



**WARRAGUL**  
Gymnastics Club

 **Club News**

Edition 10 Term 1 2019

# Warragul Gymnastics and Cheerleading Club Newsletter

Term 1 2019 is coming to a close, quick reminder that the last day of term 1 is the **Friday 5th April**.

We hope to see you all back for Term 2, we will be starting back on **Tuesday 23rd April**.

Catch up class lists are available on the desk near the office, so please remember to put your child's name on the list if they missed a class.

We hope you all have a wonderful holiday and a great Easter.

## OUR COACHES

We take great pride in the education and training of our coaches. They all work incredibly hard to become accredited coaches, some of them doing so while still studying. This involves them completing a coaching course as prescribed by Gymnastics Australia. Coaches must remain active in order to stay qualified, they require updating points, which can be attained through educational sessions sanctioned by Gymnastics Victoria; such as Regional Congress, which is to be held on the 7th of April.

As part of our commitment to continued development of our coaching ability Angela & Baelee both attended GYMCON in Melbourne earlier this year. This is a Gymnastics Victoria event presented by Nick Ruddock. Nick Ruddock is the personal coach of the Great British National Team member and 2016 Olympic floor exercise bronze medallist, Amy Tinkler. Serving as the GB WAG Junior National Coach from 2010-14, Ruddock's efforts saw the team rise from 5th place in 2010 to 2nd place in 2014 at the Junior European Championships. Under Ruddock's lead, the team made history by achieving 5 individual podium finishes at the 2014 Junior European Championships.

Angela and Baelee have been using this experience within their squad classes and are currently working on plans of expansions within our programs. So keep an eye out for some big changes later this year.

Coaches who are attending these additional training are doing so at the expense of their own time. It exemplifies their dedication to the Warragul Gymnastics Club and we would like to thank them as it only makes us stronger as

## Happy Easter

Wishing you a holiday celebration filled with family, friends, love, and laughter!



## CLUB LEOTARD - PLEASE RETURN

**If any gymnasts has a club leotard at home then could you please return it to the club ASAP. We are doing a count of all leotards and updating some where needed.**



### Second hand leotards

If you are looking to purchase or sell a second hand leotard then there is a rack near the office

**Follow us on  
INSTAGRAM**

**You can also find us at**

**[http://](http://www.warragulgymnastics.club)  
[www.warragulgymnastics.club](http://www.warragulgymnastics.club)**





## Gymnastics News

### WAG and MAG Squad Information

Competition season is starting up for our senior WAG gymnasts Baelee & Eleanor. They have been competing and representing Warragul Gymnastics Club since February at the Knox WAG Competition, Jets Senior 'Learn to Fly' Invitational and State Trials at Waverly and Ballarat.



**Eleanor at Eureka Gymnastics  
State Trials**

Eleanor has had a fantastic start to level 7, considering she has had 5 weeks to learn her new routines. She is certainly doing the club very proud.

Baelee has qualified to compete at the Victorian State Championship in Geelong on the 12th of April we wish her well for that.

For those new to competitive gymnastics, there are competition seasons dependent on the level of the gymnast.

WAG (Women's Artistic Gymnastics) and MAG (Men's Artistic Gymnastics) are divided into levels 1-10 for the national stream of gymnasts. The competition are split further into division 1 & 2 based upon time spent training per week; with division 2 being less than 12 hours and division 1 being unlimited. Currently our club only offers division 2 training. Within both divisions there are also age brackets, so gymnasts only compete against others of similar age.

There are competitions for all levels throughout the year, but they are somewhat organised into seasons. MAG 5-10 and WAG 7-10 have the bulk of their competitions early in the year beginning in February while MAG 1-4 and WAG 1-6 have their competitions later in the year beginning around July.



**Baelee at Knox Gymnastics**



## WGC Cheerleading

### HALO & ECLIPSE

Our cheerleading program has had a few big changes this year. The biggest being our new names.

Our Level 1 Youth team (5-12 yrs.) is now called  
**HALO**

And our Level 2 Junior team (8-14 yrs.) is called  
**ECLIPSE**

The teams are just starting to work on learning their routines in preparation for the upcoming competition season.

