



Club Newsletter

November 2018 Edition

2018 GFA Results

Every year gets better and better!

We've had gymnasts join our classes from other clubs just because they were so inspired by how enthusiastic our gymnasts were at GFA... WOW! Honestly, pat on the back for everybody - thank you for another fun year at the Waverley GFA!

Session 2:

- Blue Shooting Stars - 1st
- Blue Pocket Rockets - 3rd

Session 3:

- Purple Dynamightees - 2nd
- Purple Shooting Stars - 1st
- Pink and Purple Pocket Rockets - 3rd

Session 4:

- Black Dynamightees - 3rd
- Orange Dynamightees - 1st
- Red Dynamightees - 2nd
- Prink Shooting Stars - 1st

Session 5:

- Green Shooting Stars - 1st
- Yellow Pocket Rockets - 3rd

Session 6:

- Blue Dynamightees - 1st
- Yellow Dynamightees - 2nd
- Red Shooting Stars - 2nd

See Waverley's Facebook page for more photos.



Club Update

What an amazing year! Just like that we've written and shared our last newsletter for 2018!

Things have been humming along at both Northcote and over at Showgrounds, and we are absolutely chuffed to have you all a part of it!

In the coming weeks we will be sending our letters in regards to your child's enrolment for 2019. You will receive an email if your child is required to move into another class due to their age or skill level. Otherwise, they will continue in their current class as it's been deemed appropriate for their progress heading into 2019. If you have any questions, please don't hesitate to get in touch with our office so that we can help.

We hope everyone enjoys the coming weeks; plenty going on with testing, our end of year presentation and of course, life outside of Twisters too. Thank you all for being a part of Twisters in 2018!

End of Year Testing

We are quickly approaching the end of another amazing year here at Twisters!

We understand that the summer/end of school year period can be very busy, however, we have our end of year testing coming up and it's very important that all of our gymnasts are able to make it to their classes, so that we can ensure their testing gets completed.

Please put these dates in your calendar: **November 19th to December 2nd**

If your child is unable to attend their classes during this period, we will have dates available during January where they will be able to come in and be tested. Please note that while this is an option, spots are limited and bookings through Jackrabbit will be necessary.

If your child will only miss one class within this period, rest assured that our coaches will make sure their testing is completed. It's a busy time, but our Testing Coordinator and coaching team will work hard to ensure everything is covered!

Our testing make up classes will cost \$30 per session and hosted on:

Northcote - Friday 18th January and Friday 25th January from 4 - 5:30pm

Showgrounds - Thursday 10th January

Sessions will be open for bookings on Monday 3rd December, through the Parent Portal.

No Fee Increase for 2019

There will be no change to your child's membership fee when you return in 2019!

We understand that gymnastics is not cheap, in comparison to outdoor sports such as netball, soccer and football, but we work very hard to see fees down for our members.

Despite the ever increasing expenses at our enormous facility and the replacement/maintenance costs for our equipment, we are very proud that we have managed to keep the monthly fees for our top quality gymnastics, lower than the average gymnastics club. Meanwhile, we have invested heavily in our coaches education and new equipment, while keeping gymnast to coach ratio's low.

January Holiday Program

NORTHCOTE

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

This 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 per day discount is given if you book your child into 3 days or more.

Program Dates:

Week 1	7th to 11th January
Week 2	14th to 18th January
Week 2	21st to 25th January

SHOWGROUNDS

We will once again be hosting a program at our Showgrounds location. Different from previous school holidays this time we'll offer some workshops and some full day programs.

3 hour programs are \$55 and full day programs are \$85. You will receive a \$5 per day discount if you book your child into 3 days or more.

Programs offered during January 7th - 11th:

Monday, Wednesday, Friday	3 hours
Tuesday and Thursday	8 hours

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.

Bookings have already started and spots are limited, make sure to book in early!

Northcote's Gymnast of the Month

Gymnast of the Month - September - Zoe

Coach Tori nominated Zoe because of her fantastic gym presence. Zoe consistently comes into the gym with a positive attitude; enthusiastic to learn and improve her skills.

Her beautiful manners have been commented on by multiple coaches and her amazing listening skills have helped her progress rapidly in Tori's gym class. Zoe strives to achieve goals and is always willing to receive corrections and put them into action.

Tori feels very lucky to have Zoe in her class - keep working hard Zoe!

The Tough Questions:

When did you start gymnastics? Last year

What is your favourite thing about gym? Having fun and making new friends.

What new skill have you learned this month at gym? So much stuff! Things from all around the gym from bars to beam. And a chin-up pullover!

Do you do any other sports? Just gymnastics!

Favourite gymnastics skill to perform? Cartwheel

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



Gymnast of the Month - October - Celine

Celine is a superstar! She always listens in class and seeks feedback on her skills. She is dedicated to improving her gymnastics, whether it's through additional strengthening exercises or trying to implement corrections, her commitment has continuously impressed her coaches; Tom and Nick. Through her dedication, Celine has recently learnt skills such as a back handspring and has almost achieved a kip by herself! Celine's determination to improve and become a better gymnast is why Nick and Tom believe she has truly earned Twisters' October GoM.

