



# Club Newsletter

May 2017 Edition

## Direct Debits

Twisters has recently announced that we are switching to direct debit payments; currently available for those who would like to switch for term 3 and 4, but compulsory as of 2018.

Benefits of moving to a Direct Debit system:

- Parents will only be paying fees once a month in advance, as opposed to three months.
- Parents do not have to remember to pay on time, coaching fees will automatically be debited on the 1st of every month.
- Your child's place is guaranteed until you choose not to continue.

If you decide to switch for term 3 your child will receive a specially designed Twisters t-shirt for **FREE!**

Switching is easy, just inform the office that you would like to change over to this new payment system and they will get in touch with our membership information. If you have any questions you can visit the front desk or contact the office where we'll be happy to answer any questions or concerns.

The deadline to switch to direct debits for term 3 is **Saturday 17th June**. If you decide not to switch just yet, you'll pay your fees invoice as you currently do.

Keep in mind, there is always the option to switch for term 4!

## Osteopath Available

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

Common conditions which osteopaths treat include sporting injuries, shoulder pain, neck and low back pain, headaches. Osteopaths treat children, adolescents and adults.

You can book an appointment by calling Maria on 0422 430 273.



## Club Update

We are getting very close to the end of term 2, and what a year it has been so far!

We're always adding to and upgrading our equipment; most recently we've received our awesome air-track for our Team Gym program (all gymnasts will have the opportunity to use it) and have added ballet bars and custom made mirrors to our upstairs training room for our squad and Gymstar athletes for their weekly ballet lessons.

Our holiday program will be on again this July, in fact, spots are filling quickly, so if you've been thinking about it, now's the time to make it happen. You can book in using the Parent Portal on our website. See you there!

Term 2 testing is taking place this term, during week 7, 8 and 9. Classes may look a little different during these weeks as we ensure we get every child's testing completed before the start of the holidays.

We hope you have a wonderful school break and we'll see you all back for term 3!

## Team Gym Competition

We are very excited to be running our first TeamGym competition at Twisters on Saturday July 15th from 1 - 3:30pm!

Our TeamGym gymnasts will be showcasing their skills across three apparatus culminating in the performance of group floor routines. Each apparatus and the group routine will be judged with presentations held at the end of the event. TeamGym is an excellent program for any gymnasts interested in tumbling, team work and performance and we have been very proud of how much growth the TeamGym program has shown at Twisters.

Stop by the gym on the day to check out the competition and see what TeamGym is all about!

## July Holiday Program

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

This July 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.

### Program Dates:

Week 1 3rd - 7th July

Week 2 10th - 14th July

For more information please visit the Twisters website. 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.

## Tiny Tornadoes Incursion Classes

Are you connected with a child care centre? Twisters is looking to become included with local centres to begin incursion programs.

If this is something your child care would be interested in, please get in touch with Emma, our Tiny Tornadoes program coordinator on [tinyt@twistersgym.com.au](mailto:tinyt@twistersgym.com.au). Or if you have any questions at all, Emma K will be happy to help.

## Badge & Stars Testing

By now, your child should have received their Badge & Stars colour poster (if not, please visit the front desk or contact the office so that we can ensure this is followed up). For anyone that needs a replacement poster, a \$5 fee will occur.

Term 2 testing will take place during week 7, 8 and 9. Testing this term will be based on a number of skills kids need in order to achieve their current colour level, remaining skills will be tested during term 4.

Once testing is complete, your child will receive an envelope containing their term 2 ledger and stickers. You'll use this ledger as a guide to place their achievements for this term.

Please note that classes may look a little different during testing weeks as we ensure that everyone has a chance to show us what they've learned so far this year!

## Gymnast of the Month

### Gymnast of the Month - March - Daniel Dyer

I am constantly impressed with Daniel's efforts in Tiny Tornadoes. Daniel recently mastered his rocket half turn into the foam pit with legs glued together and toes pointed perfectly. Daniel is also a very strong listener and always a pleasure to teach. Fantastic effort!

- Coach Tara



#### The Tough Questions:

When did you start gymnastics? This year with Tara

What is your favourite thing about gym? The foam pit

What new skill have you learned this month at gym? Climbing up the big wall bar

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Tuck swings on the rings

What gymnastics skill have you always wanted to learn? Everything in gymnastics!

### Gymnast of the Month - April - Camille Valoppi

Camille has been working extremely hard in class. She completes every activity at every station to the best of her ability which is great to see (especially considering she only started at Twisters this year!). Camille always sits and listens attentively at the start of each rotation and remembers all of the instructions.

