

Warragul Gymnastics & Cheerleading Club Newsletter



Edition 4. Term 3 2017



Important Dates

Monday 9th of October
Gymnastics Classes Resume

Saturday 14th of October
Cheerleading Classes Resume

Tuesday 17th of October
Annual General Meeting

Sat 4th of November
Club Demo Day

Sun 5th of November
Squad Level In house competition

Well that is it for another school term, we hoped you have all survived and are enjoying your holidays. We are looking forward to welcoming you all back in term 4. Lets hope it's a warmer one than this one!!!

Annual General Meeting

The annual general meeting will be held on Tuesday the 17th of October at 6pm at the gym. Committee positions will be assigned for the coming 12 months we invite anyone who is interested to attend. Without a Committee the Club can not run.

In house Competition

All squad gymnasts MAG and WAG will be invited to compete in an in house competition on the 5th of November. Gymnasts will compete as individuals and awards will be given for 1st, 2nd and 3rd places. There will also be a coaches awards given for each squad level. You will receive invitations via email shortly.

NEW SPRUNG FLOOR FOR GYMNASTS!

The Floor is in.....and the new bars.

Last weekend a dedicated group of 9 families, Coaches and the committee members worked tirelessly over two full days to get the old floor out and the new sprung floor into the gym. The volunteers set to pulling apart the old floor (there were hundreds of screws to pull out) and disposing of that. Our new floor and bars was delivered

in a shipping container on Friday afternoon and by 3pm Sunday afternoon they had assembled 2356 springs and attached them to 41 pieces of ply then assembled the floor and installed the new uneven and steel bars and put the gym back together ready for classes on Monday. To the families, coaches, gymnasts,

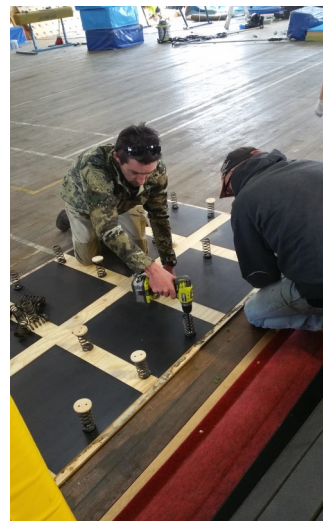
committee members for giving up their weekend to help out.

What an amazing bunch you are! Thankyou!

**The new floor going in!!!
2356 springs all individually
screwed to the new floor.
It's definitely bouncy now!!!**



**The old floor coming out!
What a lot a screws we unscrewed.**



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Gymnastics News

All squad and recreational class members have been assessed in term 3 and invitations will be going out over the next couple of weeks for placements for term 4 classes. There will be some shuffling of classes in term 4 with our level 3 squad coach Ash leaving the club to move on to warmer pastures in Queensland. We wish her luck in her new endeavours and she will be missed greatly.



Level 3 rec girls got
1st overall at
Maffra!
Yay way to go team!!

Thankyou for your hard work over the last couple of years.



WAG Squad Information

WAG competitions are still underway with our most recent ones being Eclipse and Junior Gippsland Championships in Maffra. Our Level

Our Level 3 squad girls came 2nd overall at Eclipse.

Well done girls!!!!

3 squad team came 2nd overall at Eclipse which was a fantastic effort by the girls and their coaches. Maffra Junior Gippsland Championships

saw the club enter level 2 squad and 3/4 rec recreational and teams. We received placings of 1st with our level 3 rec and level 4 came 2nd. Eastern Invitational and Senior Gippsland Championships are being held over the school holidays and we wish all the teams and coaches good luck.

Thanks to all our coaches who put in so much time over the term in to training and attending competitions.

With nearly 400 members it is a huge effort by Angela and her coaching team to have the classes running like they do.

Level 3 and above squad track-suits for teams to wear to competitions are being designed and ordered at the moment and information will be sent to parents when they become available.



MAG Squad Information

Our MAG numbers are growing steadily and we now have several recreational and squad classes across different levels.

With men's gymnastics on the increase we are looking forward to having some really competitive squad teams to put into competitions in the coming months.



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Cheerleading News



The Butterflies are practising hard each week in training and we are so proud of the work that they are all putting in.

They are putting in the effort and it showed in the last competition. They are competing in the State Championships in a weeks time and coming of the back of a 1st placing we wish them a huge amount of luck going into this one. The Butterflies have another 3 comps coming up this season and they are training hard to keep up their skills to continue on their winning streak.

Wish them luck in their next comp!!

Go WGC Butterflies!!



Warragul Fireflies Stunt Group

Warragul Gymnastics club has a stunt group that have been training over the past couple of months to refine their stunts. The group consist of 4 members 3 bases and one flyer. They have 1 minute to preform as many stunts as they can.

Their first competition is this weekend in Melbourne. Good luck girls!!!

Housekeeping



In Club Housekeeping

Please don't walk on our new floor!! With the installation of the new sprung floor and also the creation of a new one as you come into the gym near the kitchen area, it is a timely reminder that we ask visitors/parents/siblings to not walk on the floor. Wearing shoes on the sprung floor can damage it, please walk around it. Thank you for your understanding.



Gymnasts /cheerleaders are not allowed to be on any equipment without a coach being present. They are not insured for activity on any equipment outside of class times.

If your child has a break/snack time in their class please send them with a light snack. Make sure they have a drink bottle even though the weather is cold and please ensure that they have warm clothes to put on after training.

Training attire needs to be a leotard or shorts and a fitted top. This enables coaches to see the gymnasts body form when doing skills. Also please don't forget gymnasts with long hair need it tied up for training. A bun is preferable as it keeps it well out of the way of the gymnasts face.

ENJOY YOUR TRAINING!

Car park issues and maintenance

"Please ensure you are only doing 15km an hour up the laneway"

Car park issues

As many of you will be aware we have been having issue with cars speeding around the laneway to avoid the lights. There has been speed humps go into the laneway but this does not seem to have deterred drivers cutting through the carpark to beat the lights. We are in

the process of speaking to council to get the laneway made one way but in the meantime please watch your children in the carpark.

When parking in the car park please ensure that you only use what is allocated to us and don't block the access to the sale yard ramps. The

truck drivers have to try to manoeuvre the trucks around parked cars.



Face book pages and Face book groups.

The club issues updates via its FACEBOOK page and Gymnastics Squad and Cheerleading groups. Make sure you like the clubs FACEBOOK page to keep up to date with any time changes, events, etc.

If your child is part of any WGC squad level or WGC Cheerleading then please find these closed groups and send a request to join.

The information shared in these groups is important and includes things like competition details including times, traffic delays on route to comps and any other last minutes information that may need to go out.



Date	Competition	Venue	Level
23-24/09/17	Eastern Invitational	Eastern Gymnastic Club	Wag 3-6
22-24/09/17	Cheerleading State Championships	TBC	All Level
7-8/10/2017	Senior Gippsland Championships/ Victorian Championship Qualifiers	Maffra Gymnastics Club	Wag 3-7 Mag 3-4
14-15/10/17	Junior Victorian Championship	BTYC Gymnastic Club	Mag 2-4
28-29/10/17	State Pennant Challenge	YMCA Geelong	Wag 2
4/11/2017	Demonstration Day	Warragul Gymnastic Club	All recreational Gymnasts
5/11/2017	Warragul In house Comp	Warragul Gymnastic Club	Wag 1-7/Mag 1-4
18-19/11/17	Mag Junior Victorian Champion	Geelong Arena	Mag 2-4
18-19/11/17	Southern Cross Classic	Geelong Arena	Wag 4-6
24-26/11/17	National Cheerleading ships		All Levels

