



Warragul Gymnastics and Cheerleading Club Newsletter



Club News



That's a wrap for another term we hope that you have all settled in to training with Warragul Gymnastics and Cheerleading Club.

If you have any questions regarding your child then please see Angela after your child's training session.

Our committee has met several times this year and we are all excited about where the club is headed and the great results we are seeing on a weekly basis. Not only with our squad teams in gymnastics and cheerleading, but also on a personal level we see the kids achieve things that they haven't been able to do before or attempt new skills that once they would have been hesitant to do.

The Club will be hosting our own competition on the 29th of July, we are looking for volunteers to assist with the running of this day.

We are looking for people to help out in different areas from setup, kitchen duty, taking entry fees etc. Please message the club on Facebook if your able to help out even for an hour.

Important Information

Changes to our program

At the Warragul Gymnastic club, we offer MAG (Men's Artistic Gymnastics) and WAG (Women's Artistic Gymnastics) and Recreational gymnastics.

Gymnastic is a great base sport and while not all gymnasts go on to achieve high levels, it is about achieving personal goals. With this in mind, we are making some changes to the programs that we offer.

Starting term 3, all recreational programs will be taught not only the fundamentals of gymnastics which helps them develop physically, socially and cognitively. We will be working to develop a skill-based routines. Then in December they will have the opportunity to show of their skills in our first ever recreational division competition which will be included in our in house competition.

The recreational competition will run on the weekend of the 1st and 2nd of December so please keep this weekend free. All gymnast will be encouraged to participate, the competition will be age and level appropriate and is about building confidence in their ability and enjoyment of our wonderful sport.

Traditionally during term 3 we have assessed all gymnasts with changes to classes happening the beginning of Term 4. This year however we will be assessing all gymnasts during term 3/4 with the changes to classes happening the week after the In house competition, so the first week of December. This will allow all gymnasts the opportunity to compete at the In house competition and still get a couple of weeks to try there new classes.

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. If your child is competing in the coming weeks they will be issued with another one.



Second hand leotards

If you are looking to purchase or sell a second hand leotard then there is a rack near the office window. Please place the leotard on the rack with and envelope with the price and contact details pinned to it.



Adult Classes starting soon keep your eye on the Facebook page.



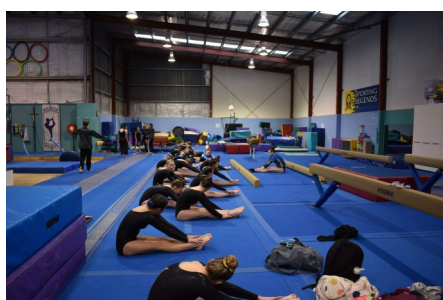


Gymnastics News

WAG and MAG Squad Information

Both MAG and WAG Competition season has started and we have had some fantastic results across our WAG comps. MAG boys have their first comp in 3 weeks, which we are excited to see how they go this year.

It is important that gymnasts get to all trainings sessions where possible to ensure they don't miss out on vital training that is appropriate to competition routines and procedures. Not all squad gymnasts attend every competition but those who do are judged on skills on a team basis from Level's 1-3 then from Level 4 and upwards they are also judged on an individual level.



Warming up at Sue Draper

Our competition season for WAG gymnasts continued at the Sue Draper Memorial Pairs Competition on the 17th of June at Maffra Gymnastics Club. This competition is a fundraiser for ovarian cancer and our gymnasts compete as the name suggests in pairs. They only do 2 apparatus each and are scored as a team. Warragul Gymnastics Club had teams from

Levels 4 up to 8 competing and we had some great results. The level 4's were dividend into two groups as there was so many of them. Ashlea and Angie came 5th overall in group 1 along with Olivia and Emily in group 2 who also came 5th. Level 6 saw Bridget and Meagan 5th and Eleanor and Abbey 4th. Baelee and her partner came 2nd overall in level 8.

Eclipse Judges Invitational saw our level 2 squad girls coming 2nd and 5th overall. Some big smiles on their faces upon receiving their ribbons. Well done to you all and congratulations to coaches Serena and Catherine.

Body Tension in Gymnasts

Recently I have undertaken some training to become a club judge and had no idea on what was really required for a gymnast to do the skills they need. In my learning I have come to realise that walking on a beam and doing a handstand isn't as simple as it seems. Something that is integral to all gymnasts is body tension. What is body tension you ask? Well here it is in a nutshell! Judges and coaches will refer to body tension, which is when a muscle is "squeezed" or "tight". Try flexing your bicep. You have created tension. If you straighten your legs all the way and point your toes, with your feet and knees together, you have created tension. Gymnastics judges look for this in order for a gymnast to execute a skill well. I recently tried to walk on a beam myself and realised that without holding yourself tight this skill is kind of hard, well nearly impossible to do with out falling off. I have come to admire those gymnasts and coaches in our club that put so much work into building this into the training they do each week.

Squeeze, squeeze, squeeze!!!!

