



# Club Newsletter

February 2019 Edition

## Club of the Year 2018 Winners!

Some of our team had the pleasure of attending the 2018 Gymnastics Victoria Family Ball and Awards Night on Saturday, February 9th. We were among another 625 attendees, from 60 clubs, who gathered to celebrate this sport and the milestones that we've hit collectively.

It was a very exciting evening, and an especially exciting evening for Twisters. We not only won the 2018 Mega Club of the Year award but were named **Club of the Year** for 2018 out of all Victorian gymnastics clubs!

This award is a reflection of the hard work and dedication every member of Team Twisters has put in, major props to our Directors, Sarah and Dan, without them Twisters wouldn't exist in the first place, and to our gymnasts who we consider to be a part of our team! Well done and congratulations!

What an achievement, one that should certainly be celebrated by everyone involved with Twisters. We have to wonder what milestones we'll hit next...



## Club Update

Twisters 2019 has started off with a bang, not that we were expecting anything less... Our cooling has been working hard with some hot days but our gymnasts look comfortable and ready for more gymnastics action!

We've welcomed back our coaches after the break and added a few new faces to the team who are eager to learn more about coaching this sport and provide an awesome experience for their gymnasts!

**Showgrounds** has started off the year with 375 enrolments, and **Northcote** with 1,430, not to mention the 300 trials we had lined up for the first week of term... Looks like we have a busy year ahead. We look forward to introducing more kids to this amazing sport and continuing to provide new and exciting opportunities for gymnasts to grow their arsenal of skills.

Thank you for being a part of Twisters in 2019 and we look forward to a wonderful year ahead!

## COUNCIL NOTICE RE: Parking at 177 Beavers Road

We have recently been served a NOTICE TO COMPLY, from the City of Darebin.

The key matter that this relates to is to do with parking at Twisters and within the 177 Beavers Road complex:

1. Appropriate Management intervention should be made to ensure that patrons only park in spaces allocated to Unit 5 and not in those of other occupancies.

Following many, many reminders and requests to only park in Twisters purple parking spaces, and to use our drop-off and pick-up zone to your benefit, our neighbours have had enough and they have lodged several complaints over the past year, about Twisters members parking in their allocated spaces. Further to that, there have been many occasions where our neighbours have been abused by Twisters members, who refuse to move their car.

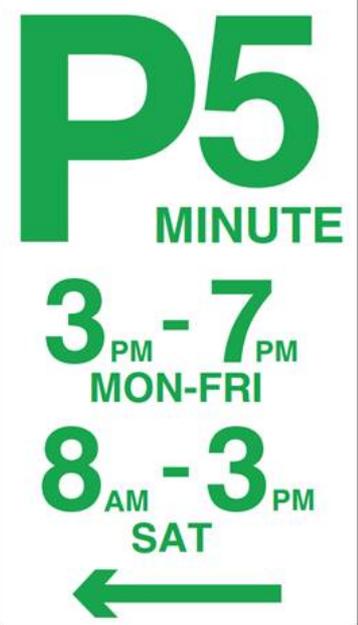
We thank the vast majority of our members for doing the right thing, but the actions of a minority of Twisters members has unfortunately brought us to this.

We must now employ a Parking Officer to patrol the carpark, to ensure that nobody is parking where they should not be.

If Twisters and its members are unable to satisfy the City of Darebin, we will be faced with very heavy fines initially, then possible closure of the gym.

Please do the right thing and only park in Twisters parking spaces, which are marked purple. DO NOT park in any other car parking spaces at 177 Beavers Road.

**Use the drop-off and pick-up zone located at the front door, for your convenience, then park on Beavers Road or other surrounding streets and walk in, if you wish to stay and watch your child participate.**



## DON'T CLOSE MY CLASS

Due to the popularity and very high demand for enrolments at Twisters, throughout our six years at 177 Beavers Road, we have continued to expand the number of classes that we offer and we have spread these classes to times outside of the permitted hours under our Planning Permit. The recent Notice to Comply that we have been served by the City of Darebin relates to another key matter:

- Sessions are to occur within permitted hours of operation and website varied to indicate this, unless and until such time that the permitted hours are varied.

