

# WODEN VALLEY GYMNASTICS CLUB NEWSLETTER 1<sup>ST</sup> TERM 2009

Jan	Mon 5	Start of Term 1 for National Levels	
Feb	Mon 2	Start of Term 1 for ALP and Recreational	
	Fri 13	Meeting National Levels Parents	GCCC
	Sun 15	Level 1 Coaches Course	SCGC
	Sun 22	GACT Coaches Congress—Essential	SCGC
Mar	Sun 1	MG Level 2 Judges Course	WVGC
		WORKING BEE—0900 -1200 - All Parents	WVGC
	Sat 14	End of Term 1 for National Levels	
	Mon 16	Start of Term 2 for National Levels	
	Sun 22	GACT All MG Judges Workshop	WVGC
	Sun 29	GACT Level 3 Judges Course - Day 1	WVGC
Apr	Sun 5	GACT Level 3 Judges Course - Day 2	WVGC
	Sat 11	End of Term 1 for ALP and Recreational	
	Sun 26	GACT WG Level 2 and 3 Judges Course	
	Tue 28	Start of Term 2 for ALP and Recreational	



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**TERM FEES**  
Must be paid by  
week 3



## Welcome to 2009

We, the staff at the Woden Valley Gymnastics Club, would like to wish every one a Happy and Prosperous New Year. We believe that we are in for an exciting year as the ACT Government appears to want to keep its election promise to extend the gym. We can but hope that the politicians continue to see it as a very necessary sporting infrastructure improvement in the Woden Valley, Weston Creek and soon to be commencing Molonglo suburbs.

Bob has recently met with Property Group who have shown their confidence in the fact that the extension will go ahead by actually appointing a full-time Project Manager. He is about to start work and will co-ordinate the tender process taking into account that a number of potential contractors have indicated that they will do their work at cost price.



## Men's Gymnastics National Clubs Champion Club 2008

Just in case you haven't heard the news or seen our Notice Board, Woden Valley Gymnastics Club won the title of Champion Men's Gymnastics Club in Australia at the National Clubs Championships, conducted at the AIS Arena in December 2008. This is the second time that we have won this title, the last being in 2005. There are only two Clubs who have had the honour of winning this Championship since its inception in 1996, us and Northern Beaches Gymnastics.

On its way to winning the title, the Teams from the Club came first in the Level 8/9 and Level 4 competitions, second in the Level 5/6 competition and third in the Level 7 competition. There were also some very good individual efforts, with Rhys Cormick winning silver at Level 8/9 and Cameron Dally winning bronze at the same level and at Level 4, Julian Oliver won the gold medal and Oliver Turner the silver.



If you ever need an excellent plumber, please don't hesitate to call  
**ACTION PLUMBING on 6242 2626 or 0418630505**

## Cheerleading

The Cheerleading group from Sparkles Dance Studio has once again commenced training in the gym every Friday night. at 7.00 pm. No matter what your age or fitness level if you would like to join them then come in on Friday and have a look.

## Acrobatic Gymnastics

Quintin has finally managed to start Acrobatic Gymnastics at the Club. It is the arm of gymnastics that really excites him, having been involved before he came to Australia. When you come into the gym you will often see a small group throwing each other around. Other than children misbehaving, they are more likely to be our new Acrobatic Group.

For the initiated, Acrobatic Gymnastics (AG but commonly called 'Acro') is a mixture gymnastics skills, balance moves and dance. It is performed by both young boys and girls and can continue well into adulthood. Acro is competed on a standard gymnastics sprung floor in groups of two (men, women or mixed), three (women), or four (men) and has three main streams. Again Quintin is looking for both boys and girls to be bases and tops to do the acrobatics, pyramid building and throws that are a part of a competitive routine..

## Would you like to learn to be a Coach?

We have found that many parents prefer their kids, particularly younger ones, to be coached by an older person. This is showing NO disrespect to our young coaches who do a great job and are superb coaches! It is a perception thing, so what we would like to do is to train up some 'older' people to assist our junior coaches. Because of the high number of our young people who are now entering the permanent work force or going on to full time study, we are desperately short of coaches. No experience is necessary, the pay is not great but the rewards are high. Would you be interested? If so please talk to Bob, June or Quintin.



We receive considerable financial support from:

**BING LEE BELCONNEN** & **REBEL SPORT**

so please support them!

## New Coach

We welcome Xiaoli Tang to our high level coaching group. Xiaoli is a Level 3 Coach and comes to us directly from the AIS. She is acknowledged as the best Balance Beam coach in Australia, has been the coach of many Australian International representatives and has, herself, been a coach for Australian Olympic and World Championship Team. Welcome to the Club, Xiaoli.

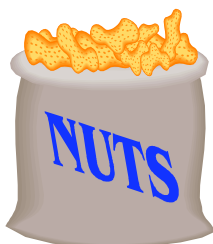
## Fees

All Term 4 Fees are now due! **REMEMBER WE ARE A BUSINESS AND YOUR FEES MUST BE PAID ON TIME! WE WILL HAVE NO HESITATION IN CALLING IN A DEBT COLLECTOR TO COLLECT LATE FEES!** Payments can be made to June by check, cash, EFTPOS, credit card or by giving your credit card details over the telephone.. Only credit card payments can be made over the phone. **WARNING** if you have not paid your fees by week 3 or **made other arrangements with June** you will be charged with a \$ 50.00 Late Fee.



## Kindergym

We currently only run Kindergym classes in the weekday mornings of Tuesday and Thursday. If you would like us to expand this to include Mondays, Wednesdays and Fridays, and you believe we can fill a class of up to 8 children then please speak to either Quintin, Bob or June and we will do it!



**NO NUTS AND NO SMOKING AREA!**  
Please remember we have children who are highly allergic to nuts so our **GYM IS A PEANUT FREE ZONE** as well as a **NO SMOKING AREA!**

