



BOUNCE BEAT

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Welcome to SCGA's monthly Bounce Beat Newsletter. Keeping you informed of our latest events, promotions and schedules for the benefit of members and guests of SCGA.

Look out there go's April & here comes May!!

Well here we go bounding right through April and fast-tracking onto May without even missing a beat!

After all the chocolate that we all have consumed (thanks to the Easter Bunny) I bet we are going to have boundless energy and huge ambitions for the upcoming competition season (not to mention loads of tooth aches as well). April has already seen our boy's competition season start and the girl's competition calendar looks jammed packed for the coming months! So hold on tight and enjoy the ride of competition sport I'm sure it's going to be a year to please all involved at SCGA.

By: Renae Walker (my teeth are still zinging after all the chocolate.... & I even removed the foil off the eggs before eating them!!) Guess I'm still crazy! ☺

A different View

By Andrew Medway

One of the features of our gym at SCGA is the parents viewing area. It is a multi purpose space that we use as viewing area, meeting area, party area and staff training area. It has been a huge asset to us while we have been establishing our gymnastics club; the fact that it is air conditioned and has canteen facilities is a real bonus.

It has presented us with some interesting challengers, as with most clubs floor space is a premium and to have around 80 sqm of area not being used as training area restricts the number of classes we offer. Most clubs be they gym or dance or martial arts do not provide facilities for parents for this reason.

The fact that parents can see their children but not hear them also raises issues with "what are they really doing in there anyway". This has required us to be more forthcoming in information about gymnastics, policies and training techniques.

It also places more stress on coaches as a teacher I'm fully aware of this, I would not be able of teach a class with all the parents in the back row of my classroom critiquing my lessons.

At SCGA we are committed to providing a comfortable area for parents to watch training, we ask that while you are doing so you take into consideration that what you see may not actually be what is really happening. In a situation when you have concerns about something you see or something your child has said please tell us about this so we can appropriately respond too, or deal with the issue.

South Coast Gymnastics Academy

Cnr Miller, Tate & Bridge Streets

Wollongong NSW 2500

P: 42275722

F: 42275922

E: info@scga.com.au

W: www.scga.com.au

SCGA Programs -

- Kindagym
- Kindarec
- Fun Rec
- Fun Tramp
- Junior Girls/Boys Recreation
- Senior Girls/Boys Recreation
- Tumbling Classes
- Flexibility Classes
- Jnr Development Levels
- Levels 1 to 3
- Squads
- School Sport
- PDHPE Primary
- PDHPE Secondary
- Kids Break
- Parties

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Liz's Front Layout on April!

Term Two Already!

I'm sure the Easter bunny visited everyone during the School holidays and I hope you all had an enjoyable break. For some of us (my self in particular) may have overindulged resulting in the need to shed a few pounds (all that chocolate!).

To put us up to date of what's been happening so far this year:

Term 1 was extremely busy and with our competitions in full swing the year is going to get even busier and more exciting so pull the comp gear out, dust it off and make sure everything fits ready for an action packed season.

Our Level 6+ boys have been working hard preparing for competition and on the weekend of the 18th & 19th of April started their run for success competing at the NSW State Trials 1. With lots of nerves and adrenalin the boys competed for the first time this year and done extremely well. After the final apparatus the boys waited anxiously for their results to see if they had qualified for State Championships. The boys sighed with relief when they found out their scores qualified them for state and were even more surprised when they heard their names called out to be presented with awards.

Jamie Gabor	Level 6 international	6 th Parallel Bars	10 th Overall
Hugh Gabor	Level 7 international	4 th Pommel-3 rd Rings-5 th vault 3 rd high Bar-6 th Overall	
Henry Steele	Level 8 National	1 st Floor-2 nd Pommel-2 nd Vault-2 nd P.bars-4 th High bar- 2 nd OVERALL	

Well done guys, looking strong for State Trials 2 on the 2nd & 3rd of May, Good luck and stick those landings!

I would also like to take this opportunity to congratulate Hugh and Jamie Gabor who made the NSW State Squad Team and are training with the aged elite gymnasts throughout NSW. Fantastic Effort boys well deserved reward for all the hard work you put into your sport. The Level 1 to 5 boys will start competing in June and are spending this term building on their fitness and strength getting ready to put together all the skills required for their routines. Looking forward to an exciting, challenging and charged up semester ☺

Staff Member of the Month....

