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## Wrap Up

This is the third edition of our newsletter; it's been extremely busy in and out of the club. We held the Acro Comp in July and the Rhythmic Comp last weekend along with a Gymfun in house competition and all streams have been competing and training really hard, the office has been extremely busy with enquiries and new members joining. We have extended classes on a Saturday to run for the full day to try and meet the ever increasing numbers which is just fantastic and the safety poles in the car park have been replaced

## Exciting News

The Club had a visit yesterday 11<sup>th</sup> August from Senator David Johnston, Mr Phil Barresi, Senator Helen Kruger and their entourage yesterday, so that they could look at our facilities and make this Sports Funding announcement (see attached press release separate document). If it all goes ahead, the Club will receive \$55,000 to go towards our new floor.

We gave the group a warm reception in our cold building and they were very impressed with our programs and facilities, and particularly impressed with our ability to pay our commercial rent! They complemented us on the calibre of our committee members to run such a successful Club.

I would like to thank Alison and Kirsten for helping to organise the visit and for Phil, Kylie, Alison and Kirsten for bringing their willing children to display their talents! Also to Tim for contributing to our acrobatic performance and being available to help meet the visitors



## Presidents Report ~ Judy Young

Last term we really saw our identity emerge as Eastern Gymnastics Club. We began with our very successful Open Day when we attracted many new members particularly in our kindergym and gymfun classes. The Open Day Committee did a fantastic job in organising the Day and a highlight in their planning was a gymnastics display at Bunnings which brought much local interest to our Club. The term also saw our gymnasts competing in their new uniforms at MAG, WAG, Rhythmic Gymfun and Gymstar competitions. This term our Acrobats have also been competing in trials for the Vic Championships. Please check our website to see some great results and photos from all our streams!

The Committee has been continuing to work on streamlining policies and procedures as a result of the amalgamation of the two Clubs. This has included finalising financial and payroll documentation for the end of the financial year and I would particularly like to thank our Treasurer Keryn Stevenson and Payroll Officer Susan Anderson for the many hours they have put into sorting this all out. Much time has also been put in by Edmund Ow and the Finance Subcommittee to plan our Budget for 2011. We have also been working on position descriptions and letters of appointment for all coaches and office staff and these should all be completed this term. The Committee has also been

putting time into developing a sponsorship program and is continually looking at grants and funding opportunities. We are aware that some members have expertise or interest in this area but please understand that any approaches to companies or organisations must be approved by the Committee in advance. If you would like to help we would love to hear from you!

It is encouraging to see that our enrolments are still growing, but with increasing numbers we need to carefully manage our rotations and class schedules. As such we are now planning to schedule some classes on Saturday afternoons and you will be notified if such changes will affect your child(ren). This means that we are also limiting our very popular birthday parties to Sundays only. We are also reviewing the use of the upstairs area and looking at ways in which it might best be utilised for Club related activities.

The agendas of our monthly Committee meetings will now be published on the noticeboard near the parent area and we encourage you to speak with any Committee members regarding any items that might be of interest to you. (We hope that you are enjoying the installation of heating to the parent area!)

