

BOUNCE BEAT

Distributed online beginning of each Month

Printed Newsletter available from SCGA Office



Edition [5] –February - March 2009

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.

What February all ready??

What a great time was had by all at the wonderful Christmas party that was hosted at the Mt Keira Scout Camp...Maybe this year we will be able to entice more mums & dads joining in the tug-o-war and sack races, as with all our sporting kids there must be loads of sporting parents just itching to compete in anything that looks fun, (surely I'm not alone)! ☺

Wow here we are back into the swing of the gymnastics routine and preparation for a huge year of competitions for all our competitive gymnasts. Most measurements have been taken for all new training uniforms for the competitive gymnasts and some calendar dates have been given out (not confirmed yet as we are still waiting to be advised on exact dates and times)...But we will notify you as soon as we know!! As we all have extremely busy schedules and we all know people's weekends are already looking busy, so as soon as we know, you will know too!

So don't forget to check pigeon holes, notice boards and also your emails and webpage for all updated news!

This year there are loads of changes that are now coming into place at SCGA... Class times have been changed and loads of new children are joining our fantastic gym for either Rec classes or even Competitive Groups. With all these new people arriving and leaving it is very important that all parents be aware of the dangers that are always present in our very busy car park. Please ensure you hold your child's hand (it is extremely hard to see small children) with cars reversing in and out.

Parents need to also remember to **RELAX** there is no need to zoom around in the car park (it's only small). This ensures tensions stay at an all time low and no damage is done to cars or people ☺

Most of all enjoy your time and your child's time at our gym; this promises to be an exciting year for all involved at SCGA.

By: Renae Walker (still a crazy parent , just a little wider after too much holiday food) ☺

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

In this Issue:

- Coaches Updates
- Congratulations to Henry Steele NSW 2008 Senior Levels Gymnast nominee
- What's On
- Coach profile
-

Uniform Items for Sale

SCGA – Mascot T-Shirts \$16.00 each

- Sizes - S/M/



Liz's Front Layout on 2009

Welcome Back Everyone!

I hope you all have had the chance to refresh your batteries and are ready to start another year of challenges, children's excitement and many personal rewards.

To recap on past events:

The Christmas party and presentation at Mt Keira Scout Camp was a fantastic gathering of our members and their families. We all had a wonderful time going on tree hunts with Cass-watching children, their mum's and dad's rising to the challenge of the sack races or three legged races. Watching with big smiles on our faces as everyone participated in the tug of war or for those who just wanted to relax amongst the beautiful landscaped gardens and catch up with friends, it was a time enjoyed by all and I thank everyone who helped out on the day, your contribution helped make the day a most memorable, enjoyable one for everybody. Thankyou all!

Shelly caught some of these fantastic moments on camera and we were able to make a Christmas CD which Andrew has been showing in the viewing room. If anyone is interested in obtaining a copy we are able to supply you with this memorabilia for as little as \$10.00 a CD. Just ask Andrew at the desk.

SCGA Holiday Training Camp

In January our competitive gymnasts were invited to participate in a five day intensive training camp to fast track their preparation back into the normal training regime and to help prepare them for their year in gymnastics. The children participated from 9am to 3pm four out of the five days and had a half day on Wednesday so in the afternoon they could spend time outside of the gym bonding in a competitive game of ten pin bowling.

The gymnasts trained a full five hours building on their strength and fitness also learning new skills with sound techniques and great presentation which was exciting not only for the children but also for the coaches. The week was full of positive reassurance and the outcomes were surpassed by gymnasts who had achieved personal bests and were anxiously waiting for their normal training days to start. Congratulations to all the kids who participated and to all the coaches A Great Job Well Done!

Because of the tremendous benefits the camp provided to all gymnasts who participated we have decided to include this training as part of the normal training year. The Training Camp has been scheduled into the monthly payments and will resume the last week of The January holidays 2010.

Last year we announced the introduction of a new incentive program that recognizes the efforts of the gymnasts as well as new skills obtained during training. The program also gives regular feed back to parents on a child's progress. These results will be collected daily and are collated monthly by Andrew. There will be awards given out each term to the gymnasts that have the best training ethics. The following are the guidelines for our coaches for awarding the grades.

PLUS (each training session)

Did the gymnast...

Arrive on time and take part in warm up/all rotations/ cool down
Ensure that they had all equipment ready for training
Show initiative and anticipate work/rotations/putting on grips etc
Show an ability to work independently
Show a dedication for excellent presentation and form

NORMAL(each training session)

Did the gymnast...

Arrive on time and take part in warm up/all rotations/ cool down
Follow all instructions given promptly
Train with enthusiasm
Do all that was asked of them

MINUS(each training session)

Did the gymnast...

