



BOUNCE BEAT

Distributed online beginning of each Month

Printed Newsletter available from SCGA Office

Edition [4] – December 2008

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.

Ho!Ho!Ho!

Here we are not too far out from Christmas and also the end of training for 2008, (last day of training 20th December) and anyone would think all the gymnasts and staff would be falling over with exhaustion after such a huge year of competition and training, but it's not the case! Any parent who has witnessed any of the training sessions would agree the gymnasts are almost jumping clean out of their skins with excitement, waiting and preparing for the next competition season to begin.....

Even Stone is excited enough to test the weight limit on the high bar by doing a few GIANTS for everyone to see!!

As a parent who watches some of these training sessions I sit with envy to see the energy and the enthusiasm that the children and staff display, and wonder where the heck do they find all that energy, and wish some of it would rub off on me as I struggle just to complete the tasks that lead into the festive season!!! Maybe, just maybe, we Crazy Parents will consume enough food and alcohol to ensure we are fully relaxed and recharged to support our children with all the excitement 2009 brings!!! Talking about food and relaxation hopefully most people have let the office know if they are coming to the Christmas party on the 20th December at Mt Keira Scout Camp. If you have not, please let the office know for catering purposes before 12th December, as it will be a fun day for everyone.

Normal training for all squads resumes Thursday 22nd January 2009 and all boys in Level 6+ will resume training Monday 19th January to ensure that they are ready for the early competition schedule.

Please note there is a re-enrolment survey for all gymnasts (squad and recreational) available at the office, Andrew and Liz would like everyone to complete this prior to end of term to ensure enough placement allocation for classes in 2009.

Most of all, the Staff from SCGA would like to wish everyone a safe, fun, and Merry Christmas to all our members and their Families and look forward to another exciting competition season in 2009.

By: Renae Walker Crazy Parent ☺

Kids Joke of The Month.....

Q Why did the boy eat his homework?

A Because his teacher said it was a piece of cake!!!

Healthy Tip.....

Summer is a great time to chop up and freeze loads of yummy fruit for quick cold treats .For example Peel and cut in half bananas, put a paddle pop stick in the end, lie on a tray and freeze! Or try some green grapes, strawberries, mango watermelon wash them put them in a small dish and pop into the freezer

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SCGA Programs -

- Kindagym
- Kindarec
- Fun Rec
- Fun Tramp
- Beginners 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

In this Issue:

- Injury prevention
- What's happening when
- Congratulations to our members
- Member of the month

Andrews bit

I would like to take this opportunity thank everyone for their support this year. Looking back its hard to believe we have been open for 2 years in January, when Liz and I first set out to establish SCGA we had

no idea it would be this successful in such a short time. This has come from the support from our customers, gymnasts and parents as well as our staff. A successful program is based on a good working relationship between gym, coach, gymnasts and parent.

We are not going to just rest on our laurels. Next year will bring a number of changes to our programs and timetable. First of all we will be introducing a changeover time between classes; this is to help with the parking congestion. We will be trialling 5 minutes transition period between the finish and start of KindaGym and KindaRec as well as Fun Rec and all our levels and squad classes. You can pick up a new timetable from the office, or look on our web site. We will be reviewing this at the end of term one to see if we need to make any minor adjustments.

We will be introducing a new program to operate at the same time as Fun Rec. This program is a new initiative by Liz Cividin, our Junior Development Coach. Liz will be selecting children from the Fun Rec program to participate in a pre-development program for 1 hour twice a week. The program will be called Mini Muscles for girls and Mighty Muscles for boys. Each child will be selected for this class, if you think your child might be interested you may try out for the class by booking an assessment with Liz Cividin. We will be also sending out invitations to join this class in the new year.

On January The 5th till the 9th will be our Inguinal Summer Camp, this program will see most of our competitive gymnasts training for 6 hours a day for 5 straight days, an intensive training program designed to get them off to a good start for next years competitive season.

There will be no increases to fees for next year however we will not be paying any refunds for children who have booked into a class and are unable to attend class due to other commitments. Please see our make up policy and our injured child policy.

We will be upgrading our web site, this will be done in three stages, and the final stage will include a member's only sign in, where you will be able to access information for our members only.

In recent months Renae Walker has taken on the arduous task of editing the newsletter. Thank you Renae. This has made it possible to get our newsletters out on a regular basis something I have not been able to do. We will be also introducing a member's classifieds section.

Finally we will be seeking advertisers and sponsorship from the commercial community. Opportunities will include space on our web site advertising on the wall of the car park and advertising in our newsletter. If you are interested contact Andrew in the office.

Liz's Monthly Update.....

Hi everyone!

I would like to take this opportunity to wish everyone a safe, relaxing and most of all a regenerating Christmas and New Year.

The SDS trial took place at Homebush on Saturday 22nd of November and I would like to say it was fantastic to see Bailey, Joseph, Miakolo, Kane, Jamie and Hugh do so well. The results will be out next year and I'm so pleased with the tremendous effort put in by all involved.

