



Club Newsletter

September 2017 Edition

Footy Colours Week

Twisters will be hosting Footy Colours Week this year between September 18th - 24th!

Fight Cancer Foundation and Footy Colours Day has helped young learners continue with their education while they receive treatment for cancer.

We're encouraging all gymnasts to come in their favourite team's guernsey/colours across all forms of football - AFL, rugby or soccer.

Our Tiny Tornadoes gymnasts will even be having a football themed week for their class activities!

Gold coin donations will be accepted in person at the gym or any donations can be made via the Twisters Gymnastics team website link: <https://donate.grassrootz.com/fightcancer/footy-colours-day-2017/twisters-gymnastics>.

We believe every child deserves the opportunity to receive a full learning experience, regardless of circumstances.

We'd love to see our awesome gymnastics community come together to contribute to this worthy cause!

Child Wise Corner

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

Our front desk can provide you with a permission slip if your child rides their bike or walks to and from the gym on their own, or if you would prefer not to come into the club to collect your child at the end of their class. You can also request this slip from our office on admin@twistersgym.com.au.

We appreciate your understanding and assistance in getting this organised as soon as possible.



Club Update

Well, 2017 is absolutely flying by - already half way through Term 3!

This year at Twisters has been fantastic so far; we continue to tweak and improve our programs, add more variety and equipment when and where possible, and we've had a big increase in our Coaches in Training, so you'll see a lot of new faces out on the floor.

Our Tiny Tornadoes Co-ordinator, Emma K, has worked hard to bring stimulating new themes and equipment (most of which herself and the other Tinies coaches have made by hand) to the program and our mini-gymnasts couldn't be more excited about the changes!

As this year comes to a close and we plan for 2018, there are more changes being made to ensure we can provide the best customer service for parents and gymnasts alike, while keeping our processes as seamless as possible, thank you all for being a part of it!

Looking forward to a wonderful last term of 2017!

Direct Debits and End of Year Rollover

As of Term 1, 2018, our direct debit system will become compulsory for all Twisters members.

This means that classes will rollover month to month, you never have to worry about your child's spot being lost through failure to re-enrol. If your child needs to move classes due to their age or skill level, you'll receive a recommendation notice and email, for where they'd be better suited. If you don't hear from us, your child's current enrolment is still the best place for them.

Looking to cancel? You can do so at any time, we just require two weeks written notice of your cancellation.

Mid-December a \$70 deposit will be required to hold your child's spot for 2018 (this will be applied to your child's annual GV registration and insurance), the first direct debit will take place on February 1st. Please get in touch with the office for further details on the direct debit system, we're happy to answer any questions you may have!

Sunday Classes

New to Twisters!

As of September 3rd we are very pleased to be offering a limited number of classes on Sunday mornings between 9am and 12:12pm. At the minute these classes are for kids between the ages of 4 and 8.

Please see the Twisters website for class times or get in touch with the office to change your child's current class.

The Twisters App

Introducing the Twisters App! That's right, everything you can do through our website is now available through our app. Receive push notifications, update your account or payment details, enrol for the holiday program etc. You can download it through the App Store or Google Play, just search for 'Twisters Gymnastics' or scan the QR code below.



September/October Holiday Program

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

This September/October 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 25th to 28th September
- Week 2 2nd to 6th October

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.

Gymnast of the Month

Gymnast of the Month - June - Rose McDermott

Rose has come such a long way at Twisters this year! She has confidently progressed from a parented to un-parented class and is always willing to try new things, even if they may seem frightening at first. Recently Rose has been brave enough to achieve new things such as joining in on the warm-up activities, achieving her forward roll into the foam pit and walking across the high beam by herself. Rose is a super hard worker and always comes to gymnastics with a smile on her face and a fantastic attitude. What a pocket rocket! Well done Rose!