By Mel Jinnette



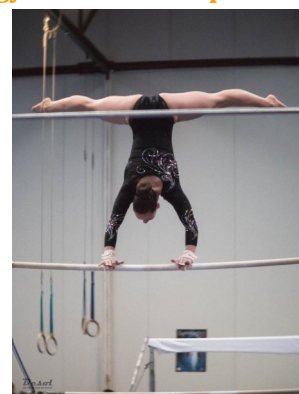
Warragul Gymnasts at Sue Draper



Sue Draper Pairs Competition



Level 2 gymnasts at Eclipse.



Great examples of body tension are seen here in Baelee our Level 8 gymnast in her bars and vault routines.



WGC Butterflies Cheerleading

Cheer Competitions are the motivation of the athlete's training and a focus where they get to test their hard work and skills against teams of similar level and age.

All Cheer competitions are an incredibly exciting and social event where sports combine with theatre and is judged not solely upon the sum of its parts, but on the overall entertainment value of superior technical athleticism combined with creative presentation.



Ladybirds in action at Winterfest

And wow did our Ladybirds and Butterflies bring the excitement to the floor. Having practised hard over the last couple of terms they attended Winterfest their first competition for the season on the 30th of June.

Ladybirds came 2nd at Winterfest 2018



What is a cheerleaders favourite food?
Cheerios!

Our cheer coaches Kelly and Baelee have been working hard to teach the teams new cheer routines for this year and were just as nervous as the girls themselves. I do believe they were actually doing the routines in their seats whilst watching.

The results paid off and the work the cheer girls have put in was reflected in the results. With high energy routines and some great team spirit our Ladybirds coming in 2nd place and our Butterflies hitting zero deductions. Way to go team!!!



With some new skills and more technicality put into them we should see some more fantastic results at coming comps.

Keep up the good work girls. We are so proud of you!!



Butterflies doing what they do

Fun facts about Cheerleading

Cheerleading is 100 years old and the first cheerleaders were men.

Several US presidents have been cheerleaders, such as George W. Bush, Dwight Eisenhower, and Franklin Roosevelt

While cheerleading stunts can be traced back to the 1970s, competitive cheer teams didn't take off until the 1980s

It beats singing alone in the shower!!!

Housekeeping



Important Reminders

Please make sure that Parents/Carers are coming into the club to pick up their under 13 year olds. Gymnasts will not be allowed to leave the building without an adult. This is for the safety of your children as the carpark is not well lit and can be very dangerous as it is often dark at pick up time.

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 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 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 are not receiving the newsletter then please let Angela know. The information that is contained in it is important and also lets you know what is going on around the club. It is emailed each term, put on the Facebook page and also pinned up at the club.

All competitive squads now 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:

IMPORTANT INFORMATION

WGC Wag level 1
WGC Wag level 2
WGC Wag level 3
WGC Wag level 4
WGC Wag level 5/6/7

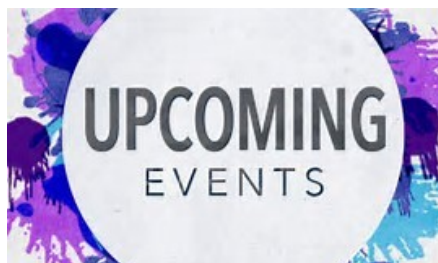
WGC Mag squad
WGC Cheer



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
7 & 8 July 2018	BTYC Invitational	BTYC Gymnastics Club	Level 2-6 WAG
21 & 22 of July 2018	Junior Gippsland Championships	Maffra Gymnastics Club	Level 0&1 Mag Level 1&2 WAG Level 1-4 Rec
29 July 2018	Warragul Invitational	Warragul Gymnastics Club	Level 1-3 WAG
10 & 12 August 2018	All Star Battle (Cheerleading)	State Basketball Centre Wantirna	
18 & 19 August 2018	Eclipse Invitational	Eclipse Gymnastics Club	Level 3-10 WAG
26 August 2018	BTYC Hong Gen Wang Challenge	BTYC Gymnastics Club	Level 2-4 MAG
1 & 2 September 2018	Junior Victorian Championship Qualifier	BTYC Gymnastics Club	Level 2-4 MAG
21 to 23 September 2018	State Cheerleading Competition	MSAC	
22 & 23 of September 2018	Senior Gippsland Championships (incl. South Eastern Regional Championships)	Maffra Gymnastics Club	Level 2-4 MAG Level 3-10 WAG
27 to 30 September 2018	Waverley Acromat Classic and Trans Bass Trial	Waverley Gymnastics Club	Level 1-6 WAG
13 & 14 October 2018	Junior Victorian Championships	BTYC Gymnastics Club	Level 2-4 MAG
27 & 28 October 2018	State Pennant	Waverley Gymnastics Club	Level 2 WAG
26 to 28 October 2018	Spring Carnival (Cheerleading)	State Basketball Centre Wantirna	
3 to 5 November 2018	Junior Victoria Championships	Geelong Arena	Level 4-6 WAG
10 & 11 November 2018	Junior Victorian Championships	TBC	Level 3 WAG
2 December 2018	Warragul In house Competition	Warragul Gymnastics Club	Level 1-8 MAG, WAG Level 1-8 REC