



Warragul Gymnastics and Cheerleading Club Newsletter



Club News



As another year comes to a close we hope that you have all enjoyed 2017 at the Warragul Gymnastics and Cheerleading Club. With 420 registered members, it's a very large task to co-ordinate the coaches and classes on a weekly basis. The committee would like to say a big thankyou to Angela the club manager who not only runs the club but also uses her

knowledge as a coach, judge and supervisor to make sure that we keep getting bigger and better each year. Her compassionate and caring attitude for our children like they were all her own is what creates the uplifting feel around the club. Thanks Ang and family for your commitment to our club. Our coaches do an amazing job on and off the

floor with our children and we wouldn't be half the club without them. Ongoing training in and out of the club, early morning and late nights at comps, their encouragement of the gymnasts is second to none.

The coaches and committee would like to thank you all as parents for helping make this year another great one for all the kids. The dedi-

cation from you as parents by getting the kids to training, running them to competitions and your enthusiasm is half of what makes it so enjoyable for the kids.

A big Merry Christmas and a Happy New Year to all our gymnasts, cheerleaders and their families. We look forward to welcoming you back in 2018

Important Dates

Thursday 14th of December
MAG & WAG Squad Fun night
6-7.30pm

Saturday 17th of December
All Classes finish

Monday 18th of December
Rec gymnasts/Cheerleaders Fun
Night 4-6pm

2018 Enrolments

Enrolments will roll over but a new form needs to be completed each year. They are available on the desk near the admin office from the 1st of December, 2017

Please fill in a registration form and attached a \$20.00 deposit and put in the basket.

If your child isn't returning in 2018 please let Angela know as we have children waiting for spots in classes, however preference will always go to those that are already a part of the club. New gymnast enrolment's will be taken as from the

8th of January 2018 so if you have friends or family that are interested please let them know to contact Angela that week. The best way to do this is via our Facebook page or calling her on 0417 139 862.

Increase in Fees.

Due to the club having to register for GST. We unfortunately have had to pass on some of the costs of this so there will be a 5% increase in fees from 1st January, 2018.

This is not something we do lightly as this is only the second increase we have had in 10 years.



End of Year Fun.

All gymnasts and cheerleaders work so hard over the year that we want to reward them with a night of fun and games where they can relax with their coaches and other class mates.

All recreational gymnasts and cheerleaders

4-6pm on Monday the 18th of December.

Charge: \$5.00 per head.

Dinner: Pizza and fun and games.

All MAG and WAG squad levels break up

6-7.30pm Thursday the 14th of December. (Training as usual from 4-6pm)

Charge: \$5.00 per head.

Dinner: Pizza then fun and games.

If your child doesn't train on this night then please bring them in at 6.00pm

Name	Attending End of year fun. \$5 per head Direct Deposit Cash
Dietary requirements	
Please complete the form & return to Angela by Mon 11th of Dec.	



Gymnastics News

WAG Squad Information

If your child is part of any WGC squad level then please find these closed groups on Facebook and send a request to join.

WAG Competition season has just finished for the year with the Southern Cross Championships in Geelong over the weekend.

We had some great results across the board with Serena in Level 5 achieving 3rd on vault over all.

A special mention to the whole WAG Level 5 girls and their amazing coach Laura who were awarded the team spirit award by the judges.

Awesome girls, we love the support you show your team mates and also the other squads around the club.

The level 2 WAG squad also competed at the State Pennant several weeks back and placed 2nd over

all. Well done to you all you worked hard to achieve it.

WAG Level 3 Squad finished their season with an overall



4th at the Eastern Invitational at Box Hill. Well done girls!!

Gippsland Championships with dawn rises and late nights, produced some great results for the club with many flags being brought home. Our level 3 Rec girls brought home a first for the



Our Level 3 Rec girls came 1st overall at Maffra. Well done girls!!!!



Awesome effort Julia!!!

club. Whilst Julia Stanfield came 1st overall in her level.

A special mention to Ivy Ward who received the judges encouragement award. Well done Ivy!!!



Ivy accepting her award.

All gymnasts have been placed into their new classes and these will continue as they are for 2018.

The gymnasts have commenced working on new and exciting skills in readiness for next year.

If you need to discuss anything to do with your child's class or level of skill please feel free to contact Angela at the club to arrange to speak to her at a convenient time.

it doesn't
get easier
you get
Stronger



A picture says a thousand words, our girls awarded the team spirit award



Level 2 WAG girls got 2nd overall in Geelong! Yay way to go team!!

WAG Holiday Training

Starting 9th of January

**Level 5 & 6 - 3.30 to 6.30pm
Tues and Thurs**

**Level 3 & 4 - 3.30 to 5.30pm
Tues and Thurs**

Classes can be paid for weekly or charged to next years invoices.

Gymnastics will start back on the 5th of February 2018.



