



Club Newsletter

March 2018 Edition

Tiny Tornadoes Incursions

Would your child's kinder be interested in hosting a Twisters incursion? We're currently offering FREE sessions to kinders, which will showcase some basic activities that gymnasts practice in our Tiny Tornadoes program.

One of Twisters' qualified coaches will visit your facility with a range of gymnastics equipment to teach skills such as shapes, jumps and tumbling.

If your centre is interested, please let them know they can get in touch with Kim on tinyt@twistersgym.com.au for more details or to enquire about available days and times.

Our Purpose

Last year, the Twisters Team put their heads together to come up with what was important to us as a company.

Our purpose is Learn to Move, Move to Learn. Our coaches want to be a part of kids growing up into great people, as well as teaching gymnastics.

And as we're sure you've noticed thanks to the giant posters inside the gym, our Company Principles that we choose to live by are:

- Love what you do.
- Every child matters.
- Ask questions.
- Respect your peers.
- Nobody's perfect.

Our coaches also have a set of Principles they hold themselves to. Again chosen by the group, our Coaching Principles are:

- Team** solve problems together.
- Wacky** be yourself, put smiles on faces.
- Innovation** be creative, push the boundaries.
- System** be organised, use your resources.
- Trust** be trustworthy and trust others.
- Energy** be seen, be heard, be on the move.
- Respect** be genuine and respectful.
- Safety** be safe for yourself and the kids.



Club Update

Welcome to Twisters for 2018; what a great start we've had to the year so far!

Our evaporative cooling has been working overtime with the wild Melbourne summer we've had, our funky monkey jungle gym and new set of rings will be in circulation within the next week therefore making our programs even more exciting!

We're revamping our lesson plans to ensure that everything is coherent and that kids continue to feel challenged and are learning and working towards new skills during their classes.

You'll notice a heap of new faces around the gym, we have our Coaches in Training in full swing. Some of these new staff will be heading to Showgrounds while others have joined Team Northcote!

Looking at the year ahead, there are more changes being made to ensure we can provide the best customer service for our parents and gymnasts alike, while keeping our processes as seamless as possible.

We look forward to a wonderful 2018, thank you all for being a part of it!

Twisters Showgrounds

Twisters is very pleased to announce that we will be opening our second location in Ascot Vale, at Showgrounds Village!

Our new Showgrounds coaches are currently training hard at Northcote so that they can be up to speed on the Twisters way by the time the Showgrounds doors open in April.

Production on the new facility is currently under way, the stickers are in the windows, equipment has been ordered and is coming in from all over the globe - Europe, Canada, America and our own backyard, front desk, cubby and bathroom colours are being chosen and our feature wall artist is brewing over ideas to help with what are currently bare white walls!

Excitement levels are riding high as things start to come together and we look forward to sharing the journey on our social media platforms!

Lost Property

The lost property buckets are cleaned out on the 1st of every month. If your child has left something behind and you won't have a chance to collect it before the 1st, please email or call the office so that we can set it aside for you.

All items are donated on the 1st, so it's not a possibility to collect items after this date. Please ensure you get in touch with the office to avoid any disappointment.

Gymstar Challenge Classes

A fun and challenging program where gymnasts learn routines and work towards competing at recreational Gymstar events across Victoria.

The program is open to gymnasts over the age of 8 who currently train in a 1.4 hour class. Interested gymnasts are required to continue training in their current class and also train in a Gymstar class where they'll do routine and strength work.

Class times available:

Thursday 7 - 8:24pm

Saturday 11:12 - 12:36pm

To register or ask any questions please contact the office on admin@twistersgym.com.au or 9489 1100. We're happy to answer anything about this exciting program!

April Holiday Program

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

This April 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 of more.

Program Dates:

Week 1 3rd to 6th April

Week 2 9th to 13th April

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.

Gymnast of the Month

Gymnast of the Month - December - Olivia Sheehan

Olivia has been nominated for Gymnast of the Month because she has been improving dramatically and becoming consistent with her skills, her work ethic has been 100% for the entire year!

She has been open to trying new skills and has been excellent at paying attention and correcting little things in her skills, which is all very important. Fantastic work Olivia!

- Coach Felicia



The Tough Questions:

When did you start gymnastics? When I was in prep.

What is your favourite thing about gym? Getting to learn new things.

