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## Presidents Report ~ Judy Young

Welcome back to all our families and gymnasts for Term 4. We have been operating as a new Club for 10 months now and are proudly making our mark in the community and at competitions and events. Congratulations to those gymnasts who have competed in events at local, regional, state and national levels, and also to those who have not competed but have worked hard to develop new skills. This term we look forward to our first Club Championships – a great opportunity for all our gymnasts to mix together in teams and watch the routines from other streams. Plans for our first end of year display are also underway and it will be an excellent way to finish off the year and celebrate our achievements. We have some very enthusiastic coaches and parents organising both of these events. If you would like to help please let us know!

During the last few months the Committee has been looking towards 2011. We have put together a budget and are now considering the mix of staff and classes for next year. Although a small rise in fees is due, we have tried to keep this to a minimum and are looking at alternate options for attracting funds to our Club to purchase new equipment and to tackle some solutions for heating and cooling. We are also exploring ways to best utilise our upstairs area. Recent feedback has told us that we still have to work hard to improve our level of communication to parents and coaches. Please be assured that this in an area that we addressing, but be mindful that as a new Club it takes time to embed new procedures. I will take this opportunity to thank our Committee of Management who are all volunteers, and also thank our office staff and coaches who put in so many hours each week beyond the call of duty.

## Club Championships ~ Alan Keating

This year marks the inaugural Eastern Gymnastics Club Championships to be held on Sunday November 21st. All gymnasts in Acro, Gymfun, Gymstar, MAG National and State and WAG squad classes are invited and strongly encouraged to compete, particularly those who've not competed elsewhere this year.

At the competition, gymnasts from different classes, levels and programs are combined to form mixed teams. The teams compete against one another, and there are also individual awards within each division.

Entries close October 28th - if you have not yet received, or have lost your form, it is available on the website ([www.easterngymnastics.com.au/memberarea.php#forms](http://www.easterngymnastics.com.au/memberarea.php#forms)) and there are spare copies at the office. We will distribute a note containing exact time and address details after entries and numbers are known. Full competition uniform will be required, as for other competitions – if you're unsure of what this is, please ask your coach.

We will require volunteers to act as runners, operate the scoring and canteen and for assistance in set up and pack up – if you can help in any way, please note it on your form or email [akeating@easterngymnastics.com.au](mailto:akeating@easterngymnastics.com.au)

## Gymnastics Holiday Programme

We will once again be running a holiday programme in the Christmas 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).

## EGC – Annual General Meeting

The AGM will be held in the First week of School and training resuming, exact dates and times will be confirmed.

## Diary Dates

DATES	EVENT	GROUP INVOLVED
<b>4/10 -16/12</b>	<b>Term 4</b>	
28/10 (6PM-8PM)	Acro Trial/Assessment Night	All gymnasts welcome
31/10	Eastern Gymstar Comp	Gymstar Lev 1-6
6/11 – 14/11	WAG Vic Champs Individual Finals	Geelong Area
20/11	RG Vic Champs - Carey	RG Groups
21/11	Eastern Gymnastics Club Championships	Acro WAG Squad Gymstar MAG Gymfun
21/11 – 28/11	Footscray City Gymstar Comp	Gymstar Lev 1-3
12/12	Kindergym Open Day	Members & Family
17/12 -19/12	Eastern Gymnastics End of Year Display	Whole Club – see timetabling
TBC – Early Feb	EGC – Annual General Meeting	All members

Please see web site for further details relating to diary dates

## End of Year Showcase ~ Felicity O'Brien

All gymnasts in Gymfun, Gymstar, Kinderstars, WAG, MAG, Rhythmic and Acro will be putting together a spectacular showcase to celebrate the end of a fantastic year, and as an occasion to present our annual awards. As we are such a large club we will be presenting 4 shows on December 17th, 18th and 19th. Gymnasts training one day a week will be performing once and other gymnasts will be performing 2 - 4 times.

Please keep the dates free as all gymnasts are expected to participate to ensure the event is truly amazing. Information regarding session times, costumes and tickets will be distributed in the next fortnight.

## Acro Trial/Assessment Night

There will be an Acro Trial/Assessment night on Thursday 28<sup>th</sup> October from 6pm – 8pm. For all those budding Acro Gymnasts. Why not come along and give it a try, further details at the end of the newsletter.