Interviewed by : Edan Route

Name : Cass

Do you have a favourite colour? **Purple**

What is your favourite food? **Veggie's as they give me loads of energy.**

Do you have a favourite animal? **Echidna (or my husband)**

What is your favourite T.V Show? **Animal documentaries on National Geographic**

Do you have a favourite T-Shirt? **My Yellow SCGA t-shirt**

What type of music is your favourite? **Metalica Black**

How long have you been working? **I worked in Early Childhood for around 10 years but I've been involved with gymnastics for as long as I can remember...**

What is your favourite part of gymnastics? **Definitely Coaching children and seeing their happy faces.**

What do you like to do most? **That's easy Gymnastics!**

What's your most embarrassing moment? **Well I don't just seem to have 1. I'm able to do something pretty much embarrassing every day it seems. ☺**

Cass coaches KindaGym, KindaRec, FunRec, Seaturtles, & Mr Muscles and also is the Early Childhood & Recreational Coordinator.



Kids Joke of the month

Q: What do you get if you cross a skunk with a boomerang?

A: A smell you can't get rid of!

Q: What has three tails, twelve legs, and can't see?

A: Three blind mice!!!!

Introducing Physical Therapy Health Group

South Coast Gymnastics Academy welcomes Physical Therapy Health Group as its preferred provider of Health and Rehabilitation services to all members.

Dave Becconsall and his team of professional physiotherapists, dieticians, exercise physiologists and massage therapists have serviced the gymnastics fraternity of Wollongong over the past 10 years. Physical Therapy is committed to providing the highest quality of service to their clientele and have extensive experience in assisting junior athletes through to national level competitors with:

- competition preparation
- injury prevention and physical assessment
- specific strength and conditioning
- rehabilitation from injury

Dave will also be contributing to our monthly newsletter providing relevant articles for gymnasts on a range of topics from physical readiness for training to preparing for competition. Dave will respond to specific or common areas of interest via e mail, your question may even be the topic for his monthly article.

We also hope to utilise the experience of Physical Therapy's team in info seminars or club nights from time to time.

This initiative demonstrates SCGA's commitment to supporting its members by providing accessible resources to assist with athletic training and development.

If you would like to contact Dave to discuss any of the services Physical Therapy offers, he is available on: 42259916 during normal office hours or 0421035216 for urgent after hour's advice. If you would like to see through the outstanding new facility that Physical Therapy offers, walk-ins are welcome and one of Physical Therapy's friendly staff will show you around.

In appreciation of our affiliation with Physical Therapy Health Group, SCGA members will benefit from an association rate for all services.

Dave's business cards are available at the office, pick one up next time you're in to train.

Next month there will be an article by Dave on knee pain

Whats happening when

Date	What's on
16-17/5/09	1-3 ABC comp in Narellan Gymnastics
15-17/5/09	Level 4 to 8 MAG training at the Australian Institute of Sport
29-30/5/09	Invitation WAG training at the Australian Institute of Sport
29/5/09	Entries for L1-3 ABC WAG - Sydney Olympic Park invitational due
29/5/09	Entries for L1-5 MAG Hunter Training Program invitational due
1-5/6/09	Jumping Castle week



Advertisement

Birthday parties

Over the last 2 and a bit years we have been doing birthday parties on weekend, they have been so popular that we have not had to advertise them. Our parties go the extra mile and make sure the adults have a good time as well. If your looking for a party with a difference, or don't have the time to organise everything ask the office staff about our parties for birthday's, play groups or school excursions.

Competitions

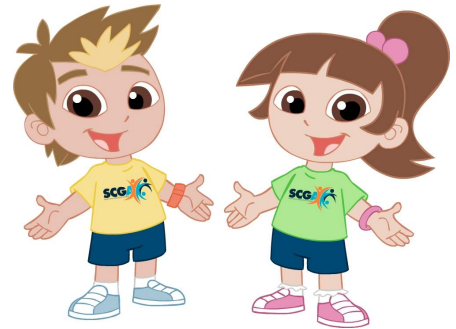
16-17/5/2009 1-3 ABC comp in Narellan Gymnastics
31/5/2009 L1-3C state qualifier

Special SCGA Offers

Uniform Items for Sale

SCGA – Mascot T-Shirts \$16.00 each

Sizes - S/M/L



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