The options that we have are to either:

1. Close down approximately one third of our classes, which would leave several hundred kids without a class and to place them onto waiting lists, which they may remain on for forever; or
2. To make application for Variation to Planning Permit with the City of Darebin, to expand the permitted hours for classes, to reflect how we are currently operating.

Rest assured that to close down classes IS NOT an option that Twisters will consider. WE WILL be making application for Variation to Planning Permit, to expand the permitted hours, to reflect how we are currently operating.

**WE NEED YOUR HELP** to support our submission to the City of Darebin. We have put together a very short survey, which we ask you to complete. We will print out a copy of each completed survey, to petition the City of Darebin to permit us to continue as we are currently operating, and with no class closures. With a ream or two of completed surveys submitted, Darebin will find it very hard to resist.

**Please go to Survey Monkey**  
[www.surveymonkey.com/r/HRSSCQ3](http://www.surveymonkey.com/r/HRSSCQ3) to complete and submit the survey.

## Badge & Stars Testing

Our Badge & Stars testing dates have been set for the year, please make a note so that your child can be present for these classes and get their testing completed:

*Mid-year: June 3rd to 16th*

*End-of-year: November 25th to December 8th*

If your child is unable to attend these sessions, we will be offering a small amount of make up testing classes in July and January school holidays. Spots will be limited and at a small cost.

Coaches will be busy handing out posters and explaining the process between now and before testing. If you have any questions, feel free to get in touch and we can give you a hand.

## Northcote's Gymnast of the Month

### Gymnast of the Month - December - Clementine

Here's what Coach Kim had to say... Clementine is very deserving of Twisters' December GoM because 2019 has been filled with achievements for her! From being too afraid to do a forward roll at the beginning of the year, she's now able to do them unassisted, with confidence, everywhere - including into the pit! Clementine always tries her best and has a fierce determination that enables her to always reach her goals - no matter how big or small. She is always very supportive of her classmates and is kind and helpful to everyone. Well done Clementine!



#### The Tough Questions:

When did you start gymnastics? February 2018

What is your favourite thing about gym? The foam pit!

Do you do any other sports? Soccer and swimming

Favourite gymnastics skill to perform? Backwards roll

What do you want to be when you are older? A farmer

What makes you happy? Flowers

### Gymnast of the Month - January - Lauren

Coach Felicia G, our nominating coach, says:

After finishing a fantastic competition season, Lauren's dedication to gymnastics has not wavered; she has displayed absolute determination to improve her skills, ready for ALP level 6 next year. Lauren has also worked especially hard during strength and can now climb the whole robe in straddle! She has concentrated particularly well in ballet. Making adjustments to her basic skills, such as posture, turn out and activating certain muscles, in preparation for level 6. Well done Lauren, can't wait to see what you achieve in 2019!



#### The Tough Questions:

When did you start gymnastics? 2014

What is your favourite thing about gym? Tumbling

What makes you happy? Gymnastics!

Do you do any other sports? Singing and piano

What do you want to do when you are older? A gymnastics coach!

Favourite gymnastics skill to perform? Kip on bars, giants and roundoff flip full twist on floor

### Gymnast of the Month - February - Julia

Here's what Coach Tori had to say:

Julia is a superstar! Julia is a vital member of her class, she always works productively and encourages others to do the same. Her hard work and great implementations of corrections have allowed her to work towards skills such as a run-punch-front-sault, back walkovers on the wide beam and toe shoots. Her continuous determination and great attitude make her a very well deserving Gymnast of the Month! Keep up the great work Julia!



#### The Tough Questions:

When did you start gymnastics? 2015, at 6 years old

What is your favourite thing about gym? Bars

If you could have any super power, what would you choose? Invisibility

What is your favourite movie? Benji

Favourite gymnastics skill to perform? Toeshoots

What gymnastics skill have you always wanted to learn? Backflip

What do you want to be when you are older? A sports coach

# Showgrounds' Gymnast of the Month

## Gymnast of the Month - December - Yusra

Our nominating coach, Reese, says: I started coaching Yusra halfway through this year and she has been an absolute pleasure to coach! I've had so much fun watching her grow and learn new skills.

Yusra consistency listens in class and loves learning new skills and performing them to perfection! She is exceptionally dedicated and very supportive of her peers. Smiling throughout every class, her enthusiasm is contagious. Keep up the amazing work Yusra!