- Coaches Hannah and Yolanda



The Tough Questions:

When did you start gymnastics? Last year with Yolanda

What is your favourite thing about gym? Climbing on everything

What new skill have you learned this month at gym? Forward rolls by myself

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Jumping and running over to get a drink

Gymnast of the Month - July - Charlotte Eury Frigo

Lottie participates in our Club Badges program at Twisters and has truly excelled in her skill development. As a result of her amazing listening and dedication to correction she has started working toward difficult skills like back handsprings, layouts and front sault dismounts off the beam. Lottie's work ethic and attitude toward gymnastics makes her a pleasure to have in our Friday Club Badges team, congrats Lottie!

- Coach Tori



The Tough Questions:

When did you start gymnastics? 2015

What is your favourite thing about gym? Pit and Tramp

What new skill have you learned this month at gym? Vault Skills

Do you do any other sports? Dancing

Favourite gymnastics skill to perform? Front sault

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

Gymnast of the Month - August - Milla Healey

Gymnast of the Month goes to... Mills for her continued enthusiasm and determination towards her gymnastics skill development.

I was very impressed to find that she had been working hard at her press handstand over the holiday break, all her practice has certainly paid off. Keep up the great work Milla!

- Coach Nick



The Tough Questions:

When did you start gymnastics? When I was 6

What is your favourite thing about gym? Hanging out with my friends and the different skills that we learn

What new skill have you learned this month at gym? A tick-tock

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Walkover

What gymnastics skill have you always wanted to learn? A backflip



Coach Profile - Matt Murray

Matt started training as a gymnast only 6 or 7 years ago and has fallen for the sport so much that he continues to train at Macleod YMCA. He started coaching for Twisters in 2016 and currently coaches in the Badge & Stars and Tumbling programs.

When we asked Matt why he decided to coach within the sport, he said that he decided to start coaching because he loves gymnastics and really enjoys the funny conversations he gets to have with the kids. Reason enough, kids are hilarious.

Tumbling and trampoline are his favourite activities within the sport but if you watch him, you can see he has a real talent for all aspects of gymnastics both as an athlete himself and as a coach. A wealth of knowledge.

Outside of Twisters, Matt likes playing the guitar and takes every opportunity he gets to have a play in the gym!

The big questions:

If you could be an animal, what animal would you choose and why?
I'd choose a llama because they are funny looking.

If you could only eat one food for the rest of your life, what would you choose and why? Make sure to choose wisely...

I'd choose to eat apples, because it keeps the doctor away (I don't like the doctors).

Would you rather have a monkey or a robot helper?
I would like to have a monkey butler.

Dates to note:

Optional Direct Debit switch for Term 4 fees:	Saturday 9th September
Term 3 ends:	Sunday 23rd September
Term 3 Fees due:	Sunday 23rd September
September/October Holiday Program:	Monday 25th September - Friday 6th October
Term 4 begins:	Monday 9th October
2018 Deposit:	Sunday 17th December

General Information

Lost Property

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 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.

Road Closure

You might have seen the "NOTICE – PRIVATE ROAD – PENDING ROAD CLOSURE" signs at both Beavers Road and Goldsmith Grove entries to the complex. The road needs to be fixed due to a leaking water main, at the Beavers Road end of the driveway.

The closure of this section is likely to be 4 weeks and is unavoidable. *During this time, you will have to park on Beavers Road and walk into Twisters, or drive in and out via Goldsmith Grove and Arthurton Road.*

The project has been delayed, therefore the revised commencement is Monday, September 4th and is now expected to be finished by the end of the Term 3 school holidays.

We truly appreciate your understanding and patience during this time.

Gymstar Challenge Classes

A fun and challenging 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 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 the office on admin@twistersgym.com.au.

Competition Shoutouts!

Good luck to our GFA gymnasts who will be competing on September 9th and 10th. And to our ALP and Gymstar gymnasts who are in the middle of their comp season! We'll be sure to post photos on Instagram and Facebook!