



# Club Newsletter

September 2018 Edition

## Term 4 Testing Dates

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

We understand that the summer/end of school year period can become very busy, we have testing coming up again during weeks 7 and 8 of term 4.

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 a few dates available during January where they will be able to come in and be tested. Please note that while this is an option, spots will be limited and bookings necessary.

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

## NinjaGym is coming to Northcote!

You heard right!

We will be offering NinjaGym classes on a Saturday afternoon starting in term 4! I'm sure we have a few Nina warriors among us...

Class times and availabilities are on our website now, make sure to check it out if you've got a little ninja who's keen to come in and give it a go!

## 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://facebook.com/TwistersGymnastics)

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



## Club Update

Can you believe we're headed into the September/October school holidays already? What a ripper of a year we've had at Twisters so far!

Northcote has been absolutely humming, our parking changes have been a success and we're getting a lot of positive feedback, some tweaks to the system coming soon. Our Tiny Tornadoes program continues to get more adventurous as our Program Coordinator and Tinies coaches work to create new themes and props for each fortnight. Our after school/weekend programs have been bringing such positivity and strength into the gym - maybe it's the change in the weather? Whatever it is, we can't get enough!

Showgrounds continues to grow and we're very pleased to be able to offer more classes and introduce new coaches to the Twisters Team as our demand increases!

Thank you all for being a part of Twisters so far, can't wait to see you all for an exciting finish to what has felt like a very speedy year!

## Competition Shoutouts

Our **ALP Level 1 & 2's** have finished their competitions for the year and they are now beginning to learn new skills in preparation for next year. Amazing work girls, especially to those who had their first competition season. Your coaches are very proud of you!

Our **ALP level 3, 4 and 5's** are in their middle of their competition season. They have been training super hard and have been doing fantastic so far. Good luck girls for your upcoming competitions – the MLC Junior Star Classic and the Waverley ACROMAT Classic.

All our **Gymstar Challenge** and **Gymstar Competitive** gymnasts are ending towards the end of their competitions season and have been getting some amazing results. Super effort girls and best of luck to you all for your final competitions!

**TeamGfA:** recently competed at the FusionFX Victorian Championships and what a show they put on! Check out our story highlights on Instagram to see how they went.

Congratulations to all those who placed all round or on an apparatus and well done on such a huge effort both at training and competition to all Twisters gymnasts! Keep up the hard work!

Reminder: all squad gymnasts have holiday training; please speak to your coach if you are unsure of your child's training times.

## TeamGfA Event at Twisters!

Very exciting things happening at Twisters; this coming October we will be hosting our very first TeamGfA event at Northcote!

We encourage parents to bring their kids around to support their fellow gymnasts and to see what TeamGfA is all about. You're not required to stay for the whole event so please swing by if you have a chance.

Our event will be held on the afternoon of **Saturday, October 20th**. Times are to be announced - you can keep an eye on our socials or get in touch with the office closer to the date for confirmation.

It's going to be a great day, can't wait to see you there!

## September/October Holiday Program

### NORTHCOTE

Twisters Holiday Program in September/October 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 24th to 27th September
- Week 2 1st to 5th October

### SHOWGROUNDS

We will once again be hosting our workshops at our Showgrounds location. Each day will have a specific focus for the day; either gymnastics, tumbling, cheer or NinjaGym!

3 hour programs are \$55 and 2 hour programs are \$40. You will receive a \$5 per day discount if you book your child into 3 days or more.

#### Program Dates:

- Week 1 24th to 27th September
- Week 2 1st to 5th October

#### 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!

## Northcote's Gymnast of the Month

### Gymnast of the Month - June - Leah

I started coaching Leah last year and from the very moment she walked into the gym she has been keen to learn new skills and improve her gymnastics!

Leah has put in so much hard work this year and has achieved new skills every week with a big smile on her face.

Leah has been a great at helping new students in the class and loves showing them how activities are completed.

Keep up the wonderful work Leah!

- Coach Lauren



#### The Tough Questions:

When did you start gymnastics? In 2016

What is your favourite thing about gym? Doing the activities, especially monkey bars

What new skill have you learned this month at gym? Chin up pullover

Do you do any other sports? Cricket at school

Favourite gymnastics skill to perform? Scorpion kick

What gymnastics skill have you always wanted to learn? Cartwheel

### Gymnast of the Month - July - Annabel

Superstar Annabel works hard every week and consistently blows me away.

She is constantly achieving new skills and always seeks feedback on how she can be a better gymnast. She sets goals and strives to achieve them. Her dedication is undeniable.