## New Kindergym Class for 3-4 year olds on Thursday at 9.30am

Due to the popularity of our 3 – 4 year old classes, many of these classes are now full and some have waiting lists. To alleviate this problem, we would like to advise that we will be starting an additional 3 -4 year old class on a Thursday morning at 9.30. This class is planned to commence on 28 October 2010, subject to numbers.

Any existing Kindergym members in the same age group who would like to change from their current 11.30 class to this new time slot, please speak to Sue or Iolanda.

Our parents do a wonderful job of spreading the word about Kindergym for us, so we are seeking your help and assistance in passing on the word about this new class to family and friends, and at your child's Kindergarten, playgroup, crèche or Mothers group. We will also have our Kindergym fliers available to any parents who would like to distribute some on our behalf.

We would like to take this opportunity to thank all members for their ongoing support and wish you all a great term.

## Mildura Trip (Sept School Holidays) ~ Alan Keating

Fourteen girls, four coaches and one part time bus driver recently enjoyed a wonderful four day trip to Mildura.

We all met at the gym on Saturday morning and packed sleeping bags, leotards, clothes and gymnasts into the bus and car and set off on the drive. After some games and a slightly late dinner, we made a start on some comp hair and went to bed ready for 9 o'clock warm up the next day.

Zoe, Clara, Emily L and Erin had their competition first, with all the others in the second session. Everyone did very well, and we brought home eight trophies and many medals and ribbons. After the competition finished, it was time to visit the maze. Felicity, Jen and our bus driver Brett were the last ones to make it out, giving everyone a chance to look around the gem shop and play on the playground.

In the evening we held our first ever Masterchef challenge. Each room was given something to make, with points being awarded for presentation, taste, creativity and cleanliness of the kitchen. Whilst Erin's cabin were the eventual winners, it was a very tough choice for the judges.



On Monday we went back to the gym for a workshop with the Mildura gymnasts and coaches. While Erin cooked our barbecue lunch, we all had a great time learning new skills and meeting new people, and when lunchtime came, there were some very hungry girls. After lunch we went to the wave pool

with some of the Mildura people, before heading back to the caravan park to get ready to go out for dinner. After a very nice dinner, we played a few games of very entertaining hide and seek in and around the cabins with torches. Some of the girls are very good at hiding indeed.

Monday morning we eventually managed to drag all the girls out of bed and onto the bus and car for the trip home. The bus was very quiet as most of the girls slept, but it was a good trip back with a stop for famous vanilla slice in Ouyen and lunch in Charlton before arriving home only an hour and a half late. Thanks to coaches Erin, Felicity and Jen, and our dedicated bus driver Brett for making the trip a success. We hope to run this trip again next year!

*A Huge thank you to Alan Keating who was the driving force for this trip and the main co-ordinator.*

## Car Park

Our car park is heavily used and we have witnessed a number of near misses between cars and with pedestrians. It is essential that drivers drive at walking pace only in the car park, and that they do not use the car park as a drop off zone. We understand that parking in the street can be difficult at peak times and we are aware that parking in neighbouring businesses is only allowed after 6.00 pm.

On weekends, the car park at 11-13 Clarice Road provides an excellent alternative.

Some signs will be erected shortly in our car park to remind drivers to slow down and we request your cooperation on this matter.

## Uniform Update ~ Alison Dunn & Kylie Morton

The Uniform Shop is by appointment. 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. We are in and out of the office a lot so always ask if we are in if you have a query. **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. Please call Kylie Morton 0418 504 446 or Alison Dunn 0413 384 320 for any uniform queries.

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

Term 4 fees were due by 17<sup>th</sup> October, 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).

