



Club Newsletter

May 2019 Edition

Coming into Winter

Things are cooling off here in Melbourne, which means we are heading into cold and flu season.

If your child isn't feeling well, please keep them at home to reduce the spread of illnesses. Don't forget that you have 4 make up classes per year, so allow them to rest and when they're feeling better just get in touch with the office to organise an additional class for another week.

The gym is certainly cooler over at *Northcote*, so a reminder to pop on another layer if you intend to stay and watch. As for your little gymnast, they are more than welcome to start with a sweater and remove it once they've warmed up. They're moving a lot out there, so they'll warm up quickly!

Did you know...?

We thought we would take the opportunity to share a little known Twisters fact with you.

We have a weekly cleaning roster to ensure all of our equipment is cleaned regularly.

We make our own cleaning products using natural ingredients like tea tree, lemon and vinegar so that there are no harsh chemicals lingering on the equipment for the kids.



Club Update

Coaches are busy getting prepared for mid-year testing. Hopefully you've been approached by your child's coach and they've introduced themselves, and provided you with your child's poster. All our gymnasts have been training so hard, we can't wait to see all of their hard work pay off!

At *Northcote* we are enjoying our new set of uneven bars! Not sure if our gymnasts would have noticed but we are chuffed. The stay-less system means we have even more room for activities!

Over at *Showgrounds*, if you have a chance make sure to check out the Showgrounds Village Community Hub. Plenty of exciting things happening in there, and some fantastic local companies to support.

As always, we look forward to an awesome couple of months ahead - thank you all for being a part of Team Twisters!

Mid-Year Testing

Our mid-year Badge & Stars testing will be taking place from **June 3rd to 16th** at both Northcote and Showgrounds.

Classes will look a little different than usual. Lesson plans and rotations have been specially designed around what our gymnasts need to complete this portion of their testing. We will have additional coaches on hand to give every gymnast the opportunity to display their skills.

Before testing, your child will receive their star stickers, their poster and their coach will explain the process to you. If you have any questions, feel free to get in touch and we can help you with any questions you may have.

After testing, you will receive an email informing you that the results are ready to be viewed. You just need to log in to your account through the Parent Portal. Use the corresponding codes to attach the stars to their spots on your child's poster. Voila! For more information, just have a peek at the back of your child's poster.

END-OF-YEAR TESTING

It's very important that your child is able to attend their testing sessions. Please make a note that end-of-year testing will take place from November 25th to December 8th.

MAKE-UP TESTING DATES

If your child is unable to attend their regular classes between either of these sets of dates, we will be offering a small amount of make-up testing classes in both the July and January school holidays. Spots will be limited and at a small cost.



Parking Update

If parking at Beavers Road was not already difficult enough, we have now seen the arrival of NPS Plumbing Supplies, who are occupying their 20 marked/allocated car parking spaces, plus much of Beavers Road.

The apartment development across from the entry to 177 Beavers Road, has come alive again and there are tradies everywhere throughout the day.

The City of Darebin have also granted Planning Approval for a Dance Studio (who only have 2 car parking spaces!) further along Beavers Road – ABSOLUTE MADNESS!!

We apologise for the increasing difficulties with parking in the area. Although we are working with the other parties for the best management of the situation, unfortunately all this is out of our control.

Please continue to enjoy the convenience of our Drop-off & Pick-up Zone, to get your kids to class and picked up on time.

Please continue to do the right thing and avoid parking in non-Twisters car parking spaces within 177 Beavers Road.

Showgrounds Anniversary

Can you believe that our Showgrounds gym has been open for a year already? We hit our anniversary on April 30th!

It's been incredible to have more gymnasts coming in to experience this amazing sport, to watch the space grow and develop further, to welcome new, exciting programs to the roster.

Thank you to everyone who has come on board and helped to build this space to where it is today. Momentum is only building.

What's next for Twisters...? Can't wait to find out!

Fitter for Life

Northcote is very pleased to offer our adults gymnastics program, Fitter for Life. Designed for people of 30+ years, aims to improve mobility, strength, balance, coordination and flexibility in a fun, social environment. Perhaps you would like to start moving, or need to get into that exercise groove again... If this sounds like you, then you've found the space to achieve it!

This is a structured program, our coaches will work with you to ensure that you are able to work towards specific fitness goals and provide a support environment for you to *Find Your 30*.

For more information, or to book your spot: twistersgym.com.au/northcote/fitter-for-life/.

Northcote's Gymnast of the Month

Gymnast of the Month - March - Jasmine

Coach Lucy says, "ever since I started coaching her earlier this year, Jasmine has always been willing to give everything a go!

Her amazing can-do attitude is very contagious and has contributed to a really positive and fun environment in her class. She always has a smile on her face!

Jasmine works well with everyone and she takes corrections like a superstar! She also recently got her handstand flatback which is very exciting!"

The Tough Questions:

When did you start gymnastics? In prep, when I was 5

What is your favourite thing about gym? Monkey bars

Do you do any other sports? Auskick and swimming

Favourite gymnastics skill to perform? Peanut roll (forward roll) into foam pit

What do you want to be when you are older? A vet!

