



Warragul Gymnastics & Cheerleading Club Newsletter

Edition 2. Term 1, 2017



A big welcome back to all gymnasts and their families. We are looking forward to a really fun year this year with the introduction of cheerleading to the club and also the continuing development of all our gymnastics levels.

We have a number of new coaches this year and are continually training them to provide all gymnasts with new and exciting skills to learn.

We have a squad level clinic being held over the term 1 holiday's with coaches from Melbourne coming down to assist our gymnasts with the development of their existing skills and to teach them some new ones.

All classes stay the same for term 2 and your enrolment in term 1 ensures your child's spot for term 2. We do however have children waiting for positions so if you are not planning on returning please let Angela know.

During term 2 & 3, the Gymnastic Club will be locking its door at approx. 6pm until the end of classes. This is a safety measure that we will be introducing. Parents will still be able to come in they will just have to knock (we will look to have a doorbell installed during the holidays) first to have the door unlocked. This procedure is being implemented for the safety of the Gymnast and Coaches. There was an incident last year that lead to the door being changed, a lock and window being fitted for safety reasons.

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. 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.

Just a reminder to all, that the Warragul Gymnastic Club is a **Nut free** environment.

Have a great term one holiday and we will see you all next term.

Training Hoodies

If your gymnast is wanting a training hoodie they are available for \$50.00 each.

Childs name on the back is an extra \$10.00.

See Angela for an order form.



IMPORTANT DATES

10th and 11th of April – Squad level gymnastics clinic being held.

18th of April - start back of regular gymnastics for Term 2, 2017.

22nd of April – start back of Cheerleading classes for Term 2, 2017.

30th of June end of Term 2.

NEW AND USED LEOTARDS FOR SALE.

There is a rack located in front of the office with various sized leotards for sale. If you have any you want to sell then please feel free to include them with your details pinned to the item.

Housekeeping

Coaching

- Should you have any questions regarding class times or allocations, please speak to the Angela.

Gymnasts Progress

- All gymnasts are monitored to ensure every opportunity for advancement is offered and coaches are happy to discuss your child's progress at a suitable time either before or after class has finished. Please speak to your child's coach or Angela if you wish to make an appointment to discuss anything.

What should my Child wear to Gymnastics?

We encourage all female gymnasts to wear leotards but we know that that is not always possible, simple black leotards are available from shops such as Kmart, Target etc. For those without leotards and for male gymnast shorts and fitted t Shirt are best. The T-shirt needs to be fitted for safety reasons.

All long hair must be tied up in a ponytail or the like. No shoes are needed during a lesson

Safety Rules:

- Gymnasts are not allowed to be on any equipment without a coach being present.
- Look before walking in front of any equipment.
- Do not run in the gym unless told to do so by a coach.
- Gymnasts must stay with their coach and group at all times.
- Gymnasts must ask the permission of the coach to leave the training area.
- Parents of children under the age of 12 years must collect their child from inside the gym. Children are not allowed to leave without their parent or guardian.
- Only gymnasts involved in lessons are permitted in the training area. No other persons shall be in this area at anytime.

Behaviour:

- Respect all gymnasts and coaches.
- Be courteous to other.
- Bad language and bullying will not be tolerated.

General:

- No food to be consumed in the gym training area.

ENJOY YOUR TRAINING!





This year WGC is very excited to have started WGC Cheer. The classes are open to 5-12 year olds and are run on a Saturday. We have just finalised T shirts for our level 1 Junior squad, which look spectacular.

We would like to introduce the Cheerleading Coaches:

Bec Sanders - Bec is an Intermediate Gymnastic Coach and a Level 1 Cheer coach. She has coached for two years previously with another Club. She is also an experienced Cheerleader with four years of experience on the floor.

For the last two years, she has competed with top Melbourne Club Outlaws. Last year Bec was a member of Outlaws Sherriff who won their division at NCA held in Dallas Texas, the first time an Australian team has ever won a title at that competition.