## Diary Dates

DATES	EVENT	GROUP INVOLVED
<b>12/7 – 19/9</b>	<b>Term 3</b>	
14/8 – 15/8	Judges Invitational	WAG Lev 4-5
15/8	Eclipse Gymstar Comp	Gymstar 4-6
21/8 – 22/8	WAG State Pennant Finals	WAG Lev 1-3
22/8	Banyule Gymstar Comp	Gymstar Lev 1-3
28/8 – 29/	ACR Vic Champs	Donvale Indoor Sports Centre
28/8 – 29/8	Judges Invitational	WAG Lev 8
4/9 – 5/9	Melton Invitational	WAG Lev 4-8
5/9	Endeavour Hills Gymstar Comp	Gymstar Lev 1-3
12/9	RG Vic Champ	RG Lev 4-6
18/9 – 21/9	Mildura Camp	WAG Lev 4-10 & Gymstar Lev 4-6
24/9 – 2/10	Holiday Training	MAG National WAG Squad
27/9 – 2/10	MAG National Clubs	MAG Nat Lev 2-5, Melb
2/10 -3/10	Eclipse Invitational	WAG Lev 4-8
<b>4/10 -16/12</b>	<b>Term 4</b>	
8/10 – 11/10	ACR Australian Champs	Marion, South Aust
9/10 – 10/10	WAG Vic Champs Reg & Teams	WAG Lev 8
16/10 – 17/10	WAG Vic Champs Reg & Teams	WAG Lev 4
23/10 – 24/10	WAG Vic Champs Reg & Teams	WAG Lev 5
24/10	BTYC Gymstar Comp	Gymstar Lev 1-3
31/10	Eastern Gymstar Comp	Gymstar Lev 1-6
6/11 – 14/11	WAG Vic Champs Individual Finals	Geelong Area
20/11 – 21/11	RG Vic Champs	RG Groups
20/11 – 21/11	Club Champs	WAG Squad Gymstar MAG Gymfun
21/11 – 28/11	Footscray City Gymstar Comp	Gymstar Lev 1-3

*Please see web site for further details relating to diary dates*

## Staffing Update

We are pleased to have Kirsten Dilena working as our Coach Coordinator – Kirsten helps the coaches with rotations, rosters and any general issues to do with class organisation. Kirsten also assists with organising meetings and coach development sessions each term and her experience in the industry makes her a great mentor for many of our coaches. Marina has also been a tremendous help to coaches in assisting with class rolls and competition entries as well as general administration in the office. Anne continues to work on our accounts and we encourage you to contact the office on [enquiries@easterngymnastics.com.au](mailto:enquiries@easterngymnastics.com.au) should you have any queries related to fees and accounts. Please note that even though our office hours are from 9.00 – 6.00 pm on weekdays; the telephone is now only answered after 2.00 pm, and messages can be left before this time. Questions related to gymnastics classes, competitions and training in general should always be directed to your child's coach or the Coordinator in charge of your stream.

We are sadly saying farewell to Kerrie Saba as one of our Kindergym coaches. Kerrie has been working for approximately 15 years with the Club as a parent & Kindergym coach and we hope that we will still see Kerrie around the Club from time to time.

## Term 3 & 4

Things are really starting to heat up with competition season well underway for Rhythmic, WAG and Acro while Gymfun also had their first comp. in June. Results are posted regularly on our website. Please see the link listed here for the full details of the competition schedule:

<http://www.easterngymnastics.com.au/memberarea.php#calendar> or on the notice board located just inside the doors to the stadium (near the parent area) for updates and new events.

## \$\$\$Fees\$\$\$

Term 3 fees were due by 25<sup>th</sup> July, 2010. Please make your payments to avoid further late charges and breaches to club policy. If you are making payments via Direct Credit please ensure that you email the office and advise that you have made a payment. On your payment please include your Surname and the first initial of your child.

Any outstanding fees from previous terms must be paid immediately to avoid suspension of classes for the gymnast(s) and allow entry to all upcoming competitions. If you require a receipt for previous payments and have not received one to date please call into the office and see Anne she has quite a collection to be distributed if needed.

Please contact the office by phone or email should you wish to discuss your fee payments or if you have any queries, Phone: 9890 2588, emails: [enquiries@easterngymnastics.com.au](mailto:enquiries@easterngymnastics.com.au).

## Sponsorship/Advertising.

Are you looking for a convenient form of advertising that reaches more than 700 members at a cost effective price? Why not advertise with us. For \$50 per addition (4 per year) you can have a business card size ad in our newsletter this can include a logo if you wish and any details that you feel are necessary.

If you are interested please contact the editor Kylie Morton on 0418 504 446 or email [insquare@optusnet.com.au](mailto:insquare@optusnet.com.au).

