

# Warragul Gymnastics & Cheerleading Club Newsletter



Edition 3. Term 2, 2017



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Well that is it for another school term, we hoped you have all survived and are enjoying your holidays. We have had heaps going on at the club this term. Our coaches continue to learn and develop in their training to teach and support our gymnasts and cheerleaders in the learning of their new and exciting skills.

We need more gymnastic judges. Every competition we enter we must have 1 judge to every 2 teams, we currently only have 1 qualified judge at the Club. This role is a volunteer position although there is a small honorarium payment. If you are interested in more information please see Angela.

If you are interested in becoming a Coach, we would also love to hear from you, the only thing to remember is you would need to be able to available one night of the week from 4-6 or Saturdays mornings from 9-10am to become trained. All Coach positions are paid positions. Please have a chat to Angela for more information.

Squads are still training over the holidays and there is also a couple of recreational classes running. All classes stay the same for term 3 and your enrolment in term 2 ensures your child's spot for term 3. We do however have children waiting for positions so if you are not planning on returning please let Angela know.



## NEW SPRUNG FLOOR FOR GYMNASTS!

**Guess what! We are getting a new sprung floor!**

Angela the club manager has been putting in for some local grants that have been available to replace our sprung floor.

The floor we have at the over 10 years old and it is desperate for an up-grade so all our 350 gymnasts and cheerleaders can again use the floor to the full extent needed.

We have received \$24,375 from the La-trobe Valley Authority's Community Facility Fund to replace the competition standard sprung floor and also the Drouin Bendigo Community

## Important Dates

Monday 17th of June

Gymnastics Classes Resume

Saturday 22nd of June

Cheerleading Classes Resume



Men's Artistic  
Gymnastics



Women's Artistic  
Gymnastics



Rhythmic  
Gymnastics



Trampoline  
Gymnastics



Aerobic  
Gymnastics



Acrobatic  
Gymnastics



## Gymnastics News

Lots happening with gymnastics this term with numbers growing dramatically to be at a current level of 340 gymnasts that use the club and there being new enquiries every week.

We have had several coaches successfully complete their beginner coaches course, Baelee Montgomery, Ella Powell Obrien and Cody McCraw. Well done guys!!

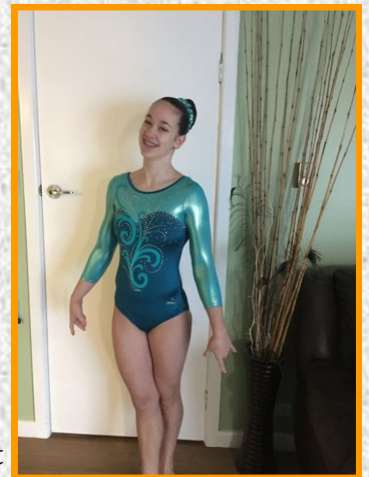


Level 5 girls with coach Laura after competing in the BTYC Competition.

## Squad/Competition Info

WAG competitions have started and they are well into the season with some great results all round and lots of ribbons brought home.

On the Monday, the 28th of August there will be **NO Recreational Gymnastics**. We will run a makeup recreational class the first Monday of school holidays.



**Baelee Montgomery came 7th out of 32 gymnasts at the Southern Cross Classic.**

**Way to go Baelee!**

Level 3, 4 and 5 have competed at the Eclipse Judges Invitational on the first weekend of the holidays, with alarms set for 5am the club entered 2 teams at level 3, 1 team at Level 4 and at Level 5 as an individual, Baelee Montgomery.

For all Wag squad members are required to attend on the 28<sup>th</sup> of August as we will have Sue Cowdell (Head Wag Judge for Victoria) in providing coaches feedback on gymnasts and what coaches need to be working on. So, if your child attends squad on a Tuesday/Wednesday/Thursday/Friday we would still like them there on the Monday @ 4pm. More information will be following through Wag Face book page.



Sue Draper Memorial Pairs Competition in Maffra in June. A huge thank you to Laura for managing such a big

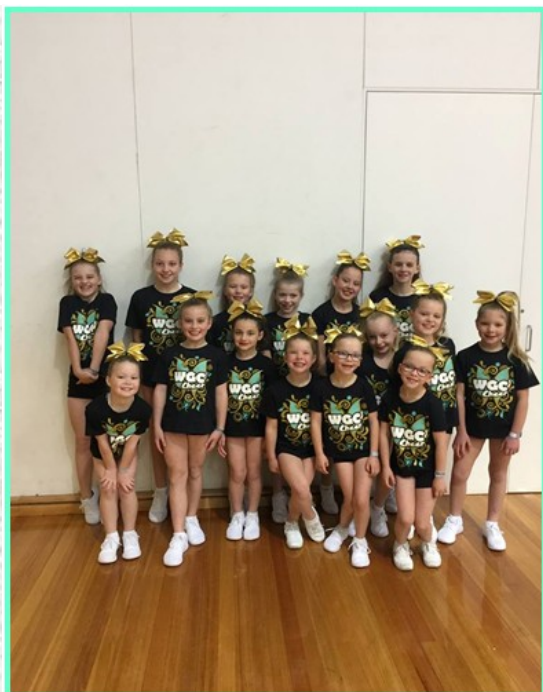
Level 3 teams with coaches Bec and Ash at the Eclipse Comp