Not participate in all rotations (excluding injuries)

Fail to listen to instructions

Fail to try to correct or listen to corrections

Fail to work to proven abilities

Fail to show respect to team mates and coaches

Fail to maintain acceptable levels of form and presentation

The incentive program will be adopted by all competitive groups starting week 1 of March.

Parents will receive monthly outcomes via their pigeon holes located near the office.

Looking forward to working with everyone throughout the up and coming term, cheers Liz ☺

Cass's Recreational News

Welcome back to all our recreational children and families, hoping you all had a fun, safe holiday.

As usual our recreational classes are filling up quickly (which means lots of gymnastics, fun and fitness). I am happy to welcome some lovely new faces to our 'Kinder Gym' and 'Kinder Rec' classes. We wish the BIG kids who moved up to Big school this year well.

'Fun Rec classes are of course full steam ahead (of the 140 positions we only have 25 vacancies available). So this makes for another great year of FUN and FITNESS!!!!

Our Junior and Senior Rec classes (for children aged 7-14) are also off to a great start. I have devised a 'skill development workbook' for each child attending these classes. Each term the children will be assessed on their performance and marked accordingly and awarded a certificate. As children complete a skill, a star will be given for that skill, and added to their booklet. The booklet will stay at gymnastics and will be sent home once they are completed and a copy of these booklets are hanging on the information board for parents/carers to view.

Any queries ask Cass.

"Keep a smile on your dial and some fruit in ya gob"!

Stone's Round Off for February

All girls in both A and B squads are progressing well in learning their routines. Most girls have or will have chosen their desired music for the floor routines, and most have been measured up for their training leo's and these will be ordered very shortly.

All girls seem to be coping well with the changes and are rising to the challenges of the new routines with great enthusiasm.

All squad training for the Easter Holidays for both (MAG and WAG) will be last day of training will be Thursday 9th April to resume training on Monday 20th April.

In recent weeks we have received a number of communications from Gymnastics NSW which clarifies the structure for WAG competition in 2009.

All **L1-3C** division routines have a start value of 5.0 no A or B routines allowed.

All **L1-3C** gymnasts require a score from a sanctioned Regional or Club competition and compete for their club at the state championships.

All **L1-3B** division routines have a start value of 6.0 no A or C routines allowed

All **L1-3B** gymnasts require a score of 52 or more from a sanctioned regional competition and be selected by the regional selection process to compete for the region at the state championships. There are both junior and senior divisions.

All **L1-3A** division routines have a start value of 7.0 no B or C routines allowed.

All **L1-3A** gymnasts require a score of 56 or more from a sanctioned regional or club competition and compete for their club at the state championships.

1A between 6-8 years old

2A between 6-8 years old

3A between 8-10 years old

There is no junior or senior A division.

Kids Joke of the month

Q: How did the cactus cross the road?

A: It was stuck to the chicken.....

Q: What do you call a boomerang that won't come back??

A: A STICK!!!!

Congratulations!

Congratulations to Henry Steele

Henry has been nominated for NSW Senior Levels Gymnasts for 2008.

Congratulations to Liz Medway

Liz has been nominated for the Junior Development coach for 2008

Henry and Liz will be part of the NSW Annual Awards on the 5th March and we wish them both all the best. Fantastic Achievement!

Whats happening when

Date	What's on
7 th of each month	C squad fees are due
20 th of each month	Squad and Junior development fees are due
13 th March	General Gymnastics Competition at Beaton Park
23 rd March	First Aid course at SCGA 8.30 to 3.00 parents welcome
31 st May	1-3C invitational at SCGA
2 nd August	WAG 1-3A&B state trials in Nowra

Enter article text. Enter article text.

Coach profile

In this new section for our newsletter in months to come, I hope to tell you a little about the coaches that work here.

In term 4 Last Year Corné Voster joined our club as a coach. I asked Corné a how she got involved with gymnastics.

I started doing gymnastics at the age of 3, I've done gymnastics for 17 years, and at the age of 16, started to coach and judge. At a young age I was hooked on the sport. It is a sport that not just anyone can do.

It really tests you as a person on various levels. Determination, patience, self-motivation perseverance and a lot of hard work. Al though I'm not physically practicing gymnastics anymore, I get the same satisfaction from my pupils, when they are able to achieve that goal that they have worked hard for.

I had a wonderful coach in South Africa, who believed in me and motivated me a lot and I hope that I can have the same impact on my gymnasts' lives. Corné finished of with this "teach them to believe in themselves"



Corné Voster

Advertisement

Kidz Break is running this holidays, from the 14th of April to the 24th of April

The April tumbling Clinic will run from Tuesday 14th, Wednesday 15th, Thursday 16th, Friday 17th 4.00pm till 6.00pm and Saturday 18th of April from 9.00am till 11.00am 10 hours of Acrobatic tuition for \$120.