## Sign-out Procedure

It has been a decision of the Committee to cease with the use of sign out sheets at the end of gymnastics classes. It was found that these sheets were not always being completed and were not providing an accurate record of whether or not gymnasts were being collected at the end of classes. Thank you to those families that completed them on a regular basis. In our duty of care to look after our younger gymnasts, the following procedures will apply immediately for gymnasts under the age of 13 years:

- Coaches are expected to maintain accurate rolls of attendance for all classes
- It is expected that all gymnasts will be collected from the gym by a parent or other nominated adult
- Coaches will aim to finish classes a few minutes early so that collection of gymnasts can be supervised and any important information communicated
- Any gymnast not collected within 5 minutes of the next class commencing will be required to sit in the office and await collection (approved by Anne or Edmund)
- Any gymnast not collected within 15 minutes of the next class commencing will sit in the office and a parent will be contacted
- On Saturdays, or if the office is unattended, any gymnast not collected will be required to stay on the floor with their coach or another coach
- At no time is any gymnast to wait for a parent outside of the building

For gymnasts aged 13 years or older, the following procedures will apply immediately:

- Coaches are expected to maintain accurate rolls of attendance for all classes
- Gymnasts are expected to remain inside the building until collected
- No gymnast should arrange for collection outside the building after dark

Should you have any questions regarding these new procedures please contact the Office.

## 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).

## Café

The café has been closed recently due to State and National training and competing commitments but will return on a Sat morning very soon. 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!

## Co-ordinator's Reports

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

Our Acrobatic Gymnastics Athletes have not long returned from the ACR Australian Championships in Adelaide, SA. We are proud of all our athletes that attended this prestigious event ...outstanding effort all.

Our Level 5 Women's Group: Naomi Hudspeth, Elizabeth Hedding and Kirsty Faulkner blitzed the field of 16 and achieved Gold, becoming the Level 5 Women's Group 2010 ACR Australian Champions ...superb performances girls and well done!

Natalie Holt, Krissy Ronan and Sarah Calwell (Level 5 Women's Group) were close behind in 8<sup>th</sup> place, ahead after a tie break between 8, 9 & 10 place ...great result girls!

Samantha Todd, Melissa Shiel & Julianna Ivanka achieved Silver in the Level 4 Women's Groups against a field of 14 other Groups ...fantastic effort for this group, not to mention our youngest athlete Sam ...great performance girls!

Jessica Noonan & Emily Smith came in 14<sup>th</sup> with a stellar effort out of a huge field!

Nicole Chiha, Emily Ivanka and Miriam Anderson, Our Level 8 Women's Group's hopes were dashed during their Dynamic Exercise when Nicole suffered an injury to her ankle and was unable to continue. This was very disappointing for all, in particular Nicole, who in an effort to not let her partners down, tried to continue but was unable and the exercise was halted. We were so proud of our girls for the way in which they all handled this unusual situation ...I'm sure they are as well.

We are now back to training and reviewing Pairs & Groups for the 2011 competition season.

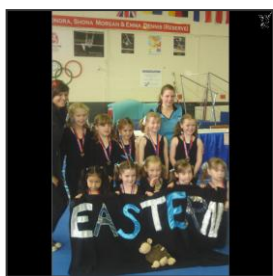
We are holding a Acrobatic Gymnastics – Assessment Day on Thursday 28<sup>th</sup> October 2010 to assess athletes for inclusion in both Senior and Junior Programs. Details are available from the Gym if you wish to be assessed by our Senior Acrobatic Coaches.

### Adult Classes – Andrew Saba [acro@easterngymnastics.com.au](mailto:acro@easterngymnastics.com.au)

There is a new Voucher system for adult classes if you have not received a letter please see the website or the office for further details. Vouchers are available at the office.

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

Our Gymfun classes have continued to expand over the year and I am pleased to still be welcoming new members to our club. Our Gymfun 1 & 2 boys have had a terrific start to the term. The boys' coaches; Tim, Kirsten and Bruce have been excited to see so much improvement with all their skills and look forward to them competing at the Club Championships in November. Term 3 was a big one for our gymnasts and coaches of the Girls Gymfun levels who worked tirelessly on their individual and group routines.



Congratulations to our Gymfun 1 - 4 girls who competed at the Waverley Gym For All Challenge. The highlight for each team was their stunning group dances to 'Hey Mickey' (Gymfun 1 & 2) and 'Grease' (Gymfun 3 & 4). With 5 teams participating in the competition Eastern came away with three 1<sup>st</sup> place, one 2<sup>nd</sup> place and one 3<sup>rd</sup> place team awards. Our Eastern Gymfun girls impressed all the judges and the audience with their brilliant routines and beautiful smiles!