## Uniform Update



The Uniform Shop is open Mondays 4pm – 6pm & Saturdays 10.– 12. If you are not able to attend at these times you can leave your order in the pigeon hole at the office or with the office, your order will be filled provided stock is available and left in the office for the next time you are in training.

**Please remember that there are substantial lead times for tracksuits** and whilst we endeavour to hold stock to cover all instances it is impossible to guess everyone's sizes. The best way to ensure that you will not be disappointed is to order early and then if stock is not available we can order in time for delivery prior to your competitions this also applies to Leotards.

The Coaches polo tops look fantastic on the floor and stand out easily which was one of our aims. Members who have been involved in competitions recently have been wearing new leotards and tracksuits and they look fantastic. Please see Kylie Morton 0418 504 446 or Alison Dunn 0413 384 320 for any uniform queries.

## !!!!Marketing Assistance!!!!

If you have a marketing background we need you. We are looking for some assistance in marketing our club and gaining sponsorship. We are a volunteer run club and we would love for one of our fantastic Mums/Dads/Aunt's/Uncles or members who may have marketing background to assist us in obtaining valuable sponsorship. If you are interested in helping out please contact Judy Young (President) or email the office.

## Gymnastics Holiday Programme

We will once again be running a holiday programme in the September School Holidays. This is a great opportunity for the kids to do a variety of activities from cooking, drawing, face painting, as well as gym sports and many other fun things. If you are interested in taking advantage of this service please see the website for further details and booking forms or contact the office by phone 9890 2588 or email [enquiries@easterngymnastics.com.au](mailto:enquiries@easterngymnastics.com.au).

## Ritchie's Community Card Program

Ritchie's Supermarkets run a loyalty program through their stores whereby Community Clubs receive a percentage of sales when combined spending at Ritchie's reaches \$2000.00 per calendar month we get 1% of sales (effective 1st September 2010) however, if it falls short, we get nothing so if you need to do some shopping and want to help support the club at the same time please collect a card from the office and let's start earning dollars. We have received 200 community benefit cards to start with and there will be more cards available when we need them. These cards will be placed outside the office and made available to all members. When they spend and let the cashier swipe the card, our club receives 1% donated back to the club.

# Sponsors

We would like to thank the following companies that have helped us in getting established this year & for their ongoing support:

Workforce Solutions Pty Ltd ~ [www.viccadd.com.au](http://www.viccadd.com.au)  
Rowley Patrick Pty Ltd ~ [www.rowleypatrick.com.au](http://www.rowleypatrick.com.au)

Bendigo Bank – Blackburn South  
Number Works ~ [www.numberworks.com.au](http://www.numberworks.com.au)

## Café



The café is open some days for coffee, drinks, hot food and snacks. If you are willing to spare an hour or 2 every now and then we would appreciate some extra help especially on Saturday mornings. Please see Alison in the café or call on 0413 384 320 or email [alisondunn06@optusnet.com.au](mailto:alisondunn06@optusnet.com.au) to register your interest in helping out. All

training and support will be provided!

## Wanted

### Computers and Printers

We are still in need of 2 computers & 1 laptop (not dinosaurs) to help with the running of the office. We are also in need of a colour printer. If you can assist please contact the office and speak with Edmund.

## Co-ordinator's Reports

### Acrobatics – Andrew [acro@easterngymnastics.com.au](mailto:acro@easterngymnastics.com.au)

Acro has been quite hectic as we are in the middle of competition season. Unfortunately my absence for 2 ½ weeks, due to taking 23 athletes to Poland for the ACR World Championships and World Age Group Competition, left us a coach down. Both Daniel & Jacek had their hands more than full in preparing our athletes for competition. Many of our athletes have now competed at the Melbourne Challenge, their first competition for the year, with good results. This competition is also a selection trial being part of the Selection criteria for GV ACR State Team Selection with the next being the ACR Victorian Championships.