The Tough Questions:

When did you start gymnastics? 5 years ago

What is your favourite thing about gym? Learning new things and seeing friends

What makes you happy? Family, friends and gymnastics!

Do you do any other sports? Dance, for a year

What do you want to do when you are older? Travel to Africa and Asia

Favourite gymnastics skill to perform? Back sault



Gymnast of the Month - November - Saskia

I began coaching Saskia halfway through this year and it was immediately clear to me that not only is Saskia a skilled gymnast, but she is also a great addition to the class.

Saskia always has a smile on her face and gets along well with her peers. Saskia consistently applies effort to class, and tries her best, even if others in the class are distracted. This makes Saskia an excellent role model for the rest of the class too.

Saskia is a joy to teach and a very worthy Gymnast of the Month. Keep up the stellar work!
- Coach Edie

The Tough Questions:

When did you start gymnastics? May this year

What is your favourite thing about gym? The monkey bars!

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

What is your favourite movie? My Little Pony

Favourite gymnastics skill to perform? Handstand

What makes you happy? Being at school

Do you do any other sports? Running at school



Showgrounds' Gymnast of the Month

Gymnast of the Month - September - William

Will joined Twisters Showgrounds a few weeks after the opening, and from the very moment he walked into the gym he has always had the biggest smile on his face and been the first person on the floor to start warm up.

Will is always eager to learn new skills and improve his gymnastics; he puts so much hard work into every class.

Along with his forwards roll, which he has perfected, Will is also a great teammate and is always kind and supportive towards his peers. He is a great asset to Twisters, keep up the great work Will!!

- Coach Felicia W.



The Tough Questions:

When did you start gymnastics? This year

What is your favourite thing about gym? Getting to do stuff like jumping on the trampoline.

If you could have a superpower, what would you choose? Fly to planets, like Jupiter!

Do you do any other sports? Auskick, tennis and swimming.

What do you want to be when you grow up? A builder, or an architect. I want to design and draw things like houses and rocket ships!

Gymnast of the Month - October - Alex

Alex has been a very focused and hard-working gymnast from the moment she started at Twisters Showgrounds.

Alex listens well to her coaches, and applies corrections straight away. She recently competed at the Gymnastics For All competition at Waverley Gymnastics Centre.

Alex was able to learn her routines quickly - a testament to her eager and willing nature. She has improved particularly with her floor skills including her scorpion kick, backwards roll down the wedge and cartwheel.

- Coach Mikaela



The Tough Questions:

When did you start gymnastics? 4 years old - a year and a half ago

What is your favourite thing about gym? Swinging on the bars

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

What makes you happy? Going to the beach.

What is your favourite food? Pasta - all pasta!

Favourite gymnastics skill to perform? Tuck jumps on the tramp

Gymnast of the Month - November - Elvie

Ever since Poppy walked into Twisters at Showgrounds, she has demonstrated natural talent, strength, determination and a competitive spirit. Every lesson with Poppy is fun. She constantly surprises Twisters Coaches with the speed at which she progresses from skill to skill, using more and more advanced techniques each time. Poppy's love for being active is infectious. She is a competitive swimmer outside Twisters and also competed at her first GFA competition representing Twisters in September. Fantastic work Poppy! You are more than deserving of Gymnast of the Month, keep up the exceptional work!

The Tough Questions:

When did you start gymnastics? May this year

What is your favourite thing about gym? Monkey swings across the rings

What makes you happy? Family

What is your favourite food? Nuggets and chips

What do you want to do when you are older? Professional gymnast or vet

Favourite gymnastics skill to perform? Toe shoots on bars



Tiny Tornadoes Update

The Importance of Physical Activity

Many of our older Tiny Tornadoes have recently been, or are currently, involved in their school orientation program. They are sharing their excitement about what is to come with their coaches, and their coaches are noticing signs of their readiness for school too!

It is around this time that some parents start to wonder whether they should give their child a break from gymnastics for a term, or even a year, while they settle into school. Our advice is don't! A quick Google search will give you numerous examples of research which shows that children who engage in physical activity most often perform better academically in school.

The Department of Education and Early Childhood Development (DEECD), in its *Improving School Sport and Physical Education in your School* report, suggests that "physical activity (is) a key component for the development of healthy learners", and that involvement in sport and physical activity can improve "concentration, memory, behaviour and academic performance." Although this report is focussed on sport within schools, the same outcomes are achieved when the physical activity is completed outside of school.

A recent article written by Peter Rolfe in the Herald Sun talks about the importance of keeping children fit and active to avoid predicted future health problems, due to a large percentage of children not meeting the physical education guidelines, as set out by the DEECD report. It suggests involvement in sports outside of school, including gymnastics, as essential in addressing this problem.

