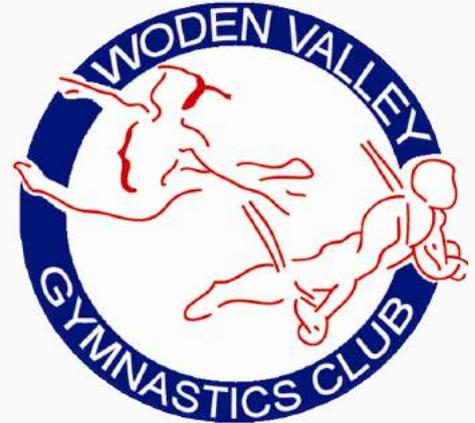


# Woden Valley Gymnastics Club



A Newsletter for our wonderful club community



## A NOTE FROM OUR PRESIDENT

Andrew Collins

I had the pleasure of attending the MAG/WAG Senior State Championships in March and see the fantastic performances of our Club's senior competitive gymnasts. After such a difficult and disruptive 2 years, these remarkable young adults represented not just themselves, but our Club and our extended community with amazing results. Congratulations to everyone who competed and best of luck to those who achieved selection for the Australian National Championships in May.

Whilst our senior competitive gymnasts represent the peak of performance, our club is about much much more. It has been wonderful to pop into the gym and see our gymnasts of all ages and abilities enjoying themselves and progressing in their gymnastics. I would like to commend all of the Club's Coaches and Staff for keeping our community as safe and healthy as possible over the past few months.

The Club AGM is coming up in May and notice will be distributed very soon. I will be remaining on the Committee but stepping down from the role of President after 3 years. It has been a challenging time, but extremely rewarding from both a personal and professional standpoint. I would encourage anyone who is interested in the governance and growth of our Club, or in growing their professional acumen to nominate for the Club Committee. Please get in contact if you are interested or have any questions.

Andrew Collins - President

[president@wodenvalley.net](mailto:president@wodenvalley.net)

# A NOTE FROM OUR GYMSPORTS DIRECTOR

Naomi Nye

Nothing like a deadline to get back on track in 2022! After such a long time with no certainty around competitions, events and courses we are faced with a jam-packed calendar to get the team focussed and motivated through to December and beyond. Gymnastics is a sport that continues all year with no 'off season', as one competition/event is finished others follow. Outside of regular classes, weekends are quickly filled with commitments related to the sport we love. Ensuring we provide the best opportunities for our members to participate is the focus of our yearly planning (we have decided we need a three-day weekend every week, to meet the needs of our ever-expanding club.)

Our Senior Athletes competing in the MAG and WAG GACT State events was the first big competition series of the year. Positive results were achieved, with WVGC gymnasts and coaches selected to represent the ACT at the Australian Gymnastics Championships in May. The greatest highlight was the athletes being able to finally complete a competition series and to build on and showcase newly acquired skills in front of their families, coaches and supporters. I look forward to seeing many more athletes across all our Gymsport programs return to competition and events as the year progresses.

Weekends are for learning when you are part of the WVGC coaching, management and administration team. WVGC is committed to going above and beyond in meeting the highest standards of training and education achievable. We have had coaches attend all Gymnastics ACT coaching and judging courses offered so far in 2022. In addition, we have provided staff with the opportunity to attend recognised First Aid, Youth Mental Health First Aid and Mental Health First Aid courses in Term 1. Many of our coaches also partake in online learning opportunities to complement and increase their coaching knowledge. I would like to thank the dedication our WVGC Team have to giving up many hours (often on their day's off) to ensure we provide the best we can for our members.

I would like to recognise the weekends your team of coaches, judges, administrators and management have dedicated so far this year and acknowledge the weekends ahead that they will be there to provide the best for our members.

Naomi Nye

naomi@wodenvalley.net

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# A NOTE FROM OUR GENERAL MANAGER

Matt Knox

It is hard to believe that we are into May, the year is certainly moving along!! Participation in our programs has continued to grow to levels pre 2021 COVID shutdown as we learn to live with COVID and the further easing of restrictions and mandates. I would like to thank our families and coaching staff for the ongoing support this year and look forward to the coming months.

