

"Mel was fantastic at communication pre and post COVID. Can do attitude and lovely person to deal with. Go Mel!"

Overall coach of the year - Alyssa Williams.



A harder worker we cannot find. Alyssa is a coach who is respectful of all. Her commitment to her role as a coach is evident in her reliability, work attitude, dedication to learning and the relationships she develops with her athletes and colleagues. Alyssa is to be commended for the support she provided her colleagues throughout the challenges of 2021, through volunteering, assisting with administration when needed and going above and beyond."

ACRO Coach of the Year, Rachel Brooks

"Rachel has worked tirelessly throughout 2021 to provide the athletes and coaches in the ACRO program with positive and rewarding experiences. With an engaging and respectful coaching style, Rachel connects with everyone. Rachel shares her knowledge and skills with all in the coaching team and is passionate about the sport. Rachel is a great ambassador for ACRO and the Club."



GfA Coach of the Year, Sophie Montefiore Gardner

"“Bringing a quiet and unassuming approach to her coaching, Sophie has proven herself reliable, consistent and a team player. Sophie readily takes on feedback, attends workshops and education courses, seeking to improve her skills and knowledge. With a fair, calm and considered approach to coaching, she develops a rapport with her athletes and ensures they feel safe and progress. Sophie makes herself available to assist when needed and is a valued member of the coaching team.”"



MAG Coach of the Year, Emma Phillips

"Emma is dedicated to always learning more and doing more for her athletes through attending workshops, obtaining judging accreditations, and seeking knowledge from her mentor coaches and peers. Emma is a respectful, reliable and hard-working coach. Her gentle and caring approach is evident always, regardless of the energy and challenges presented by gymnasts."



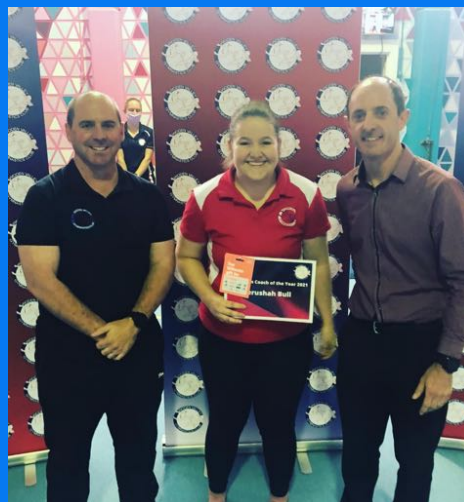
WAG Coach of the Year Rachel Moseley

"Rachel has worked with multiple squads and coaches this year and has demonstrated that she is dedicated to supporting the WAG gymnasts to improve and develop strong foundations, to support them as they progress through the ALP levels. Rachel constantly stepped up throughout the year and was a reliable and respectful coaching partner. Rachel's athletes have stated that she is a gentle and caring coach, and they look forward to her coaching them."




Inclusions Coach of the Year Jerushah Bull:

With an energy and enthusiasm that is hard to match, JJ is a whirlwind of encouragement when coaching her athletes. By always thinking creatively JJ applies appropriate challenges for her athletes that allow them to succeed, grow in confidence and feel valued in the club environment. JJ is always seeking knowledge to improve her coaching techniques and skills which is evident in the achievements of her athletes.



Kindergym Coach of the Year: Sara Moseley:

"Adjectives used by families and peers who nominated Sara were: patient, kind, fun, friendly, caring, enthusiastic, engaging, genuine and respectful. All of which are aspirational qualities for our coaching team. Sara is a respectful and reliable team member who is always willing to learn and take on feedback to improve her coaching. "



GYMBODY
STRENGTH · BALANCE · FLEXIBILITY

**Strength,
balance +
flexibility
for adults
@ home**

Join coach Monique Allen, Olympic gymnast
online in your own home for 30 minutes of fun,
manageable gymnastic inspired strength, balance
+ flexibility classes. All fitness levels welcome.

Location Term 1 2022 via Zoom in your own home
Time 11.00am–11.30am
Date Term 1 | Saturday 5th Feb – 9th Saturday 9 April 2022
Cost \$100 for 10 sessions
Contact Monique at support@gymbody.com.au

2021 Athlete Awards

WAG Junior Athlete 2021: Ayla

"Ayla comes to every class with a positive attitude. Ayla keenly listens to and applies feedback from coaches. She represented WVGC with pride at the Level 1-2 invitational held at CCGC and her banded results on each apparatus reflected the hard work she does in all trainings."