### The Tough Questions:

When did you start gymnastics? Middle of this year

What is your favourite thing about gym? Learning new things

Do you do any other sports? Basketball

Favourite gymnastics skill to perform? Handstand to bridge

If you could have any superpower, what would you choose? Invisibility

What do you want to be when you are older? A nurse

What makes you happy? My family

## Gymnast of the Month - January - Ava

Here's what nominating coach, Felicia W, had to say:

From day one, Ava has impressed me with her gymnastics skills and her eagerness to learn more every week. Ava started at Twisters Showgrounds at the start of the year and she has achieved so much in that time! She is always striving to improve and never fails to put a smile on my fave.

Ava's enthusiasm and dedication for gymnastics will take her far! She is a great asset to Twisters. It has been a pleasure coaching her this year and I look forward to seeing her progress in the future.



### The Tough Questions:

When did you start gymnastics? Last year

What is your favourite thing about gym? Bars - pullovers and rolls

If you could have any superpower, what would you choose? Be invisible

What is your favourite food? Tacos

Favourite gymnastics skill to perform? Jump to high bar

What do you want to do when you're older? A famous gymnast

## Gymnast of the Month - February - Oscar

Coach Shane, our nominating coach, says:

Oscar is a Ninja who has been training with us since NinjaGym started. He's been working hard on mastering his forward rolls. From being worried and skipping that skill to do forward rolls with two spotters, to one spotter, to now - performing unassisted forward rolls! There is no stopping this ninja!

Oscar has been working hard to stop saying 'I can't do it' to giving every skill a try and successfully mastering one after the other. Congratulations to Oscar and keep up the good work little Ninja!



### The Tough Questions:

When did you start gymnastics? Last year

What is your favourite thing about gym? Doing forward rolls

What makes you happy? Performing forward rolls and eating watermelon

Do you do any other activities? Football, soccer and cricket

What do you want to do when you are older? Become a YouTuber

If you could have any superpower, what would you choose? Shape shifting

## Tiny Tornadoes Update

Welcome to a new year of Tiny Tornadoes!

We are off to a busy start and it has been great to meet so many new gymnasts trialling and commencing over the past couple of weeks. We still have some availability in some of our classes so if you know anyone who has been thinking about trying gymnastics with their 2-5 year old, be sure to remind them that trials for the Tiny Tornadoes program are free at Twisters!

This term we are focusing on the foundations that will set us up for a strong year. Our main themes for the term are: Shapes; Space; Colours; Autumn; and Easter. There will be some extra surprises at our Showgrounds gym, too, to cater for the additional term weeks. So much learning to be done and fun to be had!

### Couldn't get the class time you were hoping for?

Why not add your child to the waitlist for that class! There is a lot of movement between classes at Tiny Tornadoes level as schedules and commitments change. Chances are that the class time that you are after may become available at some point throughout the year. So, enrol an available class that suits and waitlist for your preferred time. You will be notified if your preferred time becomes available and asked if you would like to change classes.

If you have any feedback about the Tiny Tornadoes program, please send through an email to [tinyt@twistersgym.com.au](mailto:tinyt@twistersgym.com.au) – we would love to hear from you.

## Gymnastics as part of the School Curriculum

If you're looking for an interesting read, a recent survey done at Victoria University is calling for gymnastics to become a part of the school curriculum for primary school kids.

The article highlights the importance of kids mastering fundamental movement skills and the role that gymnastics plays in children developing these skills from an early age and what it means as they continue to grow.

Safety is key, so long as the kids are learning from a qualified coach, there's certainly no downside to more gymnastics!

### You can read the full article here:

[http://www.essentialkids.com.au/activities/sport/experts-call-for-gymnastics-to-be-included-in-school-curriculum-20151124-gl785w?fbclid=IwAR2ncTLtgr450dia8uA1BB81CBj6vRdGL7laSdiGalCW8Azm3s7hAeZ\\_CBU](http://www.essentialkids.com.au/activities/sport/experts-call-for-gymnastics-to-be-included-in-school-curriculum-20151124-gl785w?fbclid=IwAR2ncTLtgr450dia8uA1BB81CBj6vRdGL7laSdiGalCW8Azm3s7hAeZ_CBU)



## General Information

### Tip of the Newsletter:

If you've forgotten your child's class day or time you can use the Parent Portal at any time to find this information for yourself. Especially handy on weekends or after office hours.