Congratulations to those who won an Easter hamper in our Easter Fundraising raffle. A big thankyou to those that donated items for the hampers, the raffle raised valuable funds that will go towards sending coaches and gymnasts to compete at national and international competitions over the coming months and year.

I would like to thank Andrew Collins our current President, who will be stepping down at the AGM in late May. Andrew's contributions as President over the last 3 years has had a positive impact on the club and we are in a much better place for his efforts. Fortunately for us he will be staying on as a committee member.

Take care and best wishes

Matt Knox

matt@wodenvalley.net

# WAG

It has been a big term in the WAG program for our Senior most WAG gymnasts as they represented the Club at the ACT Trial One and Two Competitions in March and at the ACT State Titles event the first weekend of April.

It has been a difficult lead up to these events between Covid lockdowns, isolations and all the interruptions to training this has brought so all the gymnasts are to be commended for their effort in the lead up to these events and for their achievements throughout the competition series.

A big Congratulations goes to each of the Gymnasts for the following Achievements at the ACT State Championships Event:

Jenna, Alice and Chantel - 2nd Place Team in the ACT 8-10 Team Competition

Jenna:

Awarded ACT All Around Level 10 State Champion.

3rd Place on Vault

1st Place on Bars

2nd Place on Beam

1st Place on Floor

Chantel:

Awarded 2nd Place All Around in the ACT at Level 8

1st Place on Vault

2nd Place on Bars

1st Place on Beam

2nd Place on Floor



Congratulations also to Chantel and Jenna for being selected to represent the ACT at Australian Championships at Level 8 on the Gold Coast in May - we are so proud of this achievement and cannot wait to see you represent the ACT at this event.



# WAG

This term also saw us say goodbye to one of our Senior gymnasts Charlotte who leaves WVGC after 10 years to continue her gymnastics in Queensland. It was great to see Charlotte represent the club at her last ACT at level 9 one last time, we wish her all the best for the future.

Term 1 has also been a big term for our junior levels WAG gymnasts who are well underway in their preparations for the upcoming ALP 3-7 Competition season. It has been great to see so many of these younger gymnasts making great progress towards the skills they require for competition and ringing the 'Achievement Bell' when they finally master these for the first time by themselves.



Our Level 1-2 athletes are preparing for their upcoming invitationals that will be hosted by three of the Canberra clubs, the first of which will be on the 5th of June. They have been working hard on the required skills and will soon be learning their routines for each of the four apparatus.

Our Level 3-7 athletes are also preparing for upcoming events and competitions. These gymnasts are looking forward to attending their first interstate invitational for the first time in many years. This will be hosted by Flyaway Gymnastics Clun in Albury in July which will then be followed by their ACT Competitions.

Thanks for another great term, we cannot wait to see what you all achieve at the upcoming events next term!

Kaity Reedy, WAG Program Coordinator  
wag@wodenvalley.net



# ACRO

Term 1 has flown past! For all our Acrobats this term has been all about learning new skills, trying out new Acro partnerships and working on strength. For our national groups this is especially important as it sets the gymnasts up for their competition later in the year. The Acro for fun gymnasts have been working on all those things too so they can reach their own individual goals.

Acro is looking forward to a number of exciting things; new competition leotards for our levels 1-3 and 4-5, a new Acro for fun class for gymnasts 10 years and older, and a beginners judges course and workshop with presenter Wendy Trebel from Gymnastics Victoria.



# GfA

What a great start to the year! We welcomed everyone back to our gym in full force, with a few here and there having to isolate due to covid, we were still able to run classes as normal and enjoy our gymnastics, our parents visiting and seeing our wonderful smiling faces each week!

A reminder to please keep your child at home and take a covid test if symptoms arise. Mark your child absent in advance through the iClass app.

Our coaches and kids are looking forward to term 2 as we kick off our assessment period. Skills tree Evaluations will be available for you to follow through your iClass App. Under account and your child's name you will see evaluations and skills needed to pass their current class.



# KINDERGYM

Kindergym has had another busy start to the year!  
We welcomed many new and familiar faces back into classes.

We celebrated five different themes, beginning 'At The Beach' before moving through 'In The Bush', 'Colours', 'Earth & Environment' and 'Easter'!

We used each fortnightly theme to work through the fundamental elements of the Kindergym Program; a gymnastic Skill, a set of Dynamic Movement Patterns and reinforcement of neural pathways through our Neuronastic focus.