Very impressive Camille, keep up the great work!

- Coach Beth



#### The Tough Questions:

When did you start gymnastics? This year

What is your favourite thing about gym? The foam pit

What new skill have you learned this month at gym? Tuck swings with re-gripping

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Too many to choose from

What gymnastics skill have you always wanted to learn? Peanut roll

### Gymnast of the month - May - Violet and Persephone Spirason

Persephone has shown great dedication to her training and works hard at every training session. Since moving from the ALP to Gymstar her enthusiasm and engagement in class has been fantastic. She gets along very well with her squad members and always tries her hardest during strength. - Coaches Niamh and Alice

Violet always comes to training with a fantastic attitude and works exceptionally hard at every session. Violet has shown significant improvement in her tumbling skills and bar work and consistently applies herself to her strength work. She is a pleasure to coach and a wonderful role model in the Gymstar program. Coaches Hannah and Emma

#### The Tough Questions:

When did you start gymnastics? V: 2013, P: 2014

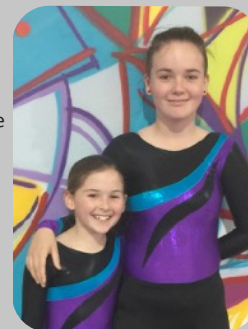
What is your favourite thing about gym? V: tumbling, P: competitions

What new skill have you learnt this month at gym? V: squat on and frontsault, P: backflips into the foam pit

Do you do any other sports? V: lacrosse, P: ballet

Favourite gymnastics skill to perform? V: backsault, P: backbend

What gymnastics skill have you always wanted to learn? V: roundoff backflip, P: giants on the metal bar





## Coach Profile - Emma Kervin

Emma started gymnastics at the age of 7 and patiently waited until she was old enough to start coaching, which she's been doing since 2005.

In the past 4 years, KinderGym has become her focus and favourite thing to teach! Which is only one of the many reasons we've loved having her join the team at Twisters as our Tiny Tornadoes program coordinator.

Emma has completed an Advanced Diploma of Circus Arts at NICA, a Bachelor of Osteopathy, and might be taking a break from study at the minute, but plans to go back to achieve her Masters in Early Childhood and Primary Teaching. Amazing to see her always expanding her knowledge and continuing to grow her skills as an educator.

Outside of Twisters, Emma also works with Movement for Life and keeps herself plenty entertained with a plethora of activities, including yoga, bouldering, playing board games with friends and reading!

### The big questions:

*What is your favourite food?*

Pancakes. Any kind of breakfast food really.

*When was the last time you did the splits?*

Last night (to prove that I still could), before then it has been a while...

*Would you rather have a monkey or a robot helper?*

A monkey. What you lose in efficiency, you gain in companionship and entertainment.

*If you had super powers, what would they be?*

Super speed. I never seem to have enough time, and I'd probably have even less if a monkey was my helper.

### Dates to note:

Direct Debit switch for Term 3 fees:	Saturday 17th June
Term 2 ends:	Saturday 1st July
Term 2 Fees due:	Saturday 1st July
July Holiday Program:	Monday 3rd to Friday 14th July
Term 3 begins:	Monday 17th July

## General Information

### Monday Tumbling Classes

Due to the popularity of our Wednesday tumbling classes, we have opened additional class time slots on Mondays. The class options are 6 - 7pm for 7 to 9 years, and from 7 - 8pm for 9 to 12 year olds.

You can visit our website to learn more about what the program has to offer, or get in touch with our office to make a booking.

### Jonnee Coffee

As some of you may have already noticed, we have a coffee machine up and running on our mezzanine floor once again. Jonnee Coffee is a computerised barista; the premium coffee is freshly ground for every cup. Enjoy!

### Car Park Safety

We've noticed an increase in traffic through the car park recently, even more than usual. For your child's safety please park your car and walk your child in and out of the facility.

### Photo Permissions

Have you given or denied Twisters permission to use your child's photo on our website or in our social media posts? Not sure? Use the Parent Portal (link through our website) to check or update your preferences.

### Gymstar Challenge Classes

This is a fun and challenging new 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 1.4 hour class. Interested gymnasts are required to continue training in their current Badge & Stars class and also train in a Gymstar Badges class where they'll do routine and strength work.

Class times available:

Thursday 7 - 8:24pm

Saturday 11:36 - 1pm

To register, or with any enquires, please contact Emma, [emma@twistersgym.com.au](mailto:emma@twistersgym.com.au).

### Childwise Corner

For your convenience, you can view a number of our policies and procedures, including our Member Protection Policy on our website.