

Badge & Stars Program

The Badge & Stars program provides students with rewards and incentives for achieving new skills. The program posters provide parents with a simple way to monitor their child's progress. Coaches are handing out the posters throughout term 1 and using this as a chance to meet parents.

As each skill is displayed and achieved, during mid-year and end-of-year testing sessions, stars are awarded, to be placed on the poster. Once all skills of each colour level have been mastered, the appropriate coloured badge will be awarded, and your child is ready to move to the next level.

Monthly Direct Debit

Twisters will be moving to a monthly direct debit policy in 2018.

Parents will be given the opportunity to move to this system from Term 3 this year.

Benefits of moving to the Direct Debit system:

- Parents will only be paying one month of fees in advance, as opposed to the current three months.
- Parents do not have to remember to pay on time, coaching fees will automatically be debited on the 1st of the month.
- Your Child's place in their class is guaranteed until such time as you do not want to continue.

Twisters will be offering a free, specially designed t-shirt, to any families who choose to switch to monthly payments in 2017.



Club Update

Welcome to Twisters for 2017 and what a great start to the year that we have had!

Everyone is enjoying the evaporative cooling, which was installed over the break and has meant we no longer have cause to use our heat policy.

Two full strips (100sqm) of sprung floor have been laid toward the back of the gym, adjacent to the tumble track.

Twisters has been awarded funding by Gymnastics Victoria, which will contribute toward the purchase an air-track for our Team Gym program. The air-track has been ordered and will be coming soon.

After-school gymnasts are progressively being issued their Badge & Stars poster. Our staff will be handing out a poster to one gymnast per week, so that parents can meet the coach and ask any questions. The first testing for the Badge & Stars program will occur in Term 2.

In Term 3 we will be offering the opportunity for families to move to monthly payments of coaching fees. This service will allow families to more easily budget for gymnastics, by only needing to pay one month in advance, as opposed to the existing three months of gym.

Our staff have been working hard to define what is important to Twisters. You will see new posters released soon.

Our purpose is Learn to Move, Move to Learn

Love what you do

Every child matters

Ask questions

Respect your peers

Nobody's perfect

Osteopath Available

Maria Farrugia, from Tree of Life Osteopathy, is providing Osteopathic treatment at Twisters on Mondays and Wednesdays.

Common conditions, which osteopaths treat include; sporting injuries, shoulder and elbow pain, neck and low back pain, headaches. Maria works with children, adolescents and adults (including pregnant women and the elderly).

Call Maria on 0422 430 273 to make an appointment.

Gymstar Challenge

This is a fun and challenging new program where gymnasts can learn routines and work towards competing at recreational Gymstar events across Victoria.

This program is open to gymnasts aged 8 and above who are currently training in a 1.4 hour class. Interested gymnasts are required to continue training in their regular Badge & Stars class and also train in a Gymstar Badges class where they will do routine and strength work.

Class times available:

* Thursday 7 - 8:24pm

* Saturday 11:36 - 1pm

To register or for any queries please contact Emma. gymstar@twistersgym.com.au

Holiday Program

Twisters Holiday Program in April is not only available to Twisters gymnasts, but to any other children, who are not already enrolled at Twisters.

The program offers options for ages 4 years to 14 years. Children can attend for a full-day or for a half-day.

Parents can choose to book children in for just one day, or for as many days as they wish. All bookings are made online through our new portal.

Dates:

Week 1 3rd - 7th April

Week 2 10th - 13th April

For more information and to make a booking please visit the Twisters website.

Gymnast of the Month

Gymnast of the Month - October - Zara Veljanovski

Zara participates and listens in class and loves to show new skills that she's achieved. She has improved so much since the start of the year and always supports the other kids in her class. She's always really happy to be at gymnastics and tries her hardest every week.