This term, our skill focus was developing "Forwards Roll". Forwards rolls are a complex skill, requiring spatial awareness, proprioception, and rotation. In our youngest classes, forwards roll development appears as sideways rolling, egg rolls and log rolls. Many of our gymnasts continued to gain confidence, building on the pre-requisite skills needed and will soon feel ready to perform a Forwards Roll. As Gymnasts develop a sounder understanding of their bodies in space (proprioception), our experienced coaches begin to assist with the 'inversion' part of the Forwards Roll (going upside down). This can be performed both on a wedge and around the bar with the assistance of a coach.

For our more experienced gymnasts, who have become competent with the basics of the forwards roll, many began to fine-tune this skill with the support and guidance of a coach. Forward rolls are further progressed by placing feet together and standing up to a "Tree" position after the roll is performed.

Working our forwards roll elements on the bar also gave us an opportunity to build the concept and execution of upper body weight bearing, particularly through holding of our "Front Support" shape.

The inclusion of rolls and rotation in the circuits each week simultaneously targeted our Neuronastic focus, which was Vestibular Stimulation and Inversion.

Vestibular stimulation are any movements that encourage the stimulation of liquid within the inner ear. There many benefits of stimulating the vestibular system, particularly in early childhood development. Vestibular stimulation helps improve a child's balance, coordination, and posture. This is done through rocking, swaying, spinning, swinging and rolling. It builds children's flexibility, gross and fine motor skills and strengthens the muscles within the eyes. This links to visual tracking, which is beneficial to reading and writing skills as children develop.

Stimulating the vestibular system through inversion (upside down positions such as spider-man handstand) helps children learn to regulate their central nervous system. Being upside down helps develop focus, concentration, and compartmentalisation. Children also learn to maintain head control as their position in space is changed. Building these neural pathways is beneficial far beyond physical movement and aids gymnasts in everyday life.

As always, we would like to share our gratitude for all our wonderful Kindergym children and their families.

Thank you to all who help us create a safe, supportive learning environment within our community.

We are looking forwards to Term 2!



# MAG

Our MAG team have had a busy start to 2022. Our Senior Gymnasts have had a been training hard, working on new skills and learning new routines in preparation for ACT Senior Competitions. These are qualification and selection events for representing the ACT at the Australian National Championships in May.

Senior Trail #1 was held on the 6th March at Southern Canberra Gymnastics. Our gymnasts had a nervous start to the competition season.

Senior Trail #2 was on the 20th of March on home turf at Woden Valley Gymnastics Club. It was the first senior competition we have hosted in a long time. We put on a great senior competition, and our gymnasts improved on their scores. We would like to thank everyone who help us put on the event.

MAG State Championships was held on the 3rd of April at Gungahlin Gymnastics Club. Our gymnasts had a great competition, especially as their coach was in isolation and unable to coach them the week leading up to the competition. Our MAG coaches worked as a team covering Qiang's coaching shifts to ensure that the gymnasts has the best possible training sessions leading up to the competition. WVGC have had 6 gymnast qualify for Australian Championships.

## State Championships Results.

Harry Level 8 Under 14 ACT State Champion,

Issac Level 7 Under 13 ACT State Champion, 1st Floor, 1st Pommel, 1st Vault, 1st P-Bars

Lachlan Level 7 Under 3 2nd Over All, 2nd Pommel, 1st Vault, 3rd P-Bars, 3rd H-Bar

Level 7 Open:

Patrick, 2nd Overall, 1st Vault, 2nd Floor, 2nd Pommel, 2nd P-Bars.

Lucas, 4th Overall, 3rd Pommel, 3rd Rings, 3rd Vault, 3rd H-Bar

Darrell, 5th Overall, 3rd Floor, 3rd P-Bars

For competition results can be found on the GACT website under Events, Event Results, 2022, MAG.



We are proud to announce that all gymnast that competed all round ACT selection event s have qualified to represent the ACT at Australian Nationals. .

Level 8 u14 Harry

Level 7u13 Lachlan and Isaac

Level 7 open Patrick, Darryll and Lucas

Our Junior Gymnasts Development - Level 2, have been concentrating on Body Tension and developing and perfecting basic skills and working landing from a height. It is important to development body tension to ensure gymnasts can keep their body in the correct shapes throughout out skill.

