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## Wrap up

This is the second edition of our newsletter, there have certainly been many things happening. Our office is getting organised with new processes being implemented to make our general day-to-day procedures and tasks flow more easily. We have had our Special General Meeting (SGM) and elected a new committee, participated in competitions and had a very busy time for the set up and pack up at the Pacific Rim. Thanks to all those parents and members who so graciously donated their time and muscles to raise some valuable funds for our club. We also had our safety poles in the car park stolen one weekend and they were then replaced, why would anyone want yellow poles?

## Presidents Report

### Judy Young

I am pleased to announce the new Committee for the Eastern Gymnastics Club which was voted in at the recent SGM:

President: Judy Young  
Vice President: Alison Dunn  
Treasurer: Keryn Stevenson  
Secretary: Kym Lawson  
Payroll Officer: Susan Anderson  
General Members: Tim Cooke, Kirsten Dilena, Alan Keating, Tina King, Rebecca Mahoney, Megan McLaughlin, Karen Merriel, Kylie Morton, Nick Ronan, Helen Saunders, Phil Shiel

Thank you to members who attended the Special General Meeting or sent in proxy votes for the election of President. My thanks also to the previous two Club Committees that have served us over the past few months, and especially to Kirsten Dilena who worked so hard in the role of Co Club President.

Some of the priorities of the Committee this term will include setting a working budget for the next 12 month period and confirming roles and responsibilities of our coaching and office staff. We are continuing to advertise for a part-time Club Coordinator/Gym Floor Manager with a revised role. Should you be interested in finding out more about this position, please contact our Business Manager, Edmund Ow.

We are looking forward to our first Open Day as Eastern Gymnastics Club on Sunday 23 May. We hope to see you there and please encourage any interested families you may know to attend as well.

Our competition season has begun for Rhythmic Gymnastics and for the MAG National squads as described in Joan and Dion's reports. All our teams have had some excellent results and it's great to see our boys competing in their new club leotards! We wish the boys well for the upcoming Victorian Championships. Individual results can be seen at [www.easterngymnastics.com.au/results](http://www.easterngymnastics.com.au/results).

On a final note, parents are encouraged to contact Programme Coordinators directly by e-mail in regard to issues about training or competitions while other matters such as account enquiries should be directed to the office.

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

Term 2 fees were due by 25<sup>th</sup> April, 2010. Please make your payments to avoid further late charges and breaches to club policy.

Any outstanding Term 1 fees must be paid immediately to avoid suspension of classes for the gymnast(s) and allow entry to all upcoming competitions.

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).

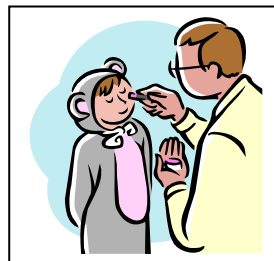
## Diary Dates

DATES	EVENT	GROUP INVOLVED
Term 2	12/04 – 25/06	
22/05 – 23/05	MAG Qualifier	MAG Nat Lev 4-5
22/05 – 23/05	MAG Vic Champ	MAG Nat Lev 2-3
<b>23/05</b>	<b>Open Day</b>	<b>General public</b>
05/06 – 06/06	PIT Invit.	MAG Nat Lev 4-8&5
05/06 – 06/06	Ess/Keilor Invit.	WAG Lev 1-3
11/06 – 14/06	MAG Vic Champ	MAG Nat Lev 4-5
19/06	Gymfun Comp	Gymfun 1-5
19/06 – 20/06	Judges' Invit	WAG Lev 1-3
26/06 – 27/06	Acro Winter Classic	Acrobatics
26/06 – 28/06	Waverley Invit	WAG Lev 1-3
04/07	GFA Giant Circuit	Gymfun 1-5
04/07 – 10/07	Holiday Training	All Squads

Please see web site for further details relating to diary dates

# Open Day - 23rd May, 2010

The Club will be holding an Open Day on Sunday 23rd May 11am – 2pm. This date was changed due to conflicting bookings and Mothers Day being on the same original date. We will showcase individual disciplines to give an overview of what the club offers so if you know someone who might be interested in coming along let them know. There will be a gold coin entry and potential new members can book in for a trial class free of charge on the day. If your children have friends



interested in starting gymnastics this is a great time to bring them along. There will be a sausage sizzle, face painting, raffles and much more. Volunteers will be required for things like the canteen, door entry, and many other items so keep your eye on the A-Frame in the front foyer as you enter the gym and don't forget to put your name down to help. Be sure to check out the flyer on the end of this newsletter.

If you know of somewhere that might be a great place to advertise our Open Day please let the office know. We are very excited to be performing at Bunnings on Saturday 22 May. Thanks to Karen, Tina, Sheila, Judy and John Taylor and Karen Ivanka for all their time organising this fantastic day.