Just a friendly reminder to parents please have your child appropriately dressed before participating in classes. Gymfun boys ideally will be dressed in shorts and a tight t-shirt/ singlet. Gymfun girls ideally will be dressed in a leotard or bike short/ leggings and tight top. School uniforms should not be worn to gymnastics and hair must be neatly tied back. Children participating in the Club Championships will require the following uniform:

Girls: Plain black leotard (can be purchased from Target) or Eastern training leotard.

Boys: Black shorts & plain white t-shirt



Gymfun 1 & 2  
Aqua Team -  
2nd place

Gymfun 3 & 4  
Aqua Team -  
3rd place



Gymfun 3 & 4  
White Team -  
1st place

Gymfun 2  
White Team -  
1st place



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

Our Gymstar girls have certainly been working consistently hard through out the year. I have honestly been thrilled with the commitment to training and competitions we have seen so far from our gymstar gymnasts and their parents. All our girls had the



opportunity to show off their new club leotards which received a lot of positive feedback from coaches, judges and gymnasts from other clubs. At the most recent Gymstar competition held at Banyule our level 1 – 3 girls achieved some wonderful results. We had 3 full teams of

level 2 gymnasts competing who earned 2<sup>nd</sup> and 3<sup>rd</sup> place team awards. Our level 3 team competed for the first time and won the gold for the team award, special mention to Mia Holah who also received 1<sup>st</sup> place overall. This competition was also the first for our level 1 gymnast, Tayla Weller who did a remarkable job and received an individual medal.

The girls in level 4 – 6 have been working equally hard over the term and have also had some spectacular results in competition. A highlight for Term 3 was the Eclipse competition in which Eastern won 1<sup>st</sup> place team in each level division! Congratulations girls on the outstanding achievement!

All our level 1 – 6 girls are now eagerly awaiting the first ever Eastern Gymstar competition which will be held on October 31<sup>st</sup>, it's sure to be a terrific event! Just a quick reminder to all families attending the event that we still require parent assistance on the day, please contact me via email if you can help out.



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

This term our programs include “Down on the Farm” “Space” , “Sporticus in LazyTown” and our very popular ” Transport” theme with our fleet of box cars and traffic lights. If you would like to come and join the fun and have a free trial class, please ring the office to make a booking. Now that the weather is warmer, we will also be having our very popular “Grand-parents week” 8 - 12th NOVEMBER where all Grandparents will be welcome to come and either watch, or if able, join in.



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. To alleviate this problem, we would like to advise that we will be starting **an additional 3 -4 year old class on a Thursday morning at 9.30.** This class is planned to commence on 28 October 2010, subject to numbers.

To celebrate the end of the Kindergym year, we are hoping to repeat our successful **Kindergym Open Day on Sunday 12th December** with a jumping castle, face painting, sausage sizzle, games and of course a gym full of fun kindergym activities! Please mark this date down in your diaries now! More information about it will be given nearer the time.

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



The MAG program has had a great term this term with our boys having some excellent results at several competitions.

Our National boys competed in the MAG National Club Championships that were held at MSAC towards the end of September. This was a competition for every club in Australia and so was a good opportunity for our boys to see how they were placed compared to everyone else at their level in the country. And they did extremely well. One notable performance was Andreas Lepore who competed in level 4. Andreas scored over 50

for his overall score for the first time ever! Well done Andreas and well done to all the other boys who competed.

Also this term we had one of our level 3 boys, Ben Lammardo, attend a training session at HPC which was organised for the top 10 boys in Victoria at his level. This training session was set up to help the top boys in the state progress as best as possible with their gymnastics. Ben consolidated many of his skills for next year and will be returning next month to be tested. I want to wish Ben all the best for this next training session.



I want to say thanks to all the boys for a great term. Keep up the hard work!



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

Term 3 has been the busiest so far for our squads across all levels. Our Level 1A team of Charlotte Ferns, Deborah Ntais, Jessie Keogh, Lizzie Browne, Shannon Heng produced some excellent results at the State Pennant Finals, finishing in 3<sup>rd</sup> place in Victoria. Our level 2A team Angela Hughes, Christine Ntais, Peta Milenkovic, Samantha De Monte, Sophie Hoyne equaled this fabulous result in their division too! So after lots of hard work perfecting their routines, the competition season for our 1-3 squads has finished. In Term 4 we have welcomed over 10 new members into our WAG Squads and all of our gymnasts have begun working some new and tricky skills in preparation for competitions in 2011.



