



# Warragul Gymnastics and Cheerleading Club Newsletter

Edition 12 Term 3 2019



## TERM DATES

Term 3, 2019 is coming to a close, quick reminder that the last day of term 3 is the **Friday 20th of September.**

If your child is not returning for term 4 please let Angela know ASAP.

Term 4 will be starting back on **Monday 7th of October.**

## SUMMER TIME EXTREME HEAT POLICY

Please familiarise yourself with our heat policy, it can be found on our website, under policies.

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

## ICYPOLES

In Term 1 and 4, we offer the gymnasts icypoles at the end of their training if the temperature is above 25 degrees. Please let the office or your child's coach know if you do not wish this to happen.

## COMMITTEE NEWS

The Warragul Gymnastic Club is committee run and we will be holding our annual AGM in the 30th of October at 6pm in the Club

Nomination forms are attached to this email. Position descriptions are available from the office.

If you would like to become involved and have any questions please contact the office or Lee Moon (President) by emailing the Club.

## HOILDAY TRAINING

**Monday 23rd** - Catch up classes.

1pm-2pm - For any 1 hour gymnast

2pm-3.30pm- For Any 1.5 hour gymnast

Please confirm your child's attendance by writing their name on the list at the desk outside the office.

Squad and Cheerleading training times will be posted on the relevant Facebook pages.

## CLUB LEOTARD - PLEASE RETURN

If any gymnasts has a club leotard at home, that they are not using for this competition season, 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 window. Please place the leotard on the rack with and envelope with the price and contact details pinned to it.

Follow us on **INSTAGRAM**  
You can also find us at

**<http://www.warragulgymnastics.club>**



## Gymnastics News

### WAG Squad Information (Women's artistic gymnastics)

#### GIPPSLAND CHAMPIONSHIPS — 22ND JULY WARRAGUL GYMNASTICS CLUB

In late July we hosted the Gippsland Championships. It was a huge success not only from our results but from a hosting side. We have an excellent group of volunteers that made the event run without issue. We received many complements from the attending clubs, so we sincerely thank all those that helped out on the day.

Competing in this competition we had our WAG Squad Level 1s & 2s, our WAG Recreational Level 3s & 4s and our MAG Squad Level 1-4s. Our results were:

**Level 1 Wag Squad— 4th AA**

**Level 2 Wag Squad— Red 6th, Blue 7th, Yellow 8th and Gold 9th**

**Level 3 WAG Recreational— 1st AA**



#### JUDGES INVITATIONAL — 1ST AUGUST CHELTENHAM YOUTH CLUB

##### WAG Level 5

Ava. B — Bars-1st, Beam-7th, All Around-9th

Stella — Bars-6th, Vault-9th

Maddie — Bars-4th

Alexandra — Beam-6th

Ashlea — Beam-7th

#### ECLIPSE INVITATIONAL — 17TH & 18TH AUGUST ECLIPSE GYMNASTICS

##### WAG Level 3-9

##### Level 3 Team

Makaela, Matilda, Ruby, Lily and Sakari

Achieved 3rd on Vault, 4th on Beam and Floor and 5th AA.

##### Level 4 Team

Lucy, Magenta, Maddie and Penny

Achieved 4th on Beam, 3rd on Vault and 4th AA.

##### Level 5

Angie came 6th on Vault and 9th on Beam

Ashlea came 7th on Beam

Alexandra can 10th on Beam

Stella can 4th on Vault and 8th on Beam

Maddie came 14th on Bars

##### Level 7

Eleanor came 8th on Beam, 10th Floor

##### Level 9

Baelee came on Beam, 4th overall.



*All images from Gippsland Championships*



# GYMNASTICS News

## Mens Squad Information (Men's artistic gymnastics)

### GIPPSLAND CHAMPIONSHIPS — 22ND JULY

#### WARRAGUL GYMNASTICS CLUB

We were honoured to host the 2019 Gippsland Championships in late July. The competition was fantastic, and our MAG gymnasts had some fantastic results.

Mag Level 1 Team — 2nd AA

Mag Level 2 Team — 2nd AA

Mag Level 3 — Alexander 1st AA

Mag Level 4 — Zac 1st AA, Christian 2nd AA and Sam & Ashley tied for 3rd AA.