Annabel is incredibly kind and supportive to her peers. Funny, kind, hardworking, she is a joy to have in the class and very deserving of Gymnast of the Month!

- Coach Lucy



#### The Tough Questions:

When did you start gymnastics? 2014

What is your favourite thing about gym? Having fun

What new skill have you learned this month at gym? Back walkover

Do you do any other sports? Swimming and dancing

Favourite gymnastics skill to perform? Backwards walkover

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

### Gymnast of the Month - August - Elvie

Elvie has been a member of Twisters for many years now and I have had the pleasure of watching her gymnastics journey and seeing her skills grow.

Her willingness to try new drills to help with skill perfecting and her determination to work hard in every single class has allowed her to develop skills such as front handsprings, front faults, pullovers and much more.

Elvie's attitude often helps motivate her peers to continue working and she is a joy to have in class. Keep up the amazing attitude, Elvie!

- Coach Tori



#### The Tough Questions:

When did you start gymnastics? 2013

What is your favourite thing about gym? Learning new things and challenging myself

What new skill have you learned this month at gym? Landing front sault

Do you do any other sports? Netball and dance

Favourite gymnastics skill to perform? Front handspring

What gymnastics skill have you always wanted to learn? Sequence of tumbling: roundoff back handspring back sault

# Showgrounds' Gymnast of the Month

## Gymnast of the Month - July - Chloe

In the short time that Twisters Showgrounds has been open and Chloe has been attending classes here, her skills have improved out of sight! This is no doubt a reflection of her amazing listening skills and willingness to receive corrections. Every lesson Chloe arrives with a positive attitude, enthusiastic to improve and excited to learn new skills.

She has been a pleasure to coach and I can't wait to see what else she can achieve in class!  
- Coach Tori



### The Tough Questions:

When did you start gymnastics? May 2018

What is your favourite thing about gym? Learning new skills

What new skill have you learned this month at gym? Handstand and split jumps

Do you do any other sports? Hip hop

Favourite gymnastics skill to perform? Trampolines

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

## Gymnast of the Month - August - Maeve

Maeve is an excellent listener and always applies corrections quickly which has led to her gymnastics improving at a rapid rate.

Although only starting at Twisters Showgrounds 3 months ago, Maeve has begun working on; cartwheels on the line, backwards rolled down the wedge and scorpion kicks.

Maeve's encouragement of others in class and her inquisitive mind when completing skills has made her a great asset to the class dynamic.

A big well done to Maeve.

- Coach Victoria



### The Tough Questions:

When did you start gymnastics? 2018

What is your favourite thing about gym? Learning new skills

What new skill have you learned this month at gym? Improved cartwheel on the line

Do you do any other sports? No

Favourite gymnastics skill to perform? Tumbling

What gymnastics skill have you always wanted to learn? Back sault

## Tiny Tornadoes Update

Term 3 has been a very exciting term for the Tiny Tornadoes program. Around this time is when we tend to see our gymnasts beginning to reach some of the longer-term goals of the program. These not only include achieving gymnastics skills, but also some very important social skills. You might notice that your gymnast is able to sit and listen to instruction for longer than at the beginning of the year, or that they are now able to wait their turn or have more awareness when someone is ahead of them in line. For those who have been attending for a while, it is very likely that you will have an excited gymnast or coach come and tell you about a particular gymnastics skill that has been achieved or mastered by your gymnast in the near future, too!

In term 3 we practised and progressed a lot of different gymnastic shapes, blasted off to space, worked at the zoo, welcomed spring, and got into the spirit of the football finals. The Northcote Tinies will have a two week break for the school holidays whilst the Showgrounds Tinies take a trip to the ocean!

In term 4 we will continue working on our shapes, become gym ninjas, have some spooky fun at Halloween, celebrate the Melbourne Cup with some racing fun of our own, welcome summer, and celebrate Christmas.

What a lot of fun to finish off the year!

### Commonly Asked Question

The question we are most often asked as coaches is: "When are we going to learn handstands and cartwheels?"

Every week in the Tiny Tornadoes program we are learning skills that are building our strength and skill base to work towards the correct technique and form for both handstands and cartwheels. Did you know that a handstand is an upside-down rocket shape and a cartwheel is a moving star shape? That is why we continuously practise getting these shapes just right. Bunny jumps are a progression for both handstands and cartwheels (side to side bunnies are early cartwheels!), and every time we are upside-down bearing weight on our arms, chances are we are building towards these bigger skills.