## Staff Update

We welcome Marina Spark to our office team. Marina previously worked in administration at Box Hill Gym Club and is a gym mum. We also want to thank Jonathan Stebbing for helping us set up our financial systems, particularly in the area of payroll and superannuation.

## Term 2

Things are really starting to heat up with competition season well underway for MAG & Rhythmic whilst WAG and Gymfun also have 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.

## Uniform Update



Tracksuits are well underway and Coaches polo tops are just arriving. If you have gymnasts who will be competing in the up coming weeks/months be sure to complete an order form with your payment for your tracksuits so that you don't miss out (see your coach or the office for forms). Polar Fleece tops

are now available, they look fantastic and at \$45 they are a great way to keep warm over these cold months and advertise the club at the same time. Please see Kylie Morton 0418 504 446 or Alison Dunn 0413 384 320 for any uniform queries. The Uniform Shop will be open on Monday afternoons (4-6pm) and Saturday mornings (10am-12noon).



A massive thank you to all parents and members who participated in the set up and pack up for the Pacific Rim Championships this raised valuable funds for our club and all families that participated will receive a credit of the maintenance levies of their fees next term. The following families assisted:

Merriel Family, McLaughlin/Hedding Family, Ivanka Family, Ronan Family, Anderson Family & Friends, Faulkner Family, Ng Family, Chaplin Family, Reiger Family, Hasan Family, Davies/Jones Family, Morton Family, McLaren Family, Ballon/Morando Family, Cameron Family, Smith Family, Stray Family, Younger/Hamann Family, Shiel Family, Stewart Family, Fisher Family, Dilena/Todd Family, Steel Family, Hodges Family, Dunn Family, Mather/Collett Family, Watkins Family, Merriel Family, Van Rooden/Noonan Family, Gilmartin Family, Alan Keating, Kim Lawson, Anne Lambe, Edmund Ow, Tina King – A very special thanks also goes to Megan McLaughlin for providing the food. If you attended the pack up night and are not on the above list please contact Phil Shiel on 0407 692 988 as there was not a full sign in list taken.

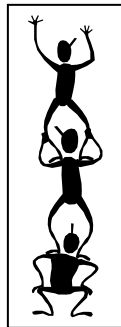
Special thanks to Phil Shiel & Nick Ronan who went to great lengths to ensure that we had adequate numbers to fulfil our commitment to ensure that we received the \$8000 payment.

## School Holiday Programme

We will once again be running a school holiday programme in the June/July 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).

## Co-ordinator's Reports

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

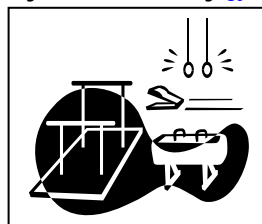


Acrobatic Gymnastics is going strong with training sessions currently 5 days per week. We have seen additional athletes join our program this term boosting our numbers again. We are always on the lookout for gymnasts to complete pairs and groups so if you know of anyone who may be interested in this spectacular gym sport then contact the office for further information.

### Adults [acro@easterngymnastics.com.au](mailto:acro@easterngymnastics.com.au)

Adult classes are extremely popular with Tuesday filling fast and Thursday again growing momentum. These classes are not "get fit" only classes; they require a certain level of fitness as attendees are being trained in various areas of gymnastics and need to be able to manage their own bodies. If you don't have previous gymnastics experience and you would like to determine if Adult Gym is for you, contact us to arrange a tryout session, or if you prefer, arrange a personal assessment.

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



All the Gymfun boys and girls have been working extremely hard this term to achieve new skills across all the apparatuses. The coaches have been delighted to welcome several new gymnasts to the Gymfun program and many classes are now full! I would like to remind parents that all Gymfun boys and girls will be invited to attend

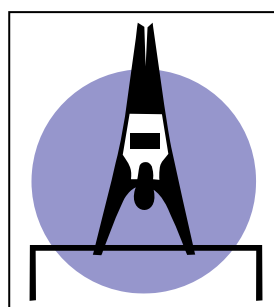
Gymfun Competition and Level Test. This mid-year competition will allow the coaches and parents to see the progress of each child and give the children the chance to perform a range of skills and routines. The competition will be held on the evening of June 19<sup>th</sup>, details of the event will be distributed soon. I would also like to encourage Gymfun girls to wear a leotard to gymnastics as loose fitting t-shirts and other clothing can be restrictive.

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

Term 2 at Kindergym is a HUGE one with some of our favourite programs. We recently dressed up as our favourite **SUPER HERO**, where we focussed on the characteristics of Super Heroes such as speed, balance, strength, swinging and climbing and even "flying" in the harness. You may have seen some of our Super Hero pictures in our colouring in competition, up on the wall of the Kindergym cupboard.