A special mention goes to Elizabeth Browne and Jessie Keogh for the invitations they received to participate in Gymnastics Victoria's State Camp. These gymnasts were invited because of their individual results at State Pennant and deserve to be congratulated on performing so well.

Our small Level 4 Squad is looking forward to competing for the first time this year at the Club Championships to be held in November. The girls have been unable to compete this year due to injuries but are excited to show off their new skills in a few weeks.



The State 5 and National 5B gymnasts are eagerly awaiting their competition at the Victorian Championships after performing so well in the four Invitational's held in Term 3 and 4. The girls produced their best results as Eastern gymnasts at the Melton Invitational with our State 5, National 5B and State 8 teams placing 1<sup>st</sup> Overall as a team in each of their levels.

Congratulations to our State Level 8 team of Martha Hasan, Meaghan Keating, Phoebe Sansom, Noni Taylor and Sinead Chaplin for their silver medal at the Victorian Championships Team competition held on the 9<sup>th</sup> October. The girls also qualified for the Individual All Around competition to be held in November.

Good Luck to our Level 5s and 8s in their final competitions for the year!

Congratulations to all our WAG Squad gymnasts who have promoted Eastern as a successful competitor in Victorian gymnastics.

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

Congratulations to our Special Olympics Rhythmic gymnast Fiona Taylor. Who competed in the State Games in September, winning gold medals on all apparatus and overall - A very special gymnast!

Junior, Intermediate and Senior gymnasts are working hard at pairs trios and group—preparing for the Victorian Championships in November.

Ten of these gymnasts will be attempting to pass levels in early December, from level 4 to level 9.

Thanks to all the coaches and gymnasts who retrieve flying apparatus and return it (mostly with a smile)

**Future Newsletter Publications**

Our newsletter is published 4 times per year, the next publication will be **End January 2011** and the **cut off date** for any inclusions in the newsletter will be **January 15, 2011.**

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 – Assessment Day

*Be assessed for the Ultimate Gymsport!*

Our Senior Acrobatic coaches would like to assess any aspiring athletes to fulfil limited positions within the Senior and Junior Acrobatic Gymnastics Programs.

- **Senior Program Focus – State, National & International Elite Competitions**
  - **Assessment Age: 8+**
  - **(Prefer gymnastics experience levels 4+)**
- **Junior (development) Program Focus – State Competition**
  - **Assessment Age: 6+**

Please register your interest in attending the Assessment Day with the Acrobatic Coaches or by completing the registration form available near the office. Alternatively email

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

- **When ...Thursday 28<sup>th</sup> October 2010: 6pm – 8pm**
- **Other days by appointment only!**

## 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)

# Acrobatic Gymnastics – Assessment Day Registration Form

*Be assessed for the **Ultimate Gymsport!***

Gymnasts Name \_\_\_\_\_

Parent/s Name \_\_\_\_\_

Contact Number \_\_\_\_\_

Email \_\_\_\_\_

Are you a Gymnast? (please circle):    Yes / No    Comments \_\_\_\_\_

Current or Previous Gymnastics Experience \_\_\_\_\_

Level Achieved \_\_\_\_\_

Are you a current member of Eastern Gymnastics Club? (please circle):    Yes / No

I would like to arrange an Assessment for one of the following (please tick):

Senior Program Focus – State, National & International Elite Competitions

- Assessment Age: 8+
- (Prefer gymnastics experience levels 4+)

Junior (development) Program Focus – State Competition

- Assessment Age: 6+

I will be attending the assessment Day on Thursday 28<sup>th</sup> October 2010: 6pm – 8pm

I would like to be contacted to arrange an appointment for assessment at another time

Please either hand this registration form to one of the Acrobatic Coaches, hand to office staff or place in post slot on the office front wall ...adjacent to the office door.

Alternatively email [acro@easterngymnastics.com.au](mailto:acro@easterngymnastics.com.au) to register or for further information.