Our boys are doing so well this year they are going from strength to strength, they have well end truly cemented themselves as the most successful, talented MAG group in the Illawarra. They have achieved amazing results and below are the outcomes of the Regional Awards for 2008.

MAG South Coast Regional Gymnastics Awards 2008

Highest Point Score

Level 1-2	Level 3-4	Level 5-6	Level 7+
Yovan Dedovic	Aiden Lerch	Samuel Davies	Henry Steele
South Coast Gymnastics Academy	South Coast Gymnastics Academy	Carmel & Co	South Coast Gymnastics Academy

ational Representatives

Alexander Lovatt	Samuel Davies	Ben Alhovirta	Mitchell Klein
Carmel & Co	Carmel & Co	Carmel & Co	South Coast Gymnastics Academy

Henry Steele	Nicholas Mortimer	Michael Tonegato
South Coast Gymnastics Academy	Wollongong City Gymnastics	Wollongong City Gymnastics

MAG 2008 Regional Gymnast of the Year

Henry Steele
South Coast Gymnastics Academy

Well done to all the boys who work tirelessly throughout the year, you should be so proud of all your hard work!

A big thankyou to the parents for their ongoing support, it's wonderful to be a part of your child's gymnastics lives.

To all my amazingly talented, energetic and enthusiastic team of coaches, thankyou for making this year an absolute pleaser. To Stone, Cass, Liz and of course Shelly, you guys are always giving 100% and I thoroughly enjoy working with such a dedicated inspirational team.

Merry Christmas Guys, See you all Next year!
Cheers Liz ;)

Stone's Round off on 2008

Seasons greeting to all,
The year in review,

This has been a great experience and interesting time not just for me but also with everyone involved with SCGA, with changes to programs, times and coaches. We feel the changes have been for the best, and now with all of this in place we can start 2009 off on the right foot.

Congratulations to all the girls, they have come such a long way comparing their first comp to their last. Within the last couple of months they have improved in leaps and bounds. Just the passion and enthusiasm in learning skills (kips, front and back limbers, back handsprings, cartwheel back somi's off beam, and giants on the bars) will ensure we look forward to a great competitive season. In addition to these skills, they have improved on their responsibilities, dedication to each other, and their friendships have blossomed. It is beautiful to witness these things grow. These are the future leaders in the girls' program.

I wish to thank the parents that can see what I am doing with their athletes. Thank you for your support! You have seen their progression within the last three months, their eagerness, excitement and happiness. This is what we are striving for, but it will not always be like this! Please be aware that their development will continue to climb, with the 'ups and downs' of training. This is where they need your support the most. With this support, it makes training easier on the girls and coaches.

Congratulations to all the girls for doing such a beautiful job, keep up your great work! Thankyou to the parents for your support. May we all experience more 'UPS than downs' in 2009?

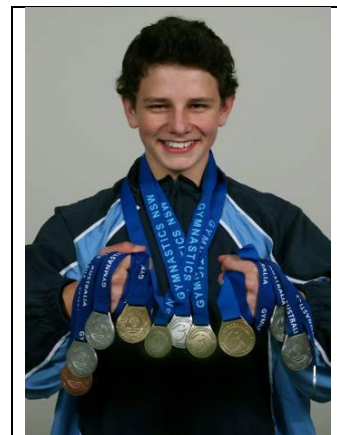
Thank you Andrew and Liz for giving me the opportunity to be part of your gym, for your support and for being there for me and my family. I feel that we have been received with open arms.

See you all in 2009!

Whats happening when

**MAG 2008 South Coast
Regional Gymnast of
the Year Henry Steele**

Date	What's on
20 th December	Christmas party and presentation day, 10am to 3pm at Mt Keira Scout camp
5 th to 9 th of January 2009	Summer Camp
12 th to 16 th January 2009	January tumbling Clinic
12 th to 27 th January 2009	January holidays Kidz Break
19 th to 23 rd January	Enrolment week for all existing and prospective members to enrol in classes for 2009
19 th January 2009	Level 6 and above boys return to training
22 nd January 2009	All other boys and girls levels return to training
2 nd of February	All recreational classes resume the week starting the 2 nd February



Advertisement

Space for Sale

Classifieds

Can anybody help? To bring Chloe to gym on a Tuesday after school from either Nareena Hills School at 3.00 pm to 3.15 pm or Figtree Heights OOSH At (Figtree Heights School) at about 4.15 to get to gym for 4.30. If you can help please ring Jo on 42722029 or 0423690091

Special SCGA Offers

Member Referral Club

Applications available from the office
10% discount on all items from SCGA A.J's Cafe

Uniform Items for Sale

SCGA – Mascot T-Shirts \$16.00 each
Sizes - S/M/L



This newsletter is for guidance only and professional advice should be obtained before acting on any information contained herein. SCGA will not accept any responsibility for loss occasioned to any person as a result of action taken or refrained from in consequence of the contents of this publication.