Spotlight on MAG Gymnasts

Cooler kids on the block,
with haircuts to match!!



They are known as the MAG gymnasts with the coolest hair cuts around!!



At Warragul Gymnastics Club we have several levels of MAG squad gymnasts. Level 3/4 who are coached by Pip and are the coolest kids on the block.

Also level 1/2 coached by Darcy which consists of their protégé's who are one day looking forward to playing with the big boys.

With no knowledge of MAG gymnastics before my son started doing it. I now have an understanding of the work that our coaches, Pip and



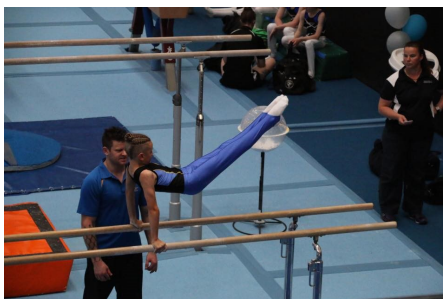
Sam on rings.

Darcy put into these boys. Thankyou to these two amazing guys who manage and keep our boys clubs in check.

With haircuts to match their attitudes they have smashed out a fantastic comp season individual-

ly and as a team. The strength that our male gymnasts need is incredible and Pip and Darcy have developed their teams to an amazing level and created a group of boys that will have a life long bond.

A huge congratulations to the level 3 boys, Christian, Sam, Josh, Caige, Hayden and to Ash our Level 4 mag for the efforts at Junior Victorian Championships.



Sam on Pbars

Christian achieved 4th over all for the level 3 under age division which is amazing, he place 2nd in Victoria for his floor, Pbars (parallel bars, took me a while to work it out) and steel bar routines.



Josh on Pommel

Josh came 6th overall for a stunning vault and Sam came 8th on pommel

Level 4 Ash came 7th overall on Floor. Congratulations boys and of

course Pip as well.

Men's Artistic Gymnastics channels masculine energy to develop power, strength and control.



Ash and Pip

Mastery of the six apparatus (Floor, Pommel Horse, Rings, Vault, Parallel Bars, Horizontal



Christian on the steel bar

Bar) requires the skilful combination of flips, balance, stretch, spin and landings.

If you get the chance to see these guys in action then its definitely worth the time. Their ability is right up there with their haircuts!

**MAG Holiday training—
Level 3/4**

Starting the 9th of January,

**Tuesdays - 3.30 to 6.30pm Thurs-
day- 3.30to 6.30pm**



Our cheer girls have had a very busy last term with 3 competitions competed in, including, the cheerleading state championships, National Cheerleading championships and the AASCF Spring Carnival. Well these girls just keep blowing us away with their talent. They achieved two



Butterflies in action at the state championships

firsts against some very stiff teams in the first two competitions. Their commitment to training and learning is second to none. Also I would say they are the noisiest training session in the club (just quietly I think they have the most fun, who wouldn't want to dance and cheer for training).

I happened to catch their last training session before the AASCF Spring Carnival at the weekend

WGC Butterflies Cheerleading

and they were definitely ready to "bring it".

With lots of nerves, hairspray and bows they brought home an amazing 5th place.

Considering how new the team is to the sport and to the club we are so proud of what you achieved in your first year.

To Baelee, Bec and Ash what fantastic coaches you are without you this would never have got off the ground. You have not only built a competitive cheer team but also created a sense of teamwork and comradery between these girls. Thankyou so very much.



You play football?
That's cute.
We throw 100 pound girls
and you throw 2 pound
footballs. Oh, and we
actually catch ours.



"Spring Carnival 5th place.

Awesome effort girls"

With 2017 coming to an end we are looking forward to seeing what you do next year.

The club issues updates via its FACEBOOK page and the Cheerleading groups. Make sure you like the clubs FACEBOOK page to keep up to date with any time changes, events, etc.

Warragul Gymnastics have a placement day for next years team for existing and new cheerleaders. If you know of anyone that is interested please let them know about the day.

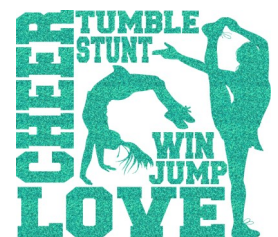
If they can't get there then have them contact Angela at the club.



Saturday December the 2nd

Ages: 5 to 11

Time: 11am to 12pm



Housekeeping



Gymnastics will start back on the 5th of February 2018.

SQUAD HOLIDAY TRAINING

There will be holiday training over the holidays for all Squad level classes. Although holiday training isn't compulsory and we try to keep it to a minimum as with any sport coming back after an 8 week break is difficult so we do like to offer the option for those that are wanting it. It can be paid for weekly or charged to next years invoices.

