



# Club Newsletter

November 2017 Edition

## Reach Community Church Parking

Please ensure that you DO NOT park in the Reach Community Church undercroft parking.

They have been incredibly kind to share the parking spaces along the side of their church, but have had issues with parents parking in their undercroft.

We ask that everyone respect that these few spots are required by the church at all times. If you are asked to move, please politely do so.

## Show Me Week

During the last week of Term 4 we'll be hosting our Show Me Week. An open week and chance for parents/guardians to step into the gym.

Each child will be allowed to bring one guardian into the gym with them, to get a close up look at their gymnastics experience. Guardians will have the chance to see and hear what goes on in their child's class.

Unfortunately, guardians are not permitted to use the equipment and must view the class from the area designated by the coach.

In the last 10 minutes of class, we will run through the actions required for our most popular skills: handstands and cartwheels.

## NO FEES for Direct Debits in 2018!

After our six month trial period of the direct debit system, and based on parent feedback, the decision has been made that Twisters will absorb the Monthly Direct Debit processing fees, from 2018 onwards.

Therefore this Direct Debit service is now completely FREE for you to use!

If you choose to pay your monthly fees at the front desk using EFTPOS or credit card the merchant processing fees will still apply.



## Club Update

Can you believe we're already halfway through Term 4? What a year!

Our office has been working hard to ensure everyone experiences a smooth transition to our Direct Debit system, which is mandatory for all members in 2018. A big thanks to those who signed up for Direct Debits early. With your help, we think we have ironed out the kinks, but we'll continue making improvements to provide an even better service, if any minor issues arise.

With Coach Emma K heading overseas, we've had a change in our Tiny Tornadoes Co-ordinator, please give a warm welcome to Coach Kim! She continues to bring new, creative ideas to the Tinies program and is driven to provide the best possible program for all our mini-gymnasts!

Never a quiet moment here at Twisters, we're planning a couple very productive weeks before the January holiday program starts up, a whole lot of fresh paint, new foam for the pit, some changes to the make up of our equipment zones, a clean start for a new year!

Here's to a fantastic final few weeks before the break!

## Direct Debits

Our switch to Direct Debits is well underway. A friendly reminder that your credit card details need to be added to your profile in the Parent Portal by **Friday 1st December**.

There has been a fee increase for 2018, please see the direct debit information that was sent to you via email, handed to your child at the end of their class, or on the boards in the foyer.

On **Saturday 16th December** you will be charged your first compulsory direct debit, which is the amount of your child's Gymnastics Victoria annual registration and insurance fee, to enrol your child in their class for 2018.

Not sure if you'll continue next year? If you organise for the Direct Debit and pay the deposit on time, you'll have until Saturday 20th January to inform us you're not continuing, and will be entitled to receive a full refund.

Please get in touch with the office for further details on the direct debit system, we're very happy to answer any questions you may have!

## WANTED: Participants for Our Staff Training

We will be having a staff training day on Saturday 20th January. We are looking for 30 - 40 children, with all levels of gymnastics experience - beginner to squad gymnasts, to help us out on the day (10 - 2pm).

The gymnasts will each participate in gymnastics classes, where several coaches will demonstrate, practice and improve their specific spotting techniques, which help to exhibit the ideal shapes/skills.

**Want to get involved?** Please register your interest with the office by Saturday 13th January. As we are looking for a variety of skill levels, we may not be able to accept *all* willing participants, but we thank you so much for expressing your interest and we appreciate you wanting to help out!

Participants chosen for the day will be notified by Wednesday 17th January for confirmation.

The cost is \$40 for the 4 hour session. Your child must be able to attend for the whole 4-hour session, and must bring their own healthy lunch and a drink bottle.

It will be a big day of gymnastics!

## January Holiday Program

Twisters Holiday Program in January 2018 is available to all children; Twisters members or non-members for ages 4 to 14 years.

This January program offers a full day option from 9 - 5pm, a half day option from 9 - 2pm or a gymnastics intensive program from 9 - 12pm on Monday, Wednesday and Friday of each week. Parents can choose to book in for as many days as they wish.

### Program Dates:

- Week 1 3rd to 5th January (intensives only)
- Week 2 8th to 12th January
- Week 3 15th to 19th January
- Week 4 22nd to 25th January

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.

Look forward to seeing you all for the fun!

## Gymnast of the Month

### Gymnast of the Month - September - Aurelia Perkoulidis

Aurelia is a hardworking gymnast who always tries her best at training and her forward rolls on tumble track are effortless! She is always looking on the positive side of things, which makes her a pleasure to coach.

Aurelia is always supportive of her class mates and constantly puts others before herself. She is a wonderful gymnast and is always looking for new opportunities. Keep up the amazing work, Aurelia!

