



Warragul Gymnastics and Cheerleading Club Newsletter



Club News



What a great year 2018 has been, we hope you have all enjoyed your last term of the year with the club and from the Committee and Coaches we would like to wish you all a Merry Christmas and a Happy New Year.

We are looking forward to seeing you all back in 2019.

The club held the AGM in the November and we have a new committee looking forward to taking a positive direction in 2019. If there is anything that you would like to raised at a committee meeting in

2019 then please forward you request onto the president Melanie Jinnette at wgcadmin@bigpond.com.

We held our In House Comp on the 1st weekend in December and it was a wonderful day for families to see what the gymnasts have been learning throughout the year and for the gymnasts to be recognised for all their hard work. We would like to thank the Coaches and parents that helped organise and run the day without you it wouldn't happen.



On a sad note we are saying goodbye to two of our coaches this year, Laura and Catherine.

Laura has been coaching with the Club for 6 years, the last couple of years she has been coaching the senior Wag gymnasts. Catherine has been with the Club for 13years both as a gymnast and a coach.

Thank you both for your care and dedication that you have shown our gymnast and the Club, you will be so missed. We wish both a very bright future.

Important Enrollment Information

If you child is not returning for 2019 please let Angela know asap

For all gymnasts that are returning your class will remain the same unless notified. Letters for squad and classes changes are still being sent out .

If you have any queries regarding your child's class please contact Angela.

Classes resume on the 4th of February 2019



HOW SMART ARE YOU???

We are holding a trivia night on the 18th of May. This is a fun night for parents to get together and relax without the kids around.

There are tables of 10 available at \$15.00 per head, please email the club at wgcadmin@bigpond.com if you wish to reserve a table. It is BYO snacks and drinks. Space is limited so get in quick.

Money raised from the night will go towards new equipment for the club in 2019. Including a new balance beam and new mats and tumbling equipment.

We'll
MISS YOU!





Gymnastics News WAG and MAG Squad Information

Wow what a comp season. We have finished competition season on all levels and we are showing a great reflections of the work the gymnasts and coaches put in each week.

Level 3/4 MAG gymnasts had fantastic results when they competed at the Victorian Championships with Sam coming 1st on pommel, 3rd on rings, 6th of floor and an overall 3rd position. Zac came 1st on Vault, 6th on rings and a overall of 4th. With consistent performances from Alex in level 3 and Ash in level 4. Congratulations to the MAG gymnasts who competed it was an amazing effort to get to this level and you did the club and your coach Pip proud.



**Level 2 WAG at
State Pennant**

Our Level 2 WAG gymnasts of Abbey, Penny, Bonnie, Matilda and Ruby competed at the State Pennant and came 1st in their age division. You did a great job girls, congratulations also to their coach Serena for all her hard work with the girls.

Congratulations to the Level 3 Wag gymnasts of Ebony, Maddie, Remi, Lucy, Brianna and Magenta, who competed at the Junior Victorian Championships. While they didn't place they achieved some personnel bests and did the club and coaches proud. The gymnasts were also presented with their winning banner for coming 1st in the Regional Qualifier for their division.



**Baelee Level 8 WAG at
Warrnambool.**

Congratulations to the Level 4 Wag gymnasts Rianna, Maddie, Ashlea, Angie, Stella who finished the year off with 2nd on Beam, Vault, Floor, 3rd Bars and 2nd Overall at the Warrnambool Invitational. Baelee our WAG Level 8 gymnasts also competed and with fantastic routines came home with 1st on Bars, Floor, Vault and 2nd Beam with 1st all round.



**Level 3 MAG and Coach
Pip**



**Level 3 WAG at Jnr Vic.
Champs.**

**Level 4 WAG at
Warrnambool**



**Level 6 WAG at Vic
Champs.**

The Level 4 WAG gymnasts also competed at the Victorian Junior Championships and whilst not placing they made it into the top 20 teams in the state Well done girls and coaches for getting them there.

Level 6 Wag gymnasts Abby, Eleanor, Megan, Bridget and Hayley also competed the Victorian Championships and where they were presented with the 1st place banner for the regional qualifier. A special mention goes to Level 6 Eleanor who achieved a 8th on Beam and a 7th on Floor overall.

We would like to congratulate all of the senior gymnasts who did a wonderful job against the best in Victoria.