WAG Squad Level 3/4 starting on the 9th of January, Tuesday and Thursday from 3.30 - 5.30pm

MAG Squad Level 3/4 starting on the 9th of January, Tuesday and Thursday from 3.30 - 6.30pm

WAG Squad Level 5/6 starting on the 9th of January, Tuesday and Thursday from 3.30 - 6.30pm

Gymnasts /cheerleaders are not allowed to be on any equipment without a coach being present. They are not insured for activity on any equipment outside of class times. This is also the case for siblings during and after classes they are not insured and can easily be hurt if they wander into the wrong area.

If your child has a break/snack time in their class please send them with a light snack. Make sure they have a drink bottle as the weather heats up it is necessary for them to stay hydrated during their lesson. Please also find attached the Warragul Gymnastic Club Heat Policy.

Please as a parent do not go onto the gym floor to speak to your child at anytime during a class. This can be dangerous for gymnasts and also parents. If you need to speak to you child urgently then please get the attention of the club manager Angela and she will speak to your child's coach and get them to instruct your child to come and see you off the gym floor.

Sometimes you will see other people on the gym floor with Angela observing classes. Angela quite often trains different people in various positions around the club. As she is a fully qualified coach, judge and supervisor she can coach and train junior and senior coaches and also judging staff whilst on the floor coaching.

Angela will from time to time also leave junior coaches on the floor to run and direct the class by themselves for a short period of time. This allows the junior coaches to take on that responsibility and become comfortable with managing the classes. She is always watching however. If you have any questions regarding this then please see Angela at the club.

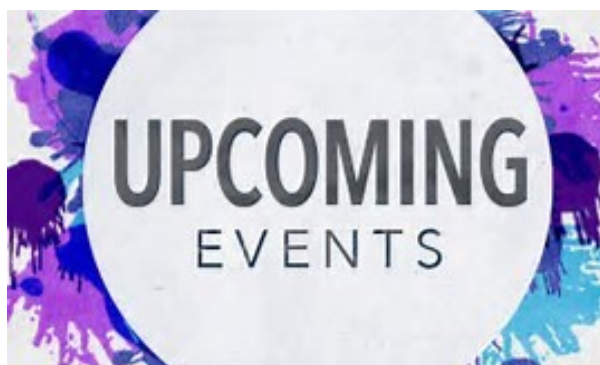
ENJOY YOUR TRAINING!



The club issues updates via its FACEBOOK page and Gymnastics Squad and Cheerleading groups. Make sure you like the clubs FACEBOOK page to keep up to date with any time changes, events, etc.

If your child is part of any WGC squad level or WGC Cheerleading then please find these closed groups and send a request to join.

The information shared in these groups is important and includes things like competition details including times, traffic delays on route to comps and any other last minutes information that may need to go out.



Date	Competition	Venue	Level
05/02/18	Term 1 starts		All levels
31/03/18	Last day of term 1		All Levels
16/04/18	Term 2 Starts		All Levels
30/06/18	Last day of Term 2		All Levels
16/07/18	Term 3 Starts		All Levels
22/09/18	Last day of Term 3		All Levels
08/10/18	Term 4 Starts		All Levels
15/12/18	Last day of Term 4		All Levels
	Competitions and Events for 2018 will be included when confirmed by Gymnastics Victoria.	TBC	All Levels



Warragul Gymnastics Club

CHEER PLACEMENT DAY

Saturday December 2nd

Ages 5 to 13

11am to 12pm

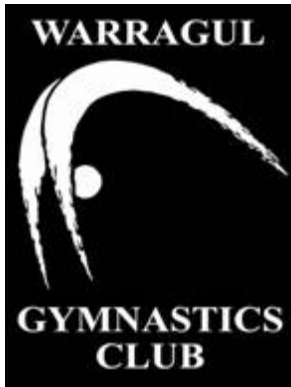


If you are unable to make this day but would still like to be placed on a team for 2018 please contact Angela!

Facebook: Warragul Gymnastic Club

Phone: 5622 3144

40 Alfred St, Warragul



Warragul Gymnastics Club Inc. Extreme Heat Policy

Warragul Gymnastic Club understands that exercising in extreme heat can be dangerous for any participant. If the temperature is predicted to be 36°C or above at 9.00am on any given gymnastics day, classes after 4pm will be cancelled due to the heat.

Make-up classes will be arranged during the first week of the next school holiday, (refunds will not be provided). During hot weather gymnasts are encouraged to take extra care to avoid heat injury such as dehydration or heat exhaustion.

Should the heat inside the Gymnastic Club reach more than 36°C during a training parents will be contacted to arrange pick up.

Drink Bottles:

- Gymnasts are required to bring a named drink bottle to every class
- Drinking water is always available from the tap in the Kitchen
- Icy poles will be given to gymnast during class or at breaks
- Gymnast will be encouraged to take many drink breaks during training.
- Gymnasts are reminded to drink fluids during the day prior to coming to gym

Date Reviewed:20/11/2017
Accepted by Committee

