



# Gym Club Newsletter

Term 3 2017

A very busy Term 3 is drawing to a close with the Club in great shape – 140 gymnasts and 11 qualified Coaches – all of whom are voluntary – How lucky we are.

## GFA Festival

Our Club held a very successful GFA Festival on Sunday 27 August. It was a 'FUN' day with in excess of 100 gymnasts participating, including visiting Gymnasts from Rimutaka and Hutt Valley Clubs.

Gymnasts from our Club who received medals for their **excellent** performances were:

Stage 1 - Zoe Davis & Isabelle Smith

Stage 2 - Jessie Graham & Hannah Graham

Stage 3 Karleigh Grove-Gowans

This year we introduced a new event – **Pairs Display** which proved very popular with 26 gymnasts entering. In this event gymnasts performed in pairs on three apparatus. Beam, Floor & Vault/mini-tramps.

The inaugural winners of this event were our own gymnasts Hannah Guy & Kiera Weber-Sparrow with Hannah Milward & Grace Clarke coming in second. We know this event, with skills closely linked to Team Gym, is going to grow in popularity.



## Team Gym Competition

The first TeamGym Comp for the season was held at Rimutaka on Sunday September 10<sup>th</sup>. Our Junior & Intermediate teams got off to a flying start with both winning Gold medals, we will look forward to all being able to watch them in action at our own Team Gym Competition to be held in Waikanae on Sunday November 12<sup>th</sup>.

## Sarah Fleming

Sadly this month saw us farewell Sarah Fleming. Sarah has been a member of our Club for 18 years [she began as a 4 year old] and has moved through the Club progressing from Gymnast to Senior Coach. In 2014/15 Sarah was the recipient of the Wellington Regional Scholarship to attend Ollerup School of Physical Education in Denmark. Unfortunately, Sarah [who now lives in Palmerston North] left us to begin a new job and was no longer able to travel down to assist us with coaching on Wednesday afternoons. Her Flippers class is now being led by Olivia Houghton. We hope to be able to officially farewell Sarah at our Open Day on Sunday Nov 26<sup>th</sup>.



## Holiday programmes

We are running Holiday Programmes on Wednesdays 4<sup>th</sup> and 11<sup>th</sup> from 10am-12noon. The cost of the Holiday Programmes is \$12 per child. If your child would like to come along to these fun programmes, please email [waikanaegym@gmail.com](mailto:waikanaegym@gmail.com) as soon as possible.

We are also running Extension Sessions on the same Wednesdays, from 12.30pm-2.30pm. The cost of the Extension Sessions is \$15 per child. If your child would like to come along to these sessions, please let us know at [waikanaegym@gmail.com](mailto:waikanaegym@gmail.com) as soon as possible as numbers are limited and are only open to our Club members.

## Open Day

This year our Open day is to be held at 4pm on **Sunday November 26<sup>th</sup>** Ring the date on your calendars.

Term 4 - First week of term as usual is used for Coach Training. Wednesday Sessions begin on the 25<sup>th</sup> October with Mondays sessions not beginning until Monday the 30<sup>th</sup> owing to Labour Day.