### VICTORIAN JUNIOR CHAMPIONSHIP QUALIFIERS — 8TH SEPTEMBER

A huge congratulations to the Sam, Zac, Christian and Alex, who competed at the Mag Junior Victorian Championships qualifier on Sunday. They all achieved some great results and we are so proud of them and their coach Pip.



#### Level 3—Overs

##### Alex

Achieved 11th AA, 6th on Pommel and 9th on Vault

#### Level 4—Unders

##### Christian

Achieved 3rd AA, 2nd on Floor, 3rd on Pommel, 1st on Rings, 3rd on Vault, 1st on Parallel Bars and 3rd on High Bar

#### Level 4—Overs

##### Sam

Achieved 2nd AA, 2nd on Floor, 1st on Pommel, 5th on Rings, 6th on Vault, 7th on Parallel Bars and 8th on High Bar

##### Zac

Achieved 4th AA, 3rd on Floor, 2nd on Pommel, 10th on Rings, 4th on Vault, 8th on Parallel

*All images from Gippsland Championships*



## Cheerleading Update

### Halo—Level 2 Junior

#### AUSSIE GOLD STATE SPECTACULAR — 27TH JULY

Congratulations WGC Cheer Halo on their great debut performance of the year at the Aussie Gold State Spectacular. Taking 3rd place in their division.



#### AASCF ALL STAR BATTLE — 10TH & 11TH AUGUST

Congratulations WGC Cheer Halo, on another awesome competition achieving another 3rd place.

#### ANNUAL IN HOUSE COMPETITION 2019 — 24TH NOVEMBER

As gymnastics winds down for the year, we like to give all gymnasts the opportunity to demonstrate what they have learnt throughout the year in front of friends and family. This is a fun competition open to all gymnasts, both recreational and competitive. Depending on the entries there may be up to 3 sessions, each gymnast only competing in 1 session. These sessions will begin at 8am on Sunday the 24th November, each lasting approximately 3 hours. Entries forms are attached to this email and will be located on the desk in front of the office.

This is a fun day for all, and we are excited to see you.

**Please complete entry forms and payment by 23rd October.**

# 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

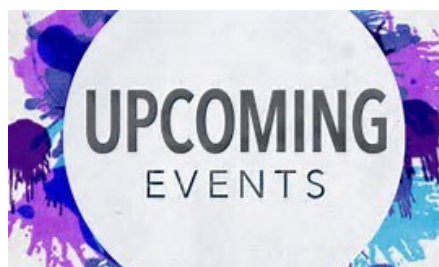
### IMPORTANT UPDATE

Gymnastics Australia and Gymnastics Victoria have a very clear child safety policy to help insure the safety of children in our sport. You can find this policy at:

[www.gymnastics.org.au/images/national/About\\_Us/By\\_laws\\_Policies\\_Tech\\_Regs/Child\\_Safe\\_Policy\\_0219.pdf](http://www.gymnastics.org.au/images/national/About_Us/By_laws_Policies_Tech_Regs/Child_Safe_Policy_0219.pdf)

As part of this the Warragul Gymnastics Club does not endorse sleepovers outside of gymnastics activities. Any parent allowing their child to sleep over with a gymnastics club employee/committee member must be directly related or have a pre-existing relation that have been disclosed to the club.





## COMPETITION CALENDAR 2019

DATE	EVENT	VENUE	LEVEL
SEPTEMBER 14	South East Region Qualifiers	Maffra Gymnastics Club	WAG 4-6
SEPTEMBER 15	Senior Gippsland Championships	Maffra Gymnastics Club	WAG 3-9
SEPTEMBER 20-22	State Cheerleading Competition	Melbourne State Athletic Centre	Cheer 1-2
OCTOBER 5	Knox Invitational	Knox Gymnastics	MAG 2-4
OCTOBER 13	Grips Invitational	Grips Gymnastics	WAG 1-2
OCTOBER 19-20	WAG State Pennant	BTYC Gymnastics	WAG 2
OCTOBER 20	MYC Mag Invitational	MYC Gymnastics	MAG 1-4
OCTOBER 26-27	Jets Invitational	Jets Diamond Creek	WAG 4-5
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 16th	Natimuk Invitational	Natimuk Gymnastic Club	WAG 2-9
November 24th	<b>Warragul In house Competition</b>	Warragul	All
NOVEMBER 29-30 DECEMBER 1	Australian Cheerleading Championship	Melbourne Convention and Exhibition Centre	Cheer 1-2