What new skill have you learned this month at gym? Front salt in the foam pit.

Do you do any other sports? Swimming and netball.

Favourite gymnastics skill to perform? Cartwheel

What gymnastics skill have you always wanted to learn? Aerial

Gymnast of the Month - January - Sienna Wise

Sienna has been working extremely hard over the past couple of months. She has overcome many of her fears and is now confident performing a backflip on Tumble Track and trampoline.

Sienna has also achieved her jump to high bar and cast to horizontal. Sienna has really stepped outside of her comfort zone during training and her hard work has paid off.

- Coach Mollie



The Tough Questions:

When did you start gymnastics? When I was in Kindergarten.

What is your favourite thing about gym? Doing back flips and backsaults.

What new skill have you learned this month at gym? Backsaults

Do you do any other sports? Netball and Taekwondo

Favourite gymnastics skill to perform? Back walkover

What gymnastics skill have you always wanted to learn? Giants

Gymnast of the Month - February - Camilla Grassia

Camilla has only recently moved to Melbourne from Milan in September. She just started gymnastics a short while ago and when she is learning gymnastics, she's also learning English!

I have been very impressed by Camilla's great enthusiasm in class, and she has been flying through her skill progression! Keep up the great work Camilla!

- Coach Cara



The Tough Questions:

When did you start gymnastics? A month ago with Cara.

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

What new skill have you learned this month at gym? Forward roll into the foam pit.

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Forward roll into the foam pit.

What gymnastics skill have you always wanted to learn? Front-Flip



General Information

Commonwealth Games 2018

This year the Commonwealth Games are being held in Brisbane, how exciting!

We'd like to celebrate by welcoming everyone to wear the colours of the country they're supporting during the last week of term 1!

We'll have a fun area for photo ops!

Funky Monkeys

Our funky monkey jungle gym has arrived! Another wonderful addition to our ever growing list of equipment here at Northcote. The funky monkey has been set up during the Labour Day long weekend and are now in rotation for when everyone returns to classes.

Thinking these could be a crowd favourite!



Coach Profile - Nick Monarca

Nick has been a big part of Twisters since 2015, working within our Badge & Stars program. Most recently Nick has started coaching as part of our Tiny Tornadoes program, and is doing a great job. In fact, if you ask Nick why he decided to start coaching in the first place, he says "I'm a bit of a big kid myself and love to teach new skills and seeing the looks on kids' faces when they finally get a skill! Also, I love being active while working". No wonder the program makes such a great fit!

While Nick doesn't have the biggest past in gymnastics, he did two years of lessons when he was 9 - 10 in Footscray and while he's not training now, he does enjoy having fun on the equipment and learning new gymnastics skills all the time. His favourite apparatus is bars due to the pure strength and timing they require.

When he's not at the gym, Nick completed his Bachelors Degree in Wildlife and Conservation Biology last year, and is starting an honours project in July this year at La Trobe University.

"You never stop learning" - Coach Nick

The big questions:

What's your favourite skill to teach?

I love teaching chin-up pullovers.

Would you rather have a monkey or a robot helper?

Definitely a monkey, they're like little gymnasts who never needed any lessons!

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

Definitely fly, you could get to all the places you need to be so fast and never wait in traffic again!

Dates to note:

Term 1 Concludes:

Thursday 29th March

April Holiday Program:

Tuesday 3rd April - Friday 13th April

April Membership Payment

Tuesday 3rd April

Term 2 Begins:

Monday 16th April

Term 2 Concludes:

Sunday 1st July

Twisters TeamGym Program

Our TeamGym program is a wonderful option for any 9 to 12 year olds interested in further developing their floor, tumbling and acrobatic skills in a team environment.

In 2018, this program is being held on Thursdays from 6:24 - 7:48pm and the group is currently working on their group routines. Please get in touch with the office if you have any questions or are interested in getting your child enrolled!

Childwise Corner

You've probably noticed a lot of new faces around the gym; we have a lot of new Coaches in Training with us this year.

When hiring, we look for people of all ages and backgrounds. Mainly people with an interest in health and fitness, with a passion for working with children and teaching them new life skills, and parents looking for a new career path or to start something new after the kids head off to school.

All Twisters coaches are required to hold a valid Working with Children Check, they must go through the GV Child Protection Course and are assigned to multiple Mentor Coaches during their training.