The Tough Questions:

When did you start gymnastics? Start of 2016

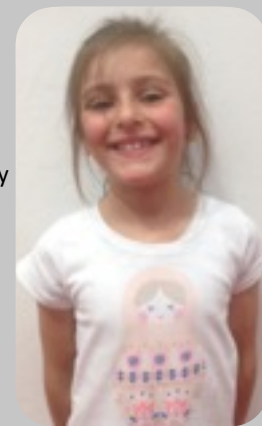
What is your favourite thing about gym? The foam pit

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

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Forward rolls

What gymnastics skill have you always wanted to learn? Chin up pullover



Gymnast of the Month - November - Audra Coxhill

Audra is in her second year of gymnastics as a Tiny Tornado and has always had a fear of things that involve being upside down, and is reluctant to try them. Recently Audra decided that she would try a forward roll to show someone else, who was also feeling a bit scared, that it wasn't so bad. Audra has been doing forward rolls ever since! She is now also doing bat hangs, and went down the slide for the first time too.

The Tough Questions:

When did you start gymnastics? When I turned 3

What is your favourite thing about gym? Forward rolls and the foam pit

What new skill have you learned this month at gym? How to do a forward roll

Do you do any other sports? No



Gymnast of the month - December - Stephanie Singh

Stephanie is an extremely hard working and determined gymnast. Her ability to listen to corrections and display high levels of physical awareness has enabled her to complete more difficult skills. As a result, Steph has progressed onto skills such as back saults, back flips on the trampoline and floor, and front saults off the high beam. Steph continuously improves on her skills and exhibits great maturity and determination in her classes weekly.

The Tough Questions:

When did you start gymnastics? 2015

What is your favourite thing about gym? Everything

What new skill have you learnt this month at gym? Back handspring

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Front somersault and back handspring



General Information

GV Welcome Booklet

Gymnastics Victoria produces an annual welcome booklet for every member. These have been handed out in the last week. There is useful information in there for everyone including a colouring competition and member discounts.

The Caffeinator

For the first weeks of term we have been lucky enough to have The Caffeinator visit us on Saturdays from 8:30am. He will continue to provide service at Twisters on Saturdays if he is well supported. Please consider purchasing your morning coffee from him.

Coach changes

The large majority of Twisters staff are university students. They receive their first semester timetables at the end of February. There have been a number of coach changes in Term 1 for this reason. Our goal is for every class to have the same coach for the whole term, and if possible the entire year, but with outside influences this is not always achievable.

Social Media

Twisters uses Facebook, Twitter and Instagram to keep our members up to date on the happenings around the gym. Like us or follow us and join the conversation.

Car Parking

Twisters classes are set on a 12 minute rotation so that there is regular turnover of cars in the car park. If you choose to stay and watch your child participate, we ask that you park on Beavers Road, walk in to the gym and leave the purple Twisters car parking spaces for drop-offs and pick-ups.

Childwise

The Victorian Government have introduced a number of new laws regarding child protection.

Twisters is working through these requirements to ensure that we are compliant. You will hear more about this in the coming months.



Coach Profile - Lauren Centofanti

Lauren started gymnastics when she was 5 years old, at Pit Gymnastics in Mill Park, before moving to MLC Gymnastics. Lauren made it to WAG State Level 6 before stopping womens gymnastics and moving into sport aerobics. She currently competes in Level 6 Senior Sport Aerobics.

Lauren started coaching because she wanted to experience gymnastics from the other side and wanted to share her love of gymnastics with the younger generation. Lauren is coaching at Twisters for her third year now. She coaches children between the ages of 4 - 12 years and will be taking one of the newly opened Gymstar Challenge classes on Thursdays.

The big questions:

Favourite TV show: Gossip girl

Favourite Movie: Stick It

Favourite Food: Chicken nuggets

The last time you did the splits: 3 days ago

Dates to note:

Term 1 ends:

Saturday 1st April

April Holiday Program:

Monday 3rd - Thursday 13th April

Term 2 begins:

Monday 17th April

Term 2 ends:

Saturday 1st July