WAG Intermediate Athlete 2021: Stella

"Stella is a committed, positive and helpful member of her training squad. She never hesitates to help coaches set up and pack up equipment, with an enthusiastic attitude. At competition, Stella's team spirit shone through as she was clearly heard cheering for all the WVGC girls, even if they were not in her squad. Stella has an exceptional training commitment and attitude, always being positive and working hard, she is a friend to all her squad mates and always respectful to coaches, she always listens to any tips coaches have to make her a better gymnast. Stella is an embodiment of what a WVGC WAG gymnasts should be!

WAG Senior Athlete 2021: Claire

"Claire always demonstrates a positive attitude and strong work ethic. Her hard work and determination were reflected in her selection to represent the ACT at the Australian Championships. Despite injury Claire represented the ACT and the Club with pride. She did not let an injury stop her, she came back just as determined and hardworking upon her return to training. Claire sets a great example for the younger gymnasts and is always a friendly face in the gym who is always respectful of coaches and other gymnasts."



MAG Junior Athlete 2021: Dimitri

"Dimitri has a great training attitude and focusses on completing his drills and skills to high standard. Dimitri is determined, if he doesn't succeed on the first attempt he will listen to his coaches feedback and try again until he succeeds. He is respectful of his fellow gymnasts and coaches which makes him a pleasure to coach."

MAG Intermediate Athlete 2021: Lachlan

"Lachlan has a very positive and dedicated training attitude. Lachlan demonstrates that he understands the value of perseverance and hard work by completing all his training tasks in a timely manner and not taking short cuts, this is reflected in his competition results. Lachlan doesn't complain, he just gets on with the task at hand. Lachlan is a considerate and polite gymnast."

MAG Senior Athlete 2021: Harry

"Harry is a gymnast committed to working hard and achieving his personal goals. Harry comes to training with a can-do attitude and approaches every task in focussed and determined way. His persistence and hard work were rewarded when he was selected to represent the ACT at Australian Championships, culminating in a podium finish. He is seen as a gymnast who leads by example and whom younger gymnasts can be inspired by to reach their own goals."

GfA Senior Open Levels Athlete 2021: Anna

"Anna is very dedicated to her training and always strives to do her best. Anna always has a positive attitude, is willing to help with set and pack up, and constantly supports her peers. Anna is always respectful towards her coaches and will ask for help if further clarification is needed. Anna's gymnastics has continued to improve throughout the year, which was rewarded when Anna received the first overall award for level 4 at competition. Anna is a delight to coach."

GfA Junior Open Levels Athlete 2021: Chloe

"Chloe always try's her best to understand and implement corrections, and respects coaches and peers. Chloe always helps out when she can and is a great role model for her younger teammates. Chloe attends training and puts in 110% effort each training, even on those not so easy or fun skills."



GfA Inclusions Athlete 2021: Christine

"Christine brings a positive attitude to every single TeamGym training. She tries her best every training and listens to feedback to improve her skills. Christine brings a bright and bubbly energy to all classes and is welcoming, supportive and respectful of all coaches and gymnasts she trains with."

ACRO Junior Athlete 2021: Nina

"Nina has been positive, friendly, and tried her best throughout the year. She has shown great resilience in the face of numerous challenges.

Nina has trained very hard this year and has come a long way in her own development, in her artistry and her skills. She had a group member leave halfway through competition season and had to relearn her competition routine again, not long before her first ever competition. She put in a lot of hard work, coming in for an extra training and putting time outside of training to learn it. Her dedication and work ethic are admirable. She is polite and respectful to coaches and peers and looks out for the younger athletes in the group."

ACRO Senior Athlete 2021: Alessandra

"Alessandra deserves this award for her continual commitment to training throughout the year. This was evident especially during the lockdown where she very rarely missed a zoom class. Alessandra is respectful and kind to her peers and coaches and is determined and hard working in every session. She consistently worked over the year in all aspects of training including progressing with her tumbling, perfecting partnerships skills, and motivation for strength training."



ACRO

Term 4 is always a busy time of year but this year especially has been hectic. The ACRO Program has crammed in as much as possible into the term both during lockdown as our training continued on Zoom and as we returned to training in the gym. ACRO held another successful Come and Try Day, our Acro end of year fun day at the gym and performed at the WVGC end of year event.