**If you have an aspiring cheerleader that would like to try it out, please contact Angela for a free trial class.**



# Housekeeping

## IMPORTANT REMINDERS

- Please make sure that Parents/Carers are coming into the club to pick up their under 13-year old children. Children under 13 will not be permitted to leave the building without an adult as the car park can be dangerous when dark due to it not being well lit.
- As a parent, please refrain from going onto the gym floor during a class. This can be dangerous for gymnasts and also parents. If you need to speak to your child urgently then please get the attention of the club manager Angela and she will speak to your child's coach and ask 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. Being a qualified coach, judge and supervisor, Angela quite often trains different people in various positions around the club.
- 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.
- All competitive squads have their own Facebook groups, so if you have a gymnast in a competitive squad please look out for an invite or have a look for the pages so you can get the most up to date information. If you are unsure what level your gymnast is please check with Angela. The pages can be found under the following names:
  - WGC Wag level 1
  - WGC Wag level 2
  - WGC Wag level 3
  - WGC Wag level 4-9
  - WGC Mag squad
  - WGC Cheer
- Facebook is the club's best form of information distribution, it is highly recommended to follow us on Facebook to receive the most up to date information regarding your gymnastics.
- You can also find updates and photos on our Instagram page  
[https://www.instagram.com/warragul\\_gymnastics\\_club/](https://www.instagram.com/warragul_gymnastics_club/)



## CHILD SAFETY

### IMPORTANT UPDATE

This week we will be giving all gymnasts a free child safety parent guide, this is free and includes a tear-off bookmark for you. This guide was created by Gymnastics Australia in partnership with Bravehearts, as part of a continuing commitment to make child safety a priority across all gymnastics clubs in Australia. Please take the time to read the information and should you have any questions feel free to direct them towards Angela, our club manager and child protection representative. On the back of the guide there are national support numbers for advice and guidance should you require them. Within Warragul Gymnastics Club we are committed to constantly improving our child safety and hope you find the guide useful.

Note from Bravehearts:

*"This booklet will provide you with ideas and advice on how to talk to your child or young person about keeping safe. Includes information about online safety, as well as activities for young children."*





## COMPETITION CALENDAR 2019

DATE	EVENT	VENUE	LEVEL
APRIL 12-14	MAG & WAG Senior Victorian Championships	Geelong Arena	WAG 9
MAY 5	MLC Senior Star Classic WAG	MLC Gymnastics	WAG 7 & 9
JUNE 16	Sue Draper Memorial Pairs Competition	Maffra Gymnastics	WAG 4-9
JUNE 29-30	Judges Invitational	Eclipse Gymnastics	WAG 2-4
JUNE 28-30	Winterfest	State Basketball Centre, Wantirna	Cheer 1-2
JULY 20-21	Gippsland Championships	Warragul Gymnastics	WAG 1-2 MAG 0-6 REC 1-4
JULY 27-28	Judges Invitational	Cheltenham Youth Club	WAG 5-6
JULY 27-28	Aussie Gold State Spectacular	State Basketball Centre, Wantirna	Cheer 1-2
AUGUST 9-11	All Star Battle	State Basketball Centre, Wantirna	Cheer 1-2
AUGUST 17-18	Eclipse WAG Invitational	Eclipse Gymnastics	WAG 3-10
AUGUST 25	MAG Pit Invitational	PIT Gymnastics	MAG 2-4
SEPTEMBER 6-8	Waverly ACROMAT Junior Classic	Waverly Gymnastics Centre	WAG 1-6
SEPTEMBER 8	MAG Junior Victorian Championship Qual.	BTYC Gymnastics	MAG 3-4
SEPTEMBER 14	South East Region Qualifiers	Maffra Gymnastics Club	WAG 4-6
SEPTEMBER 15	Senior Gippsland Championships	Maffra Gymnastics Club	WAG 3-9
SEPTEMBER 15	MAG Junior Qualifiers	Eastern Gymnastics	MAG 1-2
SEPTEMBER 20-22	State Cheerleading Competition	Melbourne State Athletic Centre	Cheer 1-2
SEPTEMBER 28-29	Warrnambool Springers Invitational	Warrnambool Springers	TBA
OCTOBER 5	Knox Invitational	Knox Gymnastics	MAG 2-4
OCTOBER 19-20	WAG State Pennant	BTYC Gymnastics	WAG 2
OCTOBER 25-27	Spring Carnival	State Basketball Centre, Wantirna	Cheer 1-2
NOVEMBER 2-4	WAG Junior Victorian Championships	Geelong Arena	WAG 4-6
NOVEMBER 3-4	MAG Junior Victorian Championships	Geelong Arena	MAG 2-4
NOVEMBER 9-10	WAG Junior Victorian Championships	Eastern Gymnastics Club	WAG 3
NOVEMBER 29-30 DECEMBER 1	Australian Cheerleading Championship	Melbourne Convention Centre	Cheer 1-2