So, although it might seem to be a good idea to give your child a break from gymnastics, to allow them to concentrate on settling into their new routine, we recommend you find a class that suits your child (early or late in the week tend to be better options than midweek, or even a weekend class). Our younger gymnasts are allocated the earlier timeslots after school so that they can get in and out and still get to bed on time. If you find that your child is struggling to cope with the load, THEN reduce it. But it is more than likely that they will look forward to their gymnastics session more than ever after a long day/week at school!

Resources:

¹ education.vic.gov.au/Documents/school/teachers/teachingresources/social/physed/hpeimprovspor.pdf

² Rolfe, Peter. "Get a move on, kids: Athletes in push to reduce obesity", *Herald Sun*, November 9, 2018, News 07

General Information

Tip of the Newsletter:

Did you know, when classes land on a public holiday, a credit is automatically applied to your monthly membership amount? It even shows up as a separate line item when you log into your account on the Parent Portal.

If your child's class lands on a public holiday, they do not need to attend a make up class for the session, we have already accounted for this missed class.

Fitter For Life Adult Classes

Twisters Northcote is very pleased to introduce our adults gymnastics program, Fitter for Life!

This will be a lightly structured program for people 30+ years, with the freedom to spend your time on areas you would prefer to focus. Our coaches will work with you to ensure that you are able to work towards specific fitness goals and provide a supportive environment for you to *Find Your 30*.

These classes will be held on Tuesdays from 1:30 - 2:15pm and 2:15 - 3pm, or you can attend the full 1.5 hour session. The cost is \$15 per 45 minute session. Visit our website, twistersgym.com.au to book your spot - come and give it a try!

TeamGfA Competition at Twisters

Oh my goodness - what a massive success!

A huge congratulations to our TeamGfA participants, to our coaches and to Joshlyn who organised the whole thing. What an amazing day, hopefully we can have more of these in the future to celebrate the achievements of our gymnasts.

Well done everybody!

End of Year Presentations

All after school gymnasts will be working on their end of year presentation which will take place during the very last week of term between December 10th to 16th.

These presentations will be an opportunity for kids to show off what they've learned throughout the year focusing on the progressions for handstands and cartwheels as these are two of the most popular skills that we often get questions about. Much to learn!

Our 5-minute drop off/pick up zone parking rules will still apply so please ensure if you plan to stick around, to arrive a little early and find yourself a spot nearby.

Childwise Corner

Every January, our coaches attend in-house educational workshops that bring them up to speed on current child safety procedures, our expectations of them within their role, what emergencies to be aware of and if ever necessary, what to do in the case of an emergency.

Your child's safety and that of our staff is at the top of our priorities!

Coach Profile - Kim Orr

Coach Kim, our Tiny Tornadoes Coordinator has a heck of a history with this sport. With her BA in Social Science/Humanities and a BedGE in Primary, this role was practically made for her!

She initially discovered a love for gymnastics when she joined her local club at 6 years old with a friend. She had to give up a year later due to family circumstances but had another opportunity to return when she was 12 years old (she even had the same coach!) And achieved goals that she still remembers very clearly! Kim says "One of my proudest moments was achieving my cartwheel on the high beam as that was something I really had to work for. I did SO many cartwheels on lines and upside-down benches and fell off the high beam so many times before I finally mastered it. My favourite apparatus has always been bars though, especially asymmetrical bars. I used to imagine it was like flying so you could never fall off - you just fly to the next bar and grab on." She paints quite a picture!

Almost 30 years later, she attended a kinder function at Twisters and discovered that her own daughters were keen to enrol. She used to attend our Tiny Tornadoes program with her youngest when she came across one of our newsletter ads for coaches, she says she just knew it was a job for her. "I already had a love for the program having being involved with my own child, and it was certainly in line with my background and interest in teaching and developing children. Being a coach at Twisters is great fun. I really enjoy celebrating the successes of the gymnasts when they achieve a new skill, no matter what it is."

We adore your dedication, enthusiasm and creativity when it comes to this program Kim, so pleased to have you on board with Twisters!

The big questions:

Would you rather have super strength or the ability to become invisible? And why?

I would love to have super strength. I feel like SO many things would be easier with super strength.

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

I would definitely choose a breakfast meal, and it would contain peanut butter. If it can't be a smoothie because technically you don't eat smoothies, then I will choose toast with peanut butter and apple. Peanut butter is my most favourite food ever.

What has always been your dream gymnastics skill?

I would love to achieve a chin up pull over. I learnt kick up pull overs when I did gymnastics and the strength required for a chin up pull over is incredible.

Would you rather own a car that could fly or could go underwater?

I would definitely prefer a car that flies! I would love to be able to fly in any kind of way. How cool would that be?

Dates to note:

December Membership Payment:	Monday 3rd December
End of Year Presentations:	Monday 10th - Sunday 16th December
2019 Deposit Payment:	Tuesday 18th December
Classes conclude for 2018:	Sunday 23rd December