Coaches are always happy to speak with parents. If you would like to speak with your child's coach, feel free to approach them directly after class. If you have any concerns or feedback that you would like to pass on, please email me at the Tiny Tornadoes email address: [tinyt@twistersgym.com.au](mailto:tinyt@twistersgym.com.au).

## Parking and Traffic Update

Our 5 MIN Drop-off & Pick-up Zone has now been in place for eight weeks and the response has been overwhelmingly positive.

Most importantly, parents have been able to drop their children off at the front door and get them in to class on time. They have been able to return and pick their child up at the front door, without having to worry and stress about finding a parking space. Parents who wish to stay, have been able to use the Drop-off & Pick-up Zone to their advantage. When running late, they know they can always pull in at the front door, drop their child on time for their class, then go and park in the neighbouring streets. When running early they can simply park in the neighbouring streets and walk in to Twisters.

We have been hearing your feedback; that there are too many drop-off & pick-up spaces. We can assure you that although the drop-off & pick-up zone sits empty much of the time, there is often only one or two spaces available at busy times. It is imperative that there are spaces available for drop-off & pick-up at all times, otherwise we're not providing enough of either option – nowhere to park and nowhere to drop-off/pick-up. We will continue to monitor the situation and will possibly turn two or three of these drop-off & pick-up spaces, into unlimited parking.

Stay tuned...



## General Information

### GFA Competition

Our Twisters participants did an amazing job at the Waverley GFA competition this past weekend.

All our gymnasts hard work over the past couple of weeks really showed through in their efforts. And fun was had by all!

We look forward to sharing the results in our term 4 newsletter...

### Term 3 Testing - that's a wrap!

Our second lot of testing for 2018 has wrapped up at Northcote and Showgrounds has had their very first testing experience!

Everything has gone off without a hitch thanks to the hard work from our testing coordinator, our coaches and the kids alike!

Results and stars for the skills tested will be handed out during class over the coming weeks.

### Parking during Showgrounds Events

With the Melbourne Show and Flemington Spring Racing coming up traffic gets very congested around Ascot Vale. Be sure to plan around these events to allow enough time to get to classes on time. You will still be able to park in the Showgrounds Village carpark but it will be strictly limited to the 2 hours signposted.

### Collecting Your Belongings

We've noticed an increasing amount of personal belongings being left behind, please do your best to remember your drink bottles, extra layers of clothing and shoes before heading out!

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 to charities 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.

### Childwise Corner

With all of the changes to our parking situation, our coaches and front desk attendants have been even more attentive to ensure that every child is leaving with their parent/guardian and not running out to the car in the pick up/drop off zone.

As part of our commitment to being a child safe organisation, Twisters requires a parent or guardian to come in to collect their child from the foyer at the end of their class, no matter their age.

Our front desk can provide you with a permission slip if you would prefer not to come into the gym, or if your child rides their bike or walks to and from the gym on their own. You can also request this slip from our office on [admin@twistersgym.com.au](mailto:admin@twistersgym.com.au).

## Coach Profile - Sophie Obst

Coach Sophie, who is certainly one of the faces of Twisters (can you recognise her from our LEARN posters and website?), has been with us since the absolute beginning, joining us back in 2010 while we were still doing set up/pack down each day at Santa Maria College.

She started off in our recreational classes before being selected to join one of our squads, which she was a part of for a majority of her 7 fantastic years of gymnastics! She only wrapped up her own training as a gymnast last year...

Sophie's favourite part of gymnastics is the feeling of learning new skills, which, lucky for her is a constant in this sport! She's wanted to coach for a long time but only started to consider it more seriously in 2016, which is when she joined our coaching team. She is such a confident and knowledgeable coach - we consider ourselves lucky to have her on board!

When Coach Sophie isn't here at Twisters, she still attends high school and in her small amount of downtime she enjoys eating chocolate and playing netball. Never a dull moment for this girl!

To end on a Coach Sophie note, "embrace your inner fabulousness".

### The big questions:

*What's your favourite gymnastics skill to perform?*

Any type of front tumbling.

*If you could make up a new holiday, what would it be?*

It would probably be flying everyone to a different tropical destination for one day.

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

I would prefer to fly because then I could fly around the world.

*What do you think you will be doing 10 years from now?*

In ten years I will probably be travelling the world.

### Dates to note:

Term 3 Concludes for Northcote:	Sunday 23rd September
Grand Final Public Holiday:	Friday, September 28th
September/October Holiday Program:	Monday 24th September - Friday 5th October
October Membership Payment:	Monday 1st October
Term 4 Begins for Northcote:	Monday 8th October
Classes conclude for 2018:	Sunday 23rd December