If you could have any superpower, what would you choose? Flying!



Gymnast of the Month - April - Lauren

Here's what Coach Caylie had to say: "Olivia is amazing!

She is a fantastic leader; always the first to sit and listen, help move equipment, and ensure her peers are quiet and listening. She is an excellent role model for the rest of the class.

On top of all of this, Olivia is an incredible hard worker and is beginning to master more and more skills as the term progresses; A keen learner, eager to try new things with a positive attitude.

She is a pleasure to have in class and never fails to have a smile on her face!"

The Tough Questions:

When did you start gymnastics? 2 years ago

What is your favourite thing about gym? Learning new skills and improving

Do you do any other sports? Basketball, swimming and karate

What do you want to do when you are older? Basketball player

Favourite gymnastics skill to perform? Front faults

What gymnastics skill have you always wanted to learn? Handsprings



Gymnast of the Month - May - Julia

What do you think Coach Kristina? "I have had the pleasure of coaching Maya for the past 2 years, starting when she was only 3 years old. It has been such a privilege to see her grow over the years into the wonderful gymnast that she is.

From the very start of 2019 Maya has shown so much pride when learning skills. She is extremely determined, always striving to complete her skills to the best of her ability. Her forward rolls on floor are especially good after A LOT of practice, and she demonstrates bravery when on beam and bars. Maya has very impressive shapes which assist her to complete her skills with ease.

Maya should be very proud of herself, forever impressing myself and Lucy. Well done Maya!"

The Tough Questions:

When did you start gymnastics? When I was 2

What is your favourite thing about gym? Cartwheels and handstands

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

Favourite gymnastics skill to perform? 2 cartwheels in a row

What gymnastics skill have you always wanted to learn? Bridge kickover

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



Showgrounds' Gymnast of the Month

Gymnast of the Month - March - Audrey

Coach Tess says: "what a star Audrey is! Her gymnastics has improved from day one because she is exceptional at taking on feedback. She always has a smile on her face.

Audrey is consistently improving her gymnastics skills by remaining focused and attentive during demonstrations. Through her dedication she has become immensely strong and fantastic at beam.

It has been a blast seeing Audrey improve during her time at Twisters and I can't wait to see her continue to develop new skills."



The Tough Questions:

When did you start gymnastics? Last year

What is your favourite thing about gym? Star jumps on the big trampoline

Do you do any other sports? Tennis

Favourite gymnastics skill to perform? Disco car

If you could have any superpower, what would you choose? Grow things when they die

What do you want to be when you are older? Tennis player

What gymnastics skill have you always wanted to learn? Walking on my hands

Gymnast of the Month - April - Liza

Here's what Coach Michelle had to say: "it was an absolute pleasure to coach Liza!

Liza is always the first on the warm up floor; ready and listening intently to instructions. She does her best every class to learn new skills and practice others she wishes to master. Even though Liza attends a parented class, she is always super independent and a little legend in the gym.

I look forward to seeing her growth and progression both in our Tinies program and hopefully Badge & Stars too!"



The Tough Questions:

When did you start gymnastics? June 2018

What is your favourite thing about gym? Seeing Coach Michelle

If you could have any superpower, what would you choose? Cheetah Power

What is your favourite food? Milk

Favourite gymnastics skill to perform? Forwards roll

What do you want to do when you're older? To get my own breakfast and use an adult spoon

Gymnast of the Month - May - Alice

What are your thoughts Coach Genevieve? Alice is a superstar! I nominated Alice because of her super hard work and great attitude.

Alice has a positive outlook on gymnastics and is constantly smiling. She gets along well with all new people and is always friendly and helpful to the other girls.

Alice never stops working hard and she always listens to the corrections we give her. She is conscientious, responsible and respectful and is always thinking about others.

Georgia and I love coaching Alice and we are very proud of the progress she is making!



The Tough Questions:

When did you start gymnastics? Start of last year

What is your favourite thing about gym? Doing cartwheels

What gymnastics skill have you always wanted to learn? Cartwheels

Do you do any other activities? Swimming

What do you want to do when you are older? A vet!

If you could have any superpower, what would you choose? Be able to turn into ice

Tiny Tornadoes Update

Another term of Tiny Tornadoes is well and truly underway. Already we are seeing huge leaps in the skill levels of our gymnasts as they consolidate their learning from term one and start to work towards the next steps. For those who are just starting, you will notice a big difference between now and the end of the term.

This term we are focusing on improving our form on familiar skills as well as progressing the skill. Our main themes for the term are: Shapes; Pirates; Caring for our Environment; Winter; and Circus. As always, there will be some extra surprises at our Showgrounds gym, to cater for the additional term weeks. This is certainly a fun-packed term!