Super easy, head to our website and select 'Parent Login' once you're logged in you'll see that your child(rens) class details are listed right on the front page. You can also easily see your payment details, see your transaction history, or visit 'Classes' to book in for a holiday program.

### Cubbies in the Foyer

You may have noticed over at **Northcote** that we've had custom cubbies put in place out in the foyer. A reminder that shoes and bags are now to be housed here during class time.

This spot will help with class flow as kids finishing class will be brought out by a coach to collect their things while kids just starting class will enter via the slide or the front doors. Therefore reducing the chance for a collision.

If your child has placed their shoes elsewhere, they may find them missing at the end of class as a front desk attendant will have picked them up and moved them into a cubby.

### Additional TeamGfA Class

We have opened a second TeamGfA class at our **Northcote** location. This class is on Tuesdays from 6 - 7:24pm.

TeamGfA is a tumbling program that combines tumbling trampoline, acrobatics and group performance. A wonderful opportunity for any gymnasts looking to participate as part of a team, learn routines and attend competitions throughout the year.

### Connect with Us

Check out what's going on at Twisters by following our colourful pages; stay connected, celebrate our gymnasts achievements, keep up to date with important information...

[facebook.com/TwistersGymnastics](https://facebook.com/TwistersGymnastics)

[instagram.com/twistersgym](https://instagram.com/twistersgym)

### Childwise Corner

If you've arrived to pick your child up a little late and they aren't waiting for you with the front desk attendant (perhaps its after hours and they've already left for the evening), you'll find them sitting out in the gym with a coach.

They aren't allowed to participate in this class while they're waiting but a coach will ensure that they are safe until you arrive.

It's important that before your child runs to greet you, that their supervising coach can see that you've arrived and let them know that it's fine for them to make their way to you.

## Staff Profile - Amber Steward

Introducing our Office Manager, Amber, who has a rather exciting past within this sport. She initially joined gymnastics when she moved to Australia from South Africa at the age of 6 and things happened rather quickly. She was training 30+ hours per week in the international squad with the aim of getting to the Olympics. Unfortunately, that dream was cut short when she broke her arm, around this time she realised that gymnastics was taking over her young life and that it might be time to try something a little different.

Once healed, Amber decided to remain within the sport but tried a different avenue, acrobatics. She went along with one of her friends and absolutely loved it! This meant a large decrease in her weekly hours, 14 - 18 and during her first year, at the age of 9, made it to Nationals and came in second in Australia for womens pairs. She qualified and competed for Nationals every year until she decided to stop at the age 16, she'd experienced a few injuries and she made the decision that it was time to stop for her bodies sake.

Amber still believes that every child should experience gymnastics in order to strengthen and prepare their bodies for all other activities. She came on board with Twisters in 2015 and has become a truly integral part of this team. If you've called or emailed Twisters in the past few years and were wondering who the mysterious Amber was, now you can put a face to the name.

We can't wait to see how Amber continues to develop as a Manager and how she helps Twisters continue to grow and expand into the future!

**The big questions:**

*Favourite part of the sport?* It sets you up for life and other sports, physically and mentally. I've always wanted to stay involved in the sport somehow; whether that be coaching or working in the office. Gymnastics has always been a huge part of my life and I'm sure it still will be for years to come...

*Favourite skill to perform?* Giants on metal bars

*What do you think your super power would be?* Invisibility.

*Favourite part of your day-to-day happenings at Twisters?* The people I work with and the chatty parents in the gym.

*An experience you think every gymnast should have?* To show off their skills to others.

### Dates to note:

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| April Membership Payment:                      | Monday 1st April                       |
| Term 1 Concludes ( <i>Northcote</i> ):         | Sunday 7th April                       |
| Northcote Holiday Program:                     | Monday 1st April - Thursday 18th April |
| Easter Public Holidays ( <i>Showgrounds</i> ): | Friday 19th April - Monday 22nd April  |
| Term 2 begins ( <i>Northcote</i> ):            | Tuesday 23rd April                     |
| Anzac Day Public Holiday:                      | Thursday 25th April                    |