She then went back to America and competed at "the Summit" which is the best of the best. She is currently a Level 5 Cheerleader with Outlaws prestigious team "Kelly's Girls"

Ashlee Murray - Ash is an Intermediate Gymnastic coach. She has also had three and a half years of Cheerleading and during that time won many competitions including a National Title in Sydney. She has had three years cheerleading coaching experience and was also awarded a scholarship for her Cheerleading.

Baelee Montgomery - Baelee has been a Cheerleader for the past six years. Last year she moved to Outlaws Cheerleading and competed with the level 3 team "Sharp Shooter" which won a National title in Brisbane.

She has also been on teams that have won a "Pinnacle" title two years in a row, This is a competition by invite only for best in Australia.

She was offered Level 4 this year with Outlaws but has chosen to take a year off Cheerleading to focus on gymnastics.



CHILD SAFETY STANDARDS.

The Victorian Government has recently made some changes to the **Child Safety Standards**. Gymnastic Victoria takes the protection of Children very seriously and as of the 1st of January, all affiliated Club have had to comply with these standards.

While the Warragul Gymnastic Club has always taken Child Safety very seriously, we welcome Gymnastic Victoria's position on these standards.

We undertake the following commitment:

- WGC recognise that all children and young people have the right to develop and reach their potential in environments that are caring, nurturing and safe.
- WGC considers any form of child/young person abuse, inclusive of emotional, physical, sexual abuse or neglect, as intolerable under any circumstances.
- WGC have a legal, moral and mission-driven responsibility to protect children and young people from harm and to ensure that any incidents of suspected child abuse are promptly and appropriately managed.
- WGC is committed to ensuring that the people who care for children and young people in BTYC Gymnastics programs or services, act in the best interests of the children and young people in their care and take all reasonable steps to ensure their safety. We are committed to providing an environment where all children and young people are protected from any form of abuse or mistreatment.
- WGC has a duty of care to provide services and places that are safe, open and honest environments that protect children and young people; and where the staff and volunteers who work with children and young people, work within our values of Honesty, Caring, Respect and Responsibility.
- WGC Safeguarding Children and Young People Policy and Procedures has been benchmarked against the Australian Childhood Foundation safeguard children program and the policies and procedures adopted by the Gymnastics Victorian Governing body of which we are a member being Gymnastics Victoria.

All Warragul Gymnastic Club staff, coaches, committee members and management hold a current Working with Children accreditation; will have completed online training for "Play by the Rules" and the Australian Childhood Foundations 6 module online Child Protection training within 4 weeks of it being available.

A full copy of the standards is available via this link. If you have any questions then please see Angela at the club.

childsafestandards@dhhs.vic.gov.au

Calender of Events.

Date	Competition	Venue	Level
01/04/17	State Team Trial 1	Waverly Gymnastic Club	Wag 7
09/04/17	State Team trial 2/ Victorian Championship Qualifier	Jets Gymnastic Club Diamond Creek	Wag 7
30/04/17	Eastern Invitational	Eastern Gymnastic Club	Wag 7
6-7 /05/17	Southern Cross Qualifiers		Wag 7
18/06/2017	Sue Draper Memorial Pairs Comp	Maffra	Wag 4-7 Mag 4
01-02/07/17	Judges Invitational	Eclipse Gymnastic Club	Wag 3-4
08-09/07/17	Acromat Classic	Waverly Gymnastic Club	Wag 7
06-09/07/17	BTYC Invitational	BTYC Gymnastic Club	Wag 3-6
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
09-10/09/16	Junior Gippsland Championship	Maffra Gymnastics Club	Wag1-2/Rec1-4 Mag 0-2
7-8/10/2016	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
28-29/10/16	State Pennant Challenge	YMCA Geelong	Wag 2
5/11/2016	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
1819/11/2017	Southern Cross Classic	Geelong Arena	Wag 4-6