Gymnastics and the Senses

We are all familiar with the 5 main senses – sight, hearing, smell, taste and touch – but were you aware of the research around the 6th and 7th senses? In recent years, research has looked at the importance of the 6th sense, the Vestibular system; and the 7th sense, Proprioception, in child development. These two senses are particularly relevant to gymnastics in that the vestibular system relates to balance and spatial orientation, and proprioception relates to movement and body position. Development of both senses are crucial for brain and motor skills development. You can read several articles on these senses and how they affect development by doing a quick Google search. A great one on the vestibular system can be found at <https://1000hoursoutside.com/blog/the-incredible-importance-of-developing-the-vestibular-sense>.

Activities that stimulate and develop both senses are included every week in the Tiny Tornadoes program. Examples of activities that stimulate the vestibular system include rolling, swinging and the monkey bars; whilst climbing, pushing, pulling and stretching activities are all beneficial for proprioception.

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

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

instagram.com/twistersgym

twitter.com/twistersgymaus

General Information

Tip of the Newsletter:

Have you ever wondered whether Twisters is open on a specific long weekend?

We're always closed on public holidays, for example: if Monday is a public holiday our doors will be closed, however, classes would still be on for Saturday and Sunday.

If you're unsure or want to double check you can always check our website, social media channels or feel free to contact the office.

Northcote:

twistersgym.com.au/northcote/term-dates/

Showgrounds:

twistersgym.com.au/showgrounds/important-dates/

Intermediate Coaches

Last month *Northcote* hosted a Gymnastics Australia intermediate coaching course.

We had coaches from a number of clubs across Melbourne join us and we now have an additional 5 intermediate coaches on Team Twisters! Yahoo!

Take a Break

Did you know that you don't have to stick around for the duration of your child's class? Our coaches have things covered!

So enjoy some time to yourself - head off for a coffee, a walk or tick a few things off the to-do list.

Your child will be safe and sound waiting for you when you return!

July Holiday Program

We will be offering our holiday program at *Northcote* and *Showgrounds* gymnastics/NinjaGym workshops for the coming school holidays.

Dates are on the website, www.twistersgym.com.au and app, ready for you to secure your spot. We hope to see you for the fun!

Lost Property Buckets

We clean out our lost property buckets on the 1st of every month, the items are then donated to op shops and charity camps. If your child has left something behind, please get in touch with the office so that we can ensure that we put it aside for you.

Wondering where the buckets went at *Northcote*? They are now upstairs on the mezzanine.

Childwise Corner

A reminder to any of our new gym parents, as part of our commitment to being a child safe organisation, Twisters requires a parent or guardian to collect their child from the foyer at the end of their class, no matter their age.

If you would like to allow your child to leave the premises without a parent or guardian present, our front desk can provide you with a permission slip to allow your child to leave on their own. Perhaps they walk or ride their bike to gym, no problem, we just need this slip filled out and returned. Alternatively, you can request this slip from our office, just contact Amber on admin@twistersgym.com.au.

Staff Profile - Lucy Rodrigo

Everyone, meet Coach Lucy. She has been working at Twisters since November 2016, she still attends high school and when she's not at Twisters or doing homework she participates in cheerleading and enjoys catching up with her friends.

We asked Lucy for some background on her experience within gymnastics, "before I actually started gymnastics, I used to make my parents hold me up to the window when I was younger to watch the older girls train and my love grew from there. My mum enrolled me and I did gym for about 6 years before quitting at the end of grade 6. I loved (and miss) the friendships I made with all my teammates and coaches and how close we all were, especially when we were all so young. I also I remember looking up to my coaches; I was in awe of how supportive they were, how they also made us laugh, how they pushed us to our limits but made every training so fun and worthwhile. So I knew pretty much from the start that I wanted to coach gym as well. I believe that gymnastics is very hard and demanding sport but it's extremely, extremely rewarding.

As soon as I was legally allowed, I got my qualifications and applied for a job at Twisters. I love working at Twisters because I get to work with so many amazing and talented coaches and young gymnasts. Also, because I'm constantly learning and striving to become better educated, more experienced and higher qualified, so that I can be the best coach I can possibly be."

From those of us who have the pleasure of working with Lucy, we can say, without a shadow of a doubt, that she already is and will continue to excel as a coach. She truly does set her limits high and then puts in 110% to achieve her goals. We are absolutely chuffed to have her as a part of Team Twisters and look forward to watching her continue to grow within this sport!

The big questions:

What is your favourite thing about coaching? My favourite thing about coaching is seeing a gymnast achieve a new skill after working really hard on it.

What is one experience you think every gymnast should have? I think that every gymnast should have the chance to experience of feeling so happy after a training session, that you literally cannot wait to train again.

What do you think your super power would be? If I was to have a superpower, it would be to breathe underwater.

If you could only eat one food for the rest of your life, what would it be? And why? If I could only eat one food for the rest of my life, it would be peas. I know its weird but I just love them 😊

Dates to note:

June Membership Payment:	Monday 3rd June
Queen's Birthday Public Holiday:	Monday 10th June
Term 1 Concludes (<i>Northcote</i>):	Sunday 30th June
Northcote Holiday Program:	Monday 1st - Friday 12th July
July Membership Payment:	Monday 1st July
Term 3 Begins (<i>Northcote</i>):	Monday 15th July