Well done to our Level 4 Women's Group (Samantha Todd, Melissa Shiel and Julianna Ivanka) who not only achieved their level, they achieved qualifying scores required for state team selection eligibility. This is an excellent outcome, in particular for Samantha, one of our youngest athletes who is new to Acro this year.

We are now preparing our athletes for the Victorian Championships to be held at Donvale Indoor Sports Centre on the 28th (TBC) to 29<sup>th</sup> August. This is a competition that never disappoints the audience so come along and see some spectacular performances don't forget to mark this in your calendar!

### Gymfun – Felicity [gymfun@easterngymnastics.com.au](mailto:gymfun@easterngymnastics.com.au)

The boys and girls in the Gymfun program have had a very successful year so far! All the boys and girls from level 1 – 4 had the opportunity to show-off their fantastic skills in the in-house competition. The event was a great success with over 70 gymnasts participating. Congratulations to the following gymnasts who received an individual placing:

#### Boys Gymfun 1 & 2

Mitchell Smart: 1st Overall  
Mason Fairlie: 2nd Overall  
Lachlan Colville: 3rd Overall

#### Girls Gymfun 1

Sophie Cade: 1st Overall  
Jasmine Chapman: 2nd Overall  
Olivia Atkin: 3rd Overall

#### Girls Gymfun 2

Elizabeth Sprague: 1st Overall  
Minnie Hill: 2nd Overall  
Maddie Richardson: 3rd Overall

#### Girls Gymfun 3

Serena Smith: 1st Overall  
Kitty Grant: 2nd Overall  
Rebecca Myers: 3rd Overall

#### Girls Gymfun 4

Zoe Fisher: 1st Overall  
Phoebe Dolphin: 2nd Overall  
Kaitlyn Morris: 3rd Overall



This term the Gymfun girls are working more difficult to routines to compete in the upcoming Waverly Gym For All Challenge on August 19<sup>th</sup>. The Gymfun 1 & 2 girls have been excited to learn their 'Hey Mickey' group routine and the Gymfun 3 & 4 girls are showing off

their dancing skills in a remix of Grease! Our Gymfun 1 & 2 boys have been perfecting their skills on the pommel, rings and p-bars in preparation for the MAG 10 Activity competition later in the year.

### Gymstar – Felicity [gymstar@easterngymnastics.com.au](mailto:gymstar@easterngymnastics.com.au)

Well done to all our very hard working girls in the Gymstar program! The girls in level 1 – 3 have been improving each week and quickly becoming more confident in their abilities and performing well at training. Several of our girls in level 2 competed for the first time at the Werribee competition and all received a medal for their wonderful performances. A special mention to our only level 3 gymnast, Hannah McLaren who competed at Werribee and received a gold medal and 1<sup>st</sup> place in a combined team. Our level 4 – 6 girls have also been training extremely well and are beginning to perfect their more difficult moves. Congratulations to all the girls who competed at the Banyule 4 – 6 competition and in particular our level 5 team who place 1<sup>st</sup> overall!

We look forward to seeing the girls progress at the upcoming Eclipse competitions this month.

#### Gymstar 4: White

- Claudia Edwards
- Grace Hamann: 5th Beam, 1st Rings, 5th Floor
- Paris Flowers: 6th Bars, 4th P-Bars

#### Gymstar 4: Aqua

- Elle Wong
- Juliette Davies: 5th Rings
- Michaela Clare-Cover: 5th Vault, 6th Floor

#### Gymstar 5

1st place overall

- Adelaide Hawkins: 3rd place Bars, 3rd place Vault
- Emily Zenkis: 1st place P-Bars
- Kate Jaunalksnis: 3rd place overall, 1st Bars, 2nd Rings
- Stephanie Clare-Cover: 3rd place Rings

#### Gymstar 6

- Katherine Freaan: 3rd place Bars
- Widya Hasan: 1st place Vault, 2nd place Beam, 2nd place Bars, 2nd place Floor



## Mildura Trip

Planning for this year's WAG Squad and Gymstar trip up to Mildura is well underway with about 14 gymnasts coming along. In order to make this more affordable, we're running a fundraising disco! Please bring along your friends and family on Saturday August 14th to the Elizabeth St venue - everyone should receive a coloured flyer this week.