The Term 4 ACRO Come and Try Day was our most popular yet with the event having to close enrolments at 50 participants. ACRO looks forward to hosting more Come and try days this year. We strive to have one in week two of every term.

A highlight of the year for the National and Development athletes was the WVGC Display and Awards Day. Both classes had the opportunity to show one group routine combining Acro skills, dance and tumbling in their beautiful competition leotards.

ACRO finished off the year with a fun day, it was a wonderful, relaxing celebration of getting through a tough year. Acro gymnasts from all WVGC classes were invited to come together and play a series of games all based on fun and team work.

Our program goals for 2022 is continue to grow our ACRO athlete numbers in all classes, host an in club competition and compete in NSW at trial and State events and attend National clubs.

Outdoors Training



Display and Awards Day



ACRO Fun Day



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**Together, apart in lockdown
Book Week 2021.**

Groove and Move:

A more enthusiastic group of athletes you will not find! The Groove and Move over 50's training groups had the highest percentage of attendance across ZOOM sessions, outdoor and return to training. It seems life starts when you are over 50.

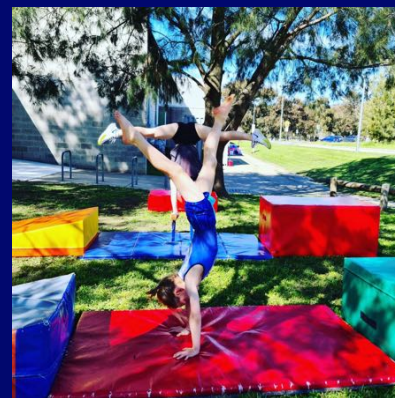
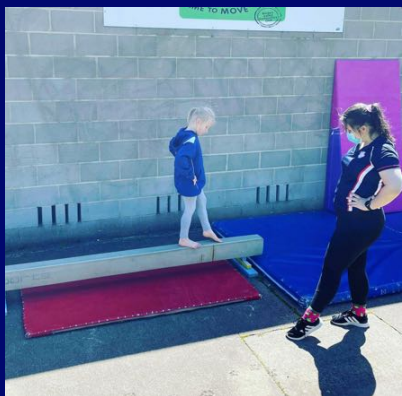
The challenges of returning to training after a long break were experienced by all. Patience and time were the key to regaining confidence, strength and fitness and by the end of the term skills were being mastered and new ones gained.

Our Groove and Move Performance Team were happy to be included in the end of year Award event, as it provided an opportunity to perform their skills in front of a crowd and revel in the applause. Great fun was had by all.



Back to training outdoors!

Before we were permitted to train inside, we had to get creative and take our equipment outside to train and connect with our gymnasts in person. October also brought us a lot of rain which lead to some classes being cancelled.



TEAMGYM & PERFORMANCE:

The biggest challenge for our TeamGym and Performance teams is maintaining motivation when there are no opportunities to compete and perform.

As being part of a team is one of the draw cards for both TeamGym and Performance, training with friends and having fun together is key to participation. The return to face-to-face classes was the impetus needed to get the ball rolling again. Being able to perform at the end of year Award Event was also a great opportunity that our athletes had not had throughout the year to display their talents. They enjoyed the opportunity to come together and showcase their talents.

Our athletes' goals for 2022 are to train for competition and performance opportunities locally and interstate. National Clubs on the Gold Coast is the main goal for 2022.

We are also excited that training for Gymnaestrada Amsterdam in 2023 will be commencing. There is nothing more motivating than being a part of the biggest FIG event with over 20 000 likeminded athletes from around the world. If you are interested in joining the team, please contact Naomi, naomi@wodenvally.net



MAG

Last term was off to a slow start and unfortunately the 2021 MAG State Championships were cancelled, which was disappointing to all involved but was unavoidable due to lockdown. We started Term 3 running Zoom sessions. The gymnasts persevered and worked hard through the Zoom sessions during this challenging time. We transitioned into outdoor sessions with a 2 gymnasts to 1 coach ratio. Then we moved onto outdoor group sessions and finally were allowed back inside to resume training.