Intermediate Gymnast's Level 3-5, have been hard developing new skills to get them ready for competitions

Our Level 1-5 gymnast will start their completion season on the 19th June



## MAG Education and Personal Development

In February WVGC had 3 Judges enrolled on the MAG Intermediate Bronze Judging courses Louise, Jeremy and JJ all passed and put their new found Judging skill into practice at the ACT senior competitions. Congratulations WVGC now have 4 MAG Intermediate Bronze Judges, if you would like to become a MAG judge please get in contact with [mag@wodenvalley.net](mailto:mag@wodenvalley.net). No prior knowledge is needed and training can be provided.

Coach Ky obtained his Mod 1 coaching qualification and Coach Jonathan qualified as a MAG intermediate coach.



# GROOVE & MOVE

## (Fitter for Life)

If you are over 50 and don't think you can participate in gymnastics, think again! None of our current over 50's Groove and Movers participated in gymnastics when they were younger and all have a great time in classes, whilst working on individual challenges. By participating in the program, you will improve your fitness whilst maintaining brain connections, creating friendships and having fun. Come and try our Monday 2:30 till 3:30 pm class and see for yourself.



# TEAMGYM

TeamGym involves teams of 6 to 12 people, who partake in tumbling, mini tramp, acrobatics and dance with the aim to achieve a bronze, silver or gold banding at competition events.

With athletes ranging in skills and abilities from beginner through to level 10, and ages from 6 years through to 80 years, it is inclusive and super fun.

Teams perform on the following apparatus:

- Floor
- Tumbling
- Vaulting / Mini trampoline

The Club attends state, regional, interstate and national events.

To find out more email [naomi@wodenvalley.net](mailto:naomi@wodenvalley.net)





## GYMNAESTRADA

We are so excited to be taking over 30 athletes to Amsterdam in July 2023. Our team will consist of athletes ranging in age from 6years to 80years old.

The opportunities and experiences being a part of a Team representing Australia offers are unforgettable.

It is not too late to be part of the team as final commitment with Gymnastics Australia are open till November 2022. If you are thinking you would like to be part of the fun and fantastic adventure that is Gymnaestrada, email [naomi@wodenvally.net](mailto:naomi@wodenvally.net)



## PERFORMANCE GYMNASTICS

The fun of learning new routines has begun in earnest. Learning new choreography and skills for upcoming events and competitions is motivating.

The coaching team are busy exploring music options and skills that can be included in routines as we work toward the GACT State event in July.

The Performance Team train on Friday nights 7:30 till 9pm and is open to all abilities. New people are always welcome.



## ENABLE GYM

Enable Gym is a program that caters for those in our community who need extra support from early childhood through to adults. Support and classes provided are based on the individual needs of the gymnast.

Due to the high demand for the program, we can not always provide a class option straight away, however we do our best to provide options ASAP.

Please feel free to contact us if you would like to know more [naomi@wodenvally.net](mailto:naomi@wodenvally.net)



# GfA OPEN LEVELS

GfA Junior Opens Levels have been working on routines for their upcoming competition. For many this will be their first ever competition. We wish them luck as they head into their competition season.

Senior Open Levels spent Term 1 refining their drills for skills ready to start competition season. All our Senior Open gymnasts attend a choreography session outside of class time to learn their floor and beam routines. We cannot wait till they perform these in July/ August.

A huge thank you to our choreographers for putting in the time and effort to help our team.

All open Levels parents should be checking Team App regularly to avoid missing out on important training, uniform and comp info. Absences also need to be communicated via email or Team App group chat in advance.

If you have any questions please contact Rosie, GfA Program Coordinator [rosie@wodenvalley.net](mailto:rosie@wodenvalley.net)



## Babysitting Night

**A Fundraiser for Athletes attending Gymnaestrada in  
Amersterdam 2023**

**Saturday 4th June 6 till 10pm**

**Children must be a minimum of Kindergarten Age.**

**Cost: \$30 one child, \$25 for second child and \$20 for 3+  
children (must be siblings from same immediate family  
to get the multi-child discount)**

**Includes: Gymnastics Circuits, Pizza, Ice cream and a  
Movie.**