In the next few weeks we will be running our very popular "**Fairies and Elves**" program, as well as "**Teddy Bears**" and "**Dora the Explorer**" to name a few. Its lots of fun, and now that the weather is getting cooler, classes are filling quickly. If you would like to come and join the fun and have a free trial class, please ring the office and make a booking.

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



The MAG program has a great start to the year. The National level boys have already competed in their first two competitions for the year and produced some amazing results. It's great to see that the boys from Eastern Gymnastics Club are already proving that they are gymnasts to look out for. The next competition is Trial 1 which is where the boys get an opportunity to try to qualify for the Victorian Championships which are held later in June. I want to wish all the boys good luck and I'm

sure we'll see some great results.

As for the MAG State levels, the boys have been preparing routines for their competition season which begins in August. It's very pleasing to see that all the boys have been focused and committed to their training and as a result of their hard work we should see even more Eastern boys on the podium later on in the year.

Keep up the good work boys!

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



Senior RG gymnasts, Rachel & Melanie, Inter gymnast Lani & new gymnast Chan, all competed at an invitational comp at Prahran in the final week of term 1.

All gymnasts performed well with Chan gaining a gold medal for her hoop routine.

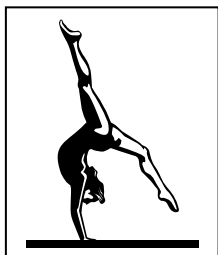
Junior gymnasts (coached by Melanie & Rachel) are preparing for level tests & also multiples (routines for 2 or 3 gymnasts). Hopefully all gymnasts will be ready to compete in the Judges Invitational to be held at Eastern in August.

**Gymstar – Felicity** [gymsytar@easterngymnastics.com.au](mailto:gymsytar@easterngymnastics.com.au)

The girls in the WAG Gymstar program have been training especially hard this term mastering more difficult skills. The coaches have been very pleased with all the girls progress and enjoying teaching their new routines.

The level 1–3 girls have their first competition at Werribee Gymnastics Club on June 6<sup>th</sup> and the level 4–6 girls have their first competition at Banyule YMCA on June 20<sup>th</sup>. Please ensure entry forms are completed and returned as soon as possible, as late entries will not be accepted. Unfortunately the WAG Gymstar competition leotards will not be ready to purchase this term but will be available from Term 3 onwards. However, for the remainder of 2010 gymnasts are permitted to compete in either Box Hill or Whitehorse club leotards. Gymnasts who do not have either are permitted to compete in a leotard of their choice

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



The level 4 gymnasts have overcome their fears on beam and are well on their way to achieving their skills in time for competitions. The level 5s and 8s are currently working on perfecting half routines as well as adding in difficult bonus skills for extra marks! Our two level 2 classes heard their brand new floor music for the first time and have created some fantastic poses for their finishing position. The level 1 squads have been encouraging each other and helping their

teammates perform the neatest routines they can. Well done to the gymnasts and coaches for their tireless work in building up our new teams for 2010

**Parking**

Parking at our Clarice Road venue can be difficult at times but we ask that you do not park in the disabled car parking spot, and avoid doing U-turns in our car park where possible.

We are fortunate to be able to use the car parking area at 11-13 Clarice Road as an overflow car park on weekends, and this will be especially convenient on days of events and competitions.

***Parking in the car park of our immediate neighbours in Clarice Road is only permitted after 5.30pm. It is very important that you do not park there before 5.30 pm.***

**Café**



You will have noticed that the café is opening some days for coffee, drinks, hot food and snacks. We are still trialling different times of opening to see what is best and would love your support. 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 looking for Computers & a printer. Do you have a computer that is no more than 5 years old that you are not using, that is gathering dust? If so we are in desperate need of 5 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 either Edmund or Alan to arrange a suitable time to drop off. If these items can be donated rather than bought that just means we are able to spend the money on equipment in the gym rather than the office.



**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 know.

**Future Newsletter Publications**

Our newsletter will be published 4 times per year, the next publication will be **7<sup>th</sup> August** and the **cut off date** for any inclusions in the newsletter will be **31<sup>st</sup> July**. Take note of these dates because no late submissions will be accepted.

**Thought of the newsletter:** Don't put off till tomorrow, that which you can do today.  
Editor : Kylie Morton

**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)
- Bendigo Bank – Blackburn South
- Rowley Patrick Pty Ltd ~ [www.rowleypatrick.com.au](http://www.rowleypatrick.com.au)
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- Number Works ~ [www.numberworks.com.au](http://www.numberworks.com.au)
- Lifetime Books ~ [www.lifetimedistributors.com.au](http://www.lifetimedistributors.com.au)
- John Taylor ~ artwork for Open Day Flyer– Positive Signs ~ 0419 741 234



**EASTERN  
GYMNASTICS CLUB**

**Sunday  
23<sup>rd</sup> May  
11am - 2pm**

# OPEN DAY

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