Level 4 Girls at Eclipse with Coach Laura



## Cheerleading News



This year WGC introduced WGC Cheerleading, the classes are open to 5-12 year olds and have been running on a Saturday. The team, which have been named the Butterflies have been working hard over the last term to learn and perfect their skills and routine. If you have noticed their skill achievement board in the gym

and the amount of stars that keep going onto it each week they are coming along in leaps and



## Competition News

part of the glitz and glamour that is all things cheer!! Being judged against some very strong competition in the extra small gym category they came.....first!!!!!!

This is an awesome ef-

fort by all girls involved and a credit to the coaches Bec, Ash and Bailee!! Thanks coaches without your dedication and time it wouldn't be possible.

Check out the huge big trophy sitting under the cheer notice board in the gym and if you see the girls and coaches around, given them a huge congratulations!!

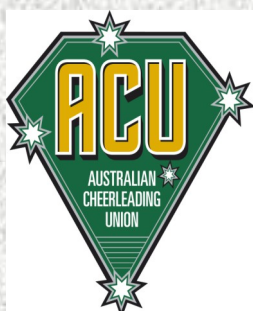
**They won, they won!!**

**Go WGC Butterflies!!**



Three weeks ago the butterflies competed in their first competition, the Winterfest Cheer Competition. The girls performed their routine perfectly and they all had a great time being

The WGC Butterflies after winning their cheer competition. Well done girls and coaches.



## In Club Housekeeping



Gymnasts /cheerleaders are not allowed to be on any equipment without coach being present.

Visitors/parents/siblings to the club would be reminded that they are not allowed on any equipment, this is including the sprung floor. When someone enters the gymnastic area, all classes must stop as our insurance becomes void as there is an unauthorised person on the floor. So, for the safety of coaches and gymnast s we ask that you stay in the viewing area.

Thank you for your understanding.

As winter really sets in please ensure that all members leave the club wearing warm clothes. The gymnasts/cheerleaders muscles warm up during their classes and by not keeping them warm it can cause injury.

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 even though the weather is cold.

Training attire needs to be a leotard or shorts and a fitted top. This enables coaches to see the gymnasts body form when doing skills. Also please don't forget gymnasts with long hair need it tied up for training. A bun is preferable as it keeps it well out of the way of the gymnasts face.

ENJOY YOUR TRAINING!

## Car park issues and maintenance

### Car park issues

As many of you will be aware we have been having issue with cars speeding around the laneway to avoid the lights. We have contacted the Shire, who are "looking into" the matter and the Police, who are "monitoring" the issue. There will be a letter going out to other premises in the area about putting speed humps in the laneway.

Please make sure that you are observing the 15km speed limit.

If you would like to contact either of these groups with complaints please do so.

Outside lights have had new bulbs put in which will mean more visibility in the car park and outside.

When parking in the car park please ensure that you only use what is allocated to us and don't block the access to the sale yard ramps. The truck drivers have to try to manoeuvre the trucks around parked cars.

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"Please ensure you are only doing 15km an hour up the laneway"

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## Face book pages and Face book groups.



*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 the groups and 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.*



## What's Happening, When?

Date	Competition	Venue	Level
14-16/07/17	Eclipse Invitational	Eclipse Gymnastic Club	Wag 3-7
26-27/08/17	Waverly Junior Classic	Waverly Gymnastic Club	Level 1-6
23-24/09/17	Eastern Invitational	Eastern Gymnastic Club	Wag 3-6
09-10/09/17	Junior Gippsland Championship	Maffra Gymnastics Club	Wag 1-2/Rec1-4 Mag 0-2
22-24/09/17	Cheerleading State Championships	TBC	All Level
7-8/10/2017	Senior Gippsland Championships/Victorian Championship Qualifiers	Maffra Gymnastics Club	Wag 3-7 Mag 3-4
14-15/10/17	Junior Victorian Championship	BTYC Gymnastic Club	Mag 2-4
28-29/10/17	State Pennant Challenge	YMCA Geelong	Wag 2
5/11/2017	Warragul In house Comp	Warragul Gymnastic Club	Wag 1-7/Mag 1-4
18-19/11/17	Mag Junior Victorian Champion	Geelong Arena	Mag 2-4
18-19/11/17	Southern Cross Classic	Geelong Arena	Wag 4-6
24-26/11/17	National Cheerleading Championships	TBC	All Levels