We look forward to a great trip over the first four days of the school holidays which promises to be highly enjoyable and a great team exercise..

**Kindergym – Sue** [kinderym@easterngymnastics.com.au](mailto:kinderym@easterngymnastics.com.au)



At the start of Term 3, Kindergym started 2 new classes called KINDERSTAR for those children who have mastered the basics of Kindergym. This extension class moves away from the developmental program of Kindergym and focus' on introducing more gymnastic based skills, while still having lots of fun.

Watch out for these future gymnasts at our end of year concert!

With Fathers Day fast approaching, we would like to invite the Dads to a special weekend session of Kindergym on Sunday 12<sup>th</sup> September. This is an opportunity for the Dads (or Mums!) who don't usually get the opportunity to see their children in action, to come along and join in the fun!

Thank you to all our wonderful parents who have helped spread the Kindergym word on our behalf, and brought along their friends, relatives and neighbours to enjoy our classes. Kindergym numbers have now reached over 200 children in the program with many classes already full. This term our programs include "Winter" (very appropriate in the gym at the moment!!) "Pirates", "Circus" and "Bob the Builder" to name a few. If you would like to come and join the fun and have a free trial class, please ring the office to make a booking.

**MAG – State & Nat. – Dion** [mag@easterngymnastics.com.au](mailto:mag@easterngymnastics.com.au)

What a term, term 2 was for MAG at Eastern Gymnastics Club! While the state level boys were continuing their great work in preparing for competitions later on in the year the national level boys were competing in the Victorian Championships. We had some outstanding results and we even produced the clubs first Victorian Champion! Well done to Max Collett who clinched the pommel horse gold medal by scoring 9.95 in an epic final. Congratulations boys on your results at this competition. It was great to see that all the hard work paid off!

**WAG Squad – Erin** [wag@easterngymnastics.com.au](mailto:wag@easterngymnastics.com.au)



In July our Level 1s and 2s finished up their Invitational competitions for the year with some outstanding results across the board. Each of our teams finished 1<sup>st</sup> Overall at least once in one of the four competitions. The most notable of finishes being our level 2B team that came 1<sup>st</sup> on every apparatus at the Balance Challenge.

Ten of our gymnasts have also been preparing for the State Pennant Regional's and with crossed fingers and toes we hope they perform at their very best and qualify for the State Pennant Finals. Good luck girls!



Over the weekend of the 31<sup>st</sup> July and 1<sup>st</sup> of August our level 5s and 8s competed for the first time in Eastern colours and did an excellent job at promoting our club through their performance under pressure and the

medals they brought home. Erin Mahoney placed 1<sup>st</sup> on Floor at National 5B and Caitlin Larkin placed 1<sup>st</sup> on Bars at State 5. Noni Taylor of our State 8 team performed exceptionally well, placing 2<sup>nd</sup> on Beam, 3<sup>rd</sup> on Vault and 3<sup>rd</sup> Overall. Her teammates also contributed to the medal count with Martha Hasan finishing 2<sup>nd</sup> on Beam and Sinead Chaplin finishing 2<sup>nd</sup> on Floor and 3<sup>rd</sup> Vault. For all of the level 5s and 8s it's now back to training to work on their routines in preparation for the next three competitions.