- Coach Lucy



### The Tough Questions:

When did you start gymnastics? Mid-2016

What is your favourite thing about gym? Fun activities and my friends in class

What new skill have you learned this month at gym? Handstand into bridge

Do you do any other sports? I used to do circus and swimming

Favourite gymnastics skill to perform? Handstands, cartwheels and round-offs on the beam

### Gymnast of the Month - October - Ella McPhee

Ella has been training with us at Twisters for almost 4 years and is currently in our Badge & Stars program completing the Bronze Advanced level. Ella is an enthusiastic gymnast who always tries her hardest and she is a positive role model for her peers and younger gymnasts alike.

This term, Ella has well and truly excelled in her skill development and her hard work has certainly paid off! Ella is always laughing and having fun with her classmates and her incredibly positive attitude towards gymnastics makes her an absolute pleasure to coach.

Keep up the fantastic work Ella!

- Coach Carla B.



### The Tough Questions:

When did you start gymnastics? 2013

What is your favourite thing about gym? Floor

What new skill have you learned this month at gym? Back-sault into the foam pit

Do you do any other sports? Basketball, swimming, soccer and life saving

Favourite gymnastics skill to perform? Backward walkover

### Gymnast of the Month - November - Julia Cappozzo

I only started coaching Julia in Term 3 this year. I have been amazed at her hard working attitude. Julia listens to corrections from coaches and always endeavours to apply these corrections immediately. She is a mature and respectful gymnast, who had a fantastic competition season for 2017. After losing her long time coach she could have lost her focus, but not Julia!!

Always with a smile on her face and a drive to continue to learn new skills is what makes Julia someone you look forward to coming into the gym for.

- Coach Sarah



### The Tough Questions:

When did you start gymnastics? 2013

What is your favourite thing about gym? Competing with friends

What new skill have you learned this month at gym? Standing back-sault on floor

Do you do any other sports? Swimming

Favourite gymnastics skill to perform? Giants on the metal bar



## Coach Profile - Felicia Galanis

Felicia has a big background in gymnastics; she first started in the sport when she was 5 years old because her friend was going. She continued training and competing until 2015 when she decided to take a break and focus on year 12.

We had a little chat with her and asked her what she loves so much about gymnastics, "competing against other girls from interstate and making friendships out of them". She didn't get very far away from the sport; her passion for participating turned into a want to coach. She's been working with Twisters since 2015 and continues to excel. Felicia has said that she wanted to start coaching because she didn't want to give the sport up completely, so she figured that she could use what she'd learned throughout her years and experience as a gymnast, she's dedicated to helping her gymnasts reach their goals!

Felicia is currently coaching our ALP level 4/5 squad, Gymstar Challenge gymnasts on a Saturday along with many Badge & Stars classes.

Felicia, you're doing an amazing job, keep up the great work!

### The big questions:

*What is your favourite food?*

Any kind of pasta!!!

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

I would rather have the ability to fly so I could go on quick adventures when I'm bored.

*What is your favourite apparatus in gymnastics? And what's your favourite skill to perform on this apparatus.*

My favourite apparatus is beam. And my favourite skill to perform are back-saults.

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

The power to heal people from injuries and illnesses!

### Dates to note:

Deadline for switching to Direct Debits:	Friday 1st December
2018 Deposits will be charged:	Saturday 16th December
Last day of Term 4:	Sunday 17th December
January Holiday Program:	Wednesday 3rd to Friday 26th January
Term 1 Begins:	Monday 29th January
Term 1 Fees will be charged:	Thursday 1st February

## General Information

### GFA Results

Another great turn out this year for Twisters at the Waverley GFA comp. We had a great run this year!

#### 1st Place

Dynamightees Red, Maroon  
Shooting Stars Blue, Brown, Yellow

#### 2nd Place

Dynamightees Green, Pink, Yellow, Orange, White  
Pocket Rockets Orange, Pink, Red

#### 3rd Place

Dynamightees Blue, Black, Purple, Brown  
Shooting Stars Purple, Maroon, Pink  
Pocket Rockets Black

Check our Facebook and Instagram accounts; we've been sharing the photos Waverley sent us from the competition!



### Member Enrolment Month

Twisters will be closing the online booking system for new enrolments between Friday 10th November and Sunday 17th December.

This will be an opportunity for existing members to change classes before these classes are opened to the public on Monday 18th December. Once the timetables are live, spaces will become more limited to move around at a later date.

If you're looking to move classes, get in touch with the office, they'll be able to help.

### Uniform Shop

We've just received our final order of leotards, shorts, crops and singlets for the year. The shop is open Monday thru Friday between 4 and 6pm, and Saturdays from 8:30 to 2pm. These items would make an excellent Christmas gift for aspiring gymnasts!

### Childwise Corner

Our staff have completed their Gymnastics Victoria Child Protection Course. As laws continue to change with regards to child safety and protection, it is important that our staff are aware of changes, their responsibilities of child safety and what's required from them as educators.