



Club Newsletter

June 2018 Edition

Gym For All Challenge

Both Northcote and Showgrounds gymnasts that attend Badge & Stars classes once a week, are invited to participate in the Gym For All (GFA) Challenge at Waverley Gymnastics Centre on 15th/16th September.

This competition specifically caters for once a week gymnasts and is an introduction to the world of competition for gymnastics. Gymnasts will compete as a team but will be asked to go to each apparatus and perform in front of a judge individually.

Gymnasts will learn their routines during regular class time so no extra training is needed. If they forget their routines on the day the coach can call it out and help with spotting if required.

It is a very positive competition experience so we recommend that everyone participates. Your time commitment will be about 2 hours during the nominated weekend. You will find out your allocated session about 2 weeks beforehand.

You have already received your notice for this event; they are due back to the club with payment by Sunday 1st July.



Connect with Us!

Check out what is going on at Twisters by following us on Facebook and Instagram! Follow our colourful pages to stay connected, keep up to date with important information and see what is happening around the gym

Follow us...

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

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



Club Update

It's coming to the end of term 2 already! Over at Northcote our term 2 testing has finished up, stars are being distributed and we are full steam ahead for term 3!

Showgrounds is officially open; classes are humming along and we hit 234 members this week! How fantastic is that?

Our holiday program at Northcote is once again fast approaching and these holidays we've also added some great 2 and 3 hour workshops at Showgrounds to fit in with regular classes.

On Friday 22nd and Saturday 23rd June we will have photographer, Verity Stubbs, from Ginger and Mint Photography coming to both Showgrounds and Northcote to shoot updated photos for us to use as part of our marketing and social media. Anyone attending on those days we would love to have you in a leotard if you have one!

Parking and Traffic Survey

We had a fantastic number of responses from our Northcote Parking Survey. A big thank you to everyone who took a few minutes out of their day to provide us with your feedback!

There was a great amount of support with 60% of respondents in favour of the move to 5-minute parking in the undercroft area of our carpark. The road running through the warehouses is a private road managed by an Owners Corp., therefore, we have put our proposal to move to a 5 minute drop off zone. In addition have also requested to change the 177 Beavers through road to a ONE WAY street. Entering the precinct from Beavers Rd and exiting out through Goldsmith Street. We will update parents as soon as anything changes.

As mentioned in the survey, time restrictions will not apply to Tiny Tornadoes participants as there are fewer vehicles in need of our spots.

While our neighbours are happy to share their spots with us after hours (not between the hours of 8:30 - 5pm Monday thru Friday and occasionally on weekends), we ask that you respect that they have their own customers coming through and will require their spots. There are plenty of streets nearby that will provide you with longer parking options and avoid some of the upset that's been caused in the area in regards to the parking situation.

Survey prize winners: congratulations to the winning family - Dallas, Zoe, Finch and Hazel!

Showgrounds Specific

Welcome to your first newsletter!

Our newsletters are sent out every quarter and will cover information from both venues.

For gymnasts in their class, we have toilets located at the back of the gym. If gymnasts need to use the toilets before or after their class, or parents and siblings during classes, the centre toilets, which have been recently refurbished, are located next to the laundromat.

Don't forget your regular classes run right through the holidays.

We'll be doing bring-a-friend classes over the July school break. Keep an eye out for the Bring-a-Friend vouchers and bring someone along during the school holidays to let them share in the Twisters fun!

July Holiday Program

NORTHCOTE

Twisters Holiday Program in July is available to all children; Twisters members and non-members for ages 4 to 14 years.

This July program offers a full day option from 9 - 5pm or a half day option from 9 - 2pm. Parents can choose to book in for as many days as they wish. A \$5 discount is given if you book your child into 3 days or more.

Program Dates:

Week 1 2nd to 6th July
Week 2 9th to 13th July

SHOWGROUNDS

We are very pleased to introduce Twisters workshops during the July school holidays!

These workshops will have a specific focus for the day; either gymnastics, tumbling, cheer or NinjaGym! Wednesdays and Thursdays are 3 hours sessions for \$55 and Fridays are 2 hour sessions for \$40.

To see what's available and when, please visit our website.

Program Dates:

Week 1 4th to 6th July
Week 2 11th to 13th July

How to book?

For more information please visit the Twisters website or sign up using the Twisters App.

All bookings are made online through our Parent Portal (bookings are not available at the front desk or through our office), you'll find the link in the menu bar of our website.

Spots are limited, make sure to book in early!

Gymnast of the Month

Gymnast of the Month - March - William T.

William has put in so much hard work and effort into his classes this year. Since last year William has made such an improvement in his gymnastics class.

He is able to listen to instructions and take on feedback really well.

He always has a smile on his face and enjoys working on his gymnastics skills to the best of his ability.

Keep up the fantastic work William!

- Coach Joshlyn



The Tough Questions:

When did you start gymnastics? In 2017

What is your favourite thing about gym? Trampolines

What new skill have you learned this month at gym? Rocket jumps in the foam pit

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Rocket jumps in the foam pit

What gymnastics skill have you always wanted to learn? Somersault

Gymnast of the Month - April - Elli A.