Over the last term our MAG gymnasts have been preparing new skills for the 2022 competition season with our senior gymnasts starting competitions in March. We have welcomed a new group of Level 1 gymnasts who have been working hard to transition to 2 sessions per a week. We have also welcomed a new group of Development gymnasts who are at the start of their MAG journey, progressing from our Kindergym program.

We incorporated a little display into our Awards Day and MAG gymnasts did an amazing job in demonstrating the progression of a circle on pommel, from the basic support shapes to showing circles on mushrooms. Our gymnasts then went on to demonstrate how a handstand is progressed from a bunny hop, to handstand on various apparatus.

At the end of Term 3, 2021 two of our Level 10 gymnasts decided to retire from gymnastics, both gymnast represented the ACT a number of times at Australian Championships. We would like to wish David and Jeremy all the best for the future.

Louise Love
MAG Program Coordinator
mag@wodenvalley.net



Kindergym

What a wonderful year full of shared challenges, growth and joy within our Kindergym Community. Term 4 included lockdown, outdoor sessions, and the gradual return into our freshly renovated facilities. We began this term outside, working as a team each morning to transport equipment across the road and onto the grass! Kindergym coaches approached this new change with ease, and continued to create exciting, engaging activities to be completed. Many new discoveries were made by gymnasts in the outdoor conditions; the strong winds that sent leaves falling from the trees, the birds and all their different noises from surrounding trees, the feel of the spikey grass on skin, and the joy of gymnastics out in the sunshine!

Once restrictions eased, Kindergym excitedly returned indoors, and was able to reintroduce themes! This term, we enjoyed two wonderful themes, which related to current events; "Around the World", as international travel reopened and "Extra Xmas", as we entered the later weeks of December. Our Kindergym coaches engaged wholeheartedly in the Christmas spirit and hid a large "Elf of the Shelf" in unique hiding places within the gym each day! Gymnasts of all ages took joy in discovering where the Elf was hiding, or if the Elf had moved since their last lesson.

Our skill focus for the term was development of Cartwheel skills; although many of our gymnasts may not yet be able to achieve a full Cartwheel, Kinder gymnasts worked to develop this skill in two ways; Physical skills such as Bunny Tucks, Spiderman Handstands and Rockstars & Neuronastic (brain skills) such as Midline Crossing and Spatial Awareness.

Lastly, WVGC and the Kinder Coaches would like to send a big congratulations to the many young gymnasts that completed their time within the Kindergym Program this year!

We are grateful for all the wonderful families, who have joined, or completed their KG journeys with us in this time. We look forwards to what 2022 may bring.

Kiara Andrew
Kindergym Program Coordinator
kinder@wodenvalley.net



WAG

What a busy end to 2021 and start to 2022 it has been for the WAG program! The end of the year saw the WAG gymnasts invited into new training groups for the 2022 season, and many new families invited to join the WAG Program, however this looked quite different to past years as we began the season with zoom training before moving into outdoor sessions once restrictions allowed.

While not the same as face to face classes, zoom was a great opportunity for the gymnasts to interact with other gymnasts outside their usual training squads. It also gave them an opportunity to engage with a range of different coaches from the program. Outdoor classes then allowed for the gymnasts to continue to engage with their coaches and work on their skills with some access to equipment while we waited to get back into the gym.

Once we were back training inside it was great to see the gymnasts finally have the opportunity to engage with their new teammate and coaches in person all together and get back on track with the gymnastics. Lots of work went into drills and basics to support the gymnasts' progression leading into the 2022 season.

WAG Gymnasts First Days Inside the Gym After Lockdown



WAG

November saw the first implementation of the Gymnastics Australia WAG National Physical Testing Program where the gymnasts participated in strength and flexibility assessments at the club. A team of coaches worked together to support the gymnasts through each of the tasks and at the completion of the assessment gymnasts were given feedback on their progress compared with their expected target based on their current training level. We look forward to seeing the improvements the gymnasts have made when we implement the follow up assessment later this year.

WAG National Physical Testing Day



WAG

The end of the year brought the WVGC End of Year Display and Awards Day. While we were unable to have all the gymnasts participate in this event, it was great to have the gymnasts who were selected for ACT Teams in 2021 come and share their floor routines with the community. We also had the chance for some of our junior WAG gymnasts to come and share the choreography work they had been doing with the GA End of Year Display Dance. It was also great to see the new WAG Training leotards on the floor at the showcase for the first time!