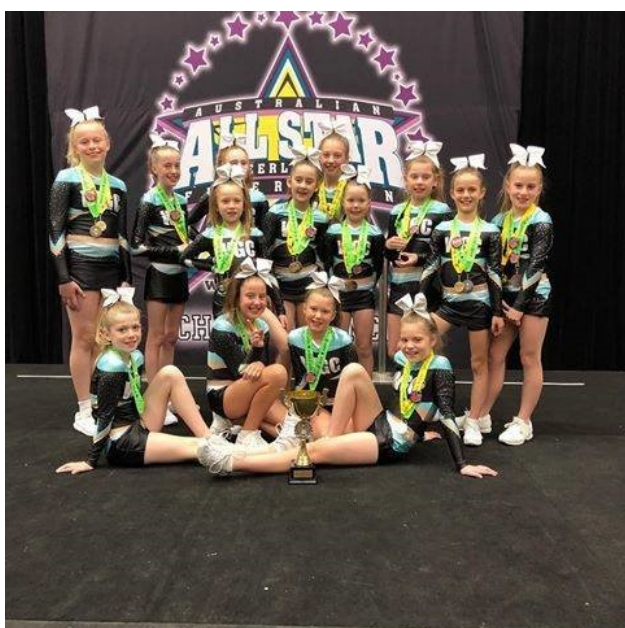


**Level 4 WAG at Vic.
Champs.**



WGC Cheerleading

Cheer competitions are over for the year and did a fantastic job with their competitions. This term our teams competed in the AASCF Spring Carnival and results were great across the board. With Butterflies our level 1 novice team putting on a great performance, Stunt group Flames coming 2nd and Level 1 team Ladybirds coming 1st.



Ladybirds came 1st at Spring Carnival



Butterflies waiting for awards.

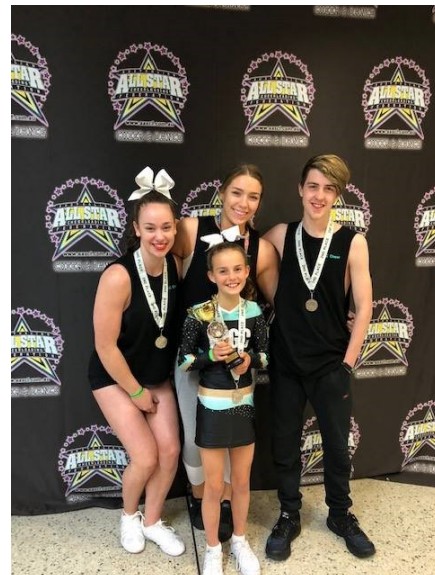


These three teams have made a huge improvement in 2018 and we can't wait to see what they have in store for us in 2019.

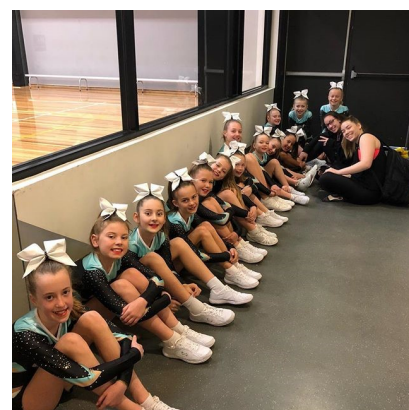
While placement day has already taken place, there are still spots available so if you would like to give it a go contact the club.

For gymnasts that do cheer as well there is only one membership and hours are accumulative so more cost friendly.

Ladybirds and the stunt group showcased their routines at the In House comp in December and it was great for them to be able to show many of us that haven't seen what they do the fun and hype of what cheerleading is all about.



WGC Stunt team Flames came 2nd at Spring Carnival.



Waiting for warm up!!

Cheerleading isn't a sport?
 Try lifting someone above your head and keep them steady while they twist their body in pretzel forms and smile at the same time. Try throwing a person into the air and watch them spin a couple of times and catch them. Looping your hands together like a basket and throw them high enough they can touch the sky. Getting hit, shaped, kicked, elbowed, kneed, and shake it off because you have to keep going. Break a couple of arms and legs and still push your self to keep going. Getting late to practice to make yourself better. Sweat so much because you have been doing tucks, back hand springs, flips, and even when you run out of sweat, you keep going. Build your strength up until you pass out but get back up and do it again. Cry, bleed, get bruised.
 Then tell me cheerleading isn't a sport!

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 with out 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 at anytime during a class. This can be dangerous for gymnasts and also parents. If you need to speak to your child or their coach then please get the attention of the club manager Angela and she will organise to have the child or coach come to you at a suitable time.

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.

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.

Urgent

Club Fees are due within 2 weeks of receiving your invoice. We still have a large amount owing from Term 4. If you are unsure if you owe anything to the club please contact Angela and she can advise you. We are a non for profit organisation and the fees go towards the running of the club, including paying coaches, insurance and new equipment.

ENJOY YOUR TRAINING!

Follow us on social media



<https://www.warragulgymnastics.club>

The club has a new website, all our photos, policies and other exciting info can be found on there.

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
<p>Event Calendar will be updated in the New Year when it is decided what competitions gymnasts are doing.</p>			