When I first started coaching Elli this year, I was immediately blown away! Not simply by her gymnastics ability, but also by her enthusiasm and love for the sport of gymnastics.

Elli puts in 100% effort every time she steps foot in the gym and constantly displays eagerness to learn and improve.

On top of this, she is super supportive of her peers and actively takes on feedback from her coaches. Well done Elli!

- Coach Mikaela W.



The Tough Questions:

When did you start gymnastics? Year 1

What is your favourite thing about gym? Getting to have fun and using the Tumble Track

What new skill have you learned this month at gym? Chin-up pullovers on my own

Do you do any other sports? Swimming, dancing and running

Favourite gymnastics skill to perform? Hurdle roundoff

What gymnastics skill have you always wanted to learn? Front handspring

Gymnast of the Month - May - Jessicah S.

I started coaching Jessicah this year and I have already seen a huge improvement!

Jessicah picks up skills quickly and has an amazing amount of strength despite having only been doing gymnastics since last year. She is always excited to come to class and never scared to try new skills.

I can't wait to see her grow further during this year! A big well done to Jessicah!

- Coach Chelsea



The Tough Questions:

When did you start gymnastics? 2017

What is your favourite thing about gym? Learning new things

What new skill have you learned this month at gym? Bar skills

Do you do any other sports? No

Favourite gymnastics skill to perform? Back bends

What gymnastics skill have you always wanted to learn? Backsault



Coach Profile - Emma Cerra

Coach Emma, what a history she has with Twisters! She first started participating with us back in 2010 when we were still doing set up/pack down each day at Santa Maria College.

She started coaching the minute she was old enough (2012) and hasn't looked back; continuing her education and passion for this sport. When asked why she started coaching, Emma said "I wanted to help kids feel the same way about gymnastics that I do. I've always wanted to be a teacher, why not start early?" And it's that kind of attitude that makes her such an amazing asset to Twisters.

In fact, she's still training with us! Some of the reasons why she loves this sport so dang much: 'The different range of activities you can do - it isn't repetitious like other sports and has a lot to offer. Gymnastics is an inclusive sport that helps me relax and get my mind off school.'

It's true, she doesn't just live at Twisters, she still attends high school and in the small amount of downtime that she has she enjoys a good book and spending some time with friends.

See if you can pick her out in the second picture...

The big questions:

What's your favourite skill to teach?

Handstand and back-hip circles.

If you could make a rule and everyone had to follow it, what would it be?

Make every Monday a public holiday.

If you could eat only one food for the rest of your life, what would it be? And why?

CHOCOLATE CAKE! Who doesn't love a huge slice of cake?

Would you rather have the ability to fly or become invisible? And, why?

FLY! People always say I have my head in the clouds.

Dates to note:

Term 2 Concludes for Northcote:	Sunday 2nd July
July Holiday Program:	Monday 3rd July - Friday 13th July
July Membership Payment	Monday 2nd July
Term 3 Begins for Northcote:	Monday 16th July
Term 3 Concludes for Northcote:	Sunday 23rd September

General Information

Term 2 Testing - that's a wrap!

Testing was an absolute success and all kids did a great job! Testing tally sheets and stars will be handed out in the next couple of weeks. We hope you enjoy adding your child's stars to their poster and seeing how they're progressing so far this year!

SHOWGROUNDS - due to only opening in April, your first lot of testing will take place in August and then again closer to the end of the year.

Gym Cleanliness

Our staff work hard to ensure that our gyms are neat and tidy before Tiny Tornadoes classes and again before afternoon classes.

We ask that you do your part to ensure that the gym is clean for every class that arrives throughout the day. Or if a mess is made, please let the front desk know so that we can get it cleaned up straight away.

We're all in this together!

Equipment

Have you noticed some of the new equipment that has arrived in the gym? With the opening of our Showgrounds facility we have been able to inject some new equipment at Northcote. At Showgrounds every piece of your equipment is brand new from Europe, Canada, USA and Australia.

At Northcote we have installed a 3rd climbing rope, gained 2 awesome new floor beams that look like giant crayons, a wedge and a spotting box.

Competitions

Competition season is about to begin for our ALP and Gymstar gymnasts at Northcote. Good luck in your preparations. A summary of results can be seen in the next newsletter.

The ALP gymnasts are going to EKGA for a mock competition during the holidays and the Gymstar gymnasts have on on the same weekend at Twisters.

Everyone is looking really ready for competitions, good luck to coaches and gymnasts!

Childwise Corner

Twisters Child Protection Officers have worked hard to ensure that we have clear processes as to what to do in a case where child protection is brought to attention.

These processes and procedures are checked twice a year to ensure that they are still up to date and in line with child protection laws.

One of Twisters Coaches Principals is Safety and will always remain a high priority for gymnasts, coaches/staff and parents alike.