The beginning of 2022 has been a busy one for the WAG program, with the gymnasts back in the club and training in preparation for their upcoming competitions. It has been great to see all their hard work coming together. The Level 8-10 gymnasts will be the first ones to represent WVGC from the WAG program this year, with their ACT Competition season beginning on the 6th of March. We look forward to seeing all their hard work presented on the competition floor and wish the gymnasts the best of luck for these competitions which will act as qualifying events for the Australian Championships to be held later this year.

Kaity Reedy
WAG Program Coordinator
wag@wodenvalley.net

WAG at the Display and Awards Day

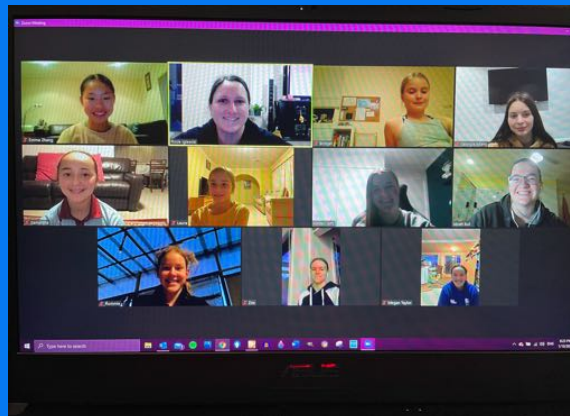


GfA LEVELS

A big warm welcome to all new and returning gymnasts and families!

There is not too much to share from GfA Levels as Term 4 as we started almost mid way through the term from lockdown and with everyone slowly starting attending classes.

Here are some photos from Lock down 2021.

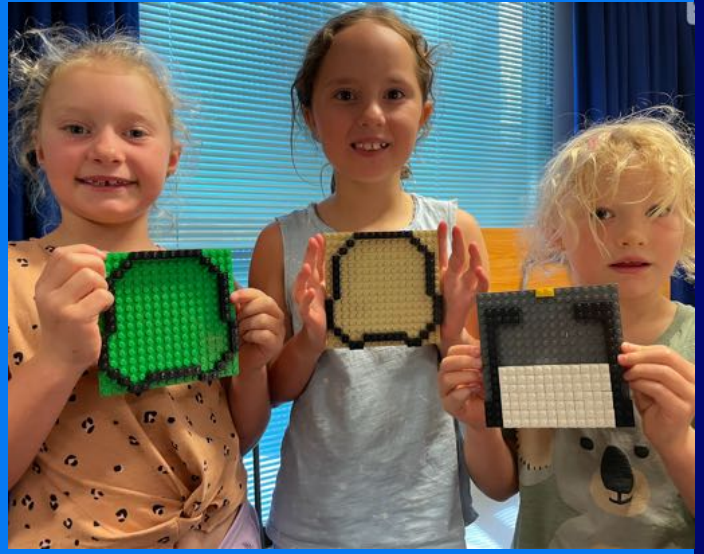


GfA End of Year Event



Holiday Program

We had a lot of new faces these holidays! Checkout what our attendees got up to over the Summer.



Open Levels

Our Open Levels has become a great program to showcase athletes who are wanting to compete with limited training hours. We have welcomed over 50 new athletes into the program in Term 4 from our first Open Levels Trials. These athletes are all showing that hard work and dedication doesn't go unnoticed! Open Levels Trials will be held during October holidays of each year for the next seasons intake.

2023 Season Open Trials: October 2nd 2022.

Open Levels Try Out Day 2021:



GfA Return to Training from Lockdown



GfA Dates for Your Diary:

Fundraiser #1: 19th March
GFA Event: 9th & 10th April

What is the GFA Event?

It is an event that you child can attend to showcase their skills they are learning in class. Medals will be awarded to each participant.

Parents and family will be allowed onto the floor to watch and take photos.

Any questions about your child's class?

Program Coordinator: Rosie

Rosie@wodenvalley.net



Rosie's Donation to Hair with Heart:

At the end of November last year, Rosie donated her hair to Hair with Heart to be made into a wig for someone who has lost their hair due to a long-term medical condition – giving back the gift of confidence and self-esteem.

All the money from the fundraising will go towards giving kids in need a fair go. This could mean purchasing a new wheelchair for a child with a disability or buying school uniforms for kids who are doing it tough.

The kids from families that donated the most were the ones who donated the most to the fundraising.

Well done everyone!