**Rhythmic – Joan** [rhythmic@easterngymnastics.com.au](mailto:rhythmic@easterngymnastics.com.au)



Eastern Gymnastics was the venue for the Judges Invitational "Multiples" competition on August 8<sup>th</sup>. 3 Juniors, 4 intermediates & 2 Seniors are competing from Eastern. For the first time there will be a border strip for the rhythmic floor. An important addition as a deduction occurs if a gymnast or apparatus crosses the border. Our gymnasts will now know to keep their routines

within this space!! Coaches at this comp will be Rachel & Melanie, our Senior competitors. Results will be on the website.

## Special Mention

Congratulations to Dion (MAG Co-ordinator & Coach) who came 3<sup>rd</sup> All Around in the Victorian Men's Gymnastics Championships in the Senior Men's division in June. He also won a bronze medal on Pommel Horse. In July he competed in Canberra at the Australian Men's Gymnastics Championships at the Senior Level, coming 9<sup>th</sup> overall and 4<sup>th</sup> on Vault. Well done Dion you set a high level for the other MAG boys to aspire to.

## Grant/Funding Submissions

Do you have experience in writing/applying for grants and funding if so we would love to hear from you. There are many available however this is not a one person job and assistance from a knowledgeable parent would be greatly appreciated. If you think you may be able to help please contact Kirsten Dilena by leaving a message with the office.

# Open Day

A massive thank you to all parents and members who participated in the set up and pack up as well as helping on the day. It was a great success & we have gained many new members as a result. All parents who assist at functions can collect a voucher from the office to deduct their Maintenance Levy. Thanks again your assistance is really appreciated.

## Bike Rack

We are still in need of a bicycle rack for bike riders to leave their bikes – if anyone has access to or can make a bike rack, please let Edmund in the office know.

## Future Newsletter Publications

Our newsletter will be published 4 times per year, the next publication will be **Mid/Late October** and the **cut off date** for any inclusions in the newsletter will be **Early October**.

If you have anything you think is noteworthy in the newsletter or any photo's from competitions that you would like to be considered for publication please email me on [insquare@optusnet.com.au](mailto:insquare@optusnet.com.au)

Editor : Kylie Morton

## Acrobatic Gymnastics Trial 2 and Melbourne Challenge Wrap Up

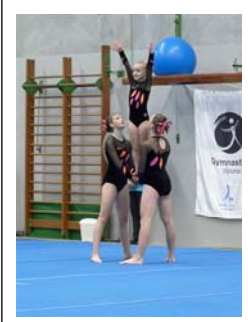
(Article taken from GV Website)

Congratulations to all athletes who participated on the day, particularly those who have now passed their levels and also those who have now qualified for the State Team ...the wait is on with these pairs/groups as to the selectors decision. If selected, these athletes will travel to Adelaide for Nationals in October.

Andrew Saba, Victoria's Acrobatic Gymnastics Technical Director commented saying: "Our competitions are never a disappointment for the audience, the athletes continue to deliver a variety of performances that delight and inspire all who attend. For those who don't know Acrobatic gymnastics, you need to see it to believe it ...you do not know what you are missing out on!"

The large audience in attendance were provided with a spectacular performance, from those who are just starting out, to the seasoned competitors who really know how to perform, it was a very successful day that was enjoyed by all.

Thank you to Eastern Gymnastics Club and it's dedicated staff and families for co-ordinating the event; it was a successful and enjoyable day.



Special congratulations to Samantha Todd, Melissa Shiel and Julianna Ivanka from Eastern Gymnastics (shown here) on qualifying for selection to the National Team



## More Sponsors

We would like to thank the following companies that have helped us in getting established this year & for their ongoing support:

Douglas Workplace and Litigation Lawyers ~ [www.douglaslaw.com.au](http://www.douglaslaw.com.au)

Kirsty Marshall's Office for supporting us and assisting with photocopying ~ [Kirstie.Marshall@parliament.vic.gov.au](mailto:Kirstie.Marshall@parliament.vic.gov.au)

Lifetime Books ~ [www.lifetimedistributors.com.au](http://www.lifetimedistributors.com.au)