

The Gym Beat

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

Choosing the right healthy habits for your child and still have fun

We all want the best for our children, we want them to be clever we want them to be strong, both emotionally and physically; we want them to be healthy and safe. We want to give them opportunities that we didn't have. We also want it to fit into our own busy life style. Everyone knows that physical activity is essential to a healthy life style. Developing healthy habits when a child is young sets them up for life.

In Australia now days most children learn how to swim, learn a variety of field games and most likely play some type of ball game be it football, soccer, net ball, tennis. Children start sport very young, we all hear about the top athletes and how they started playing at 3 or 5 or 7 years of age. How do you choose a sport for your child? How do they choose a sport?

Gymnastics is a sport that has been gaining popularity in recent years. It's a sport that develops the whole body as well as the mind. The skills learned are universal and overlap all sports. Gymnasts are among the strongest, pound for pound, of all the Olympic athletes. Gymnasts are very flexible and fit. Most importantly gymnasts have fun.

So what are some of the benefits of Gymnastics?

Gymnastics develops strength, flexibility, coordination, spatial awareness, self discipline and socialization. Gymnasts tend also to achieve academically at school. Goal setting, self discipline, respect are all qualities instilled in gymnasts that help them at school. *"The long time required to attain mastery of the fundamental skills requires patience, dedication, perseverance, and planning. Gymnastics helps people learn to work hard for objectives that can take years to achieve". (Source:1)* Gymnastics does not require having to travel each weekend to compete against another team. Gymnastics is a safe sport research in America shows gymnastics as ranked 24 out of 41 sports for injuries, with only 3.2% of injuries requiring hospitalization. Back yard swing sets on the other hand has twice as many injuries.

So who can do gymnastics?

Anyone! We offer classes for children as young as 18months up to adults in their 30's 40's 50's. With a variety of programs which include general gymnastics, trampoline, acrobatics, fitness and flexibility and competitive men's and women's artistic gymnastics.

"Gymnastics is a terrific sport for young people. Many people have grown up in and by gymnastics to become doctors, lawyers, teachers, business people, professors, police officers, nurses, scientists, and many others. Gymnastics provides an outstanding way for young people to test their mettle against themselves and others. Gymnastics can provide opportunities for physical development, character development, and education that are hard to find anywhere else." (Source: 1)

References

1. Why Gymnastics? By Wm A. Sands, Ph.D. Motor Behavior Research Laboratory Department of Exercise and Sport Science University of Utah

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SCGA Programs -

- Kindagym
- Kindarec
- Fun Rec
- Sea Turtles
- Dolphins
- Jnr Development Levels
- Levels 1 to 3
- Squads
- Adult
- School Sport
- PDHPE Primary
- PDHPE Secondary
- Kids Break
- Parties

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Whats happening when

Date	What's on
1 st August	Night of Excellence Everyone is invited to hear from our gymnasts how have returned from the national championships. Henry Steele, Mitchell Klein and Tom Sutherland. 6.30pm to 8.00pm at the gym It is highly recommended that all boy and girl competitive gymnasts attend.
2 nd & 3 rd August	WAG level 1 to 3 AB State Trials At Nowra Showground We have 9 girls going to this competition we wish them all the best.
17 th August	SCGA Open Day 10.00am until 2.00pm its Free There will be performances by a number of our top gymnasts as well as lots of activities for children of all ages. A sausage sizzle will be operating. There will be prizes and give a ways. Why not Bring a friend or two and show them how much fun you have been having.
24 th August	Country Championships qualifier At SCGA
30 th & 31 st August	MAG level 1 to 5 State Championships

Gymnasts of the month

Henry Steele



Congratulations to our members

Congratulations go to our senior boys competing in level 6+ who after a very demanding two terms of State trials, State Championships and National Championships have triumph beyond belief. I'm very proud and honoured to be a part of these young men gymnastics life and congratulate and thank each one for enriching my life as their coach.

Our boys went on to be selected into the National Representative Team and competed in Queensland over the school holidays. The competition was both mentally and physically challenging, every day the boys had to either train or compete at 7am which meant 6 days of early morning rises (5.45am) to be at the venue on time. NSW level 7 open team was an inspiration to all; they were voted the best cohesive team by the Team coaches and managers and were congratulated on their enthusiasm, their courage and most of all on their team spirit and support for all of the NSW competitors. As their coach I was humbled with their success and amazed with their maturity, enthusiasm, passion and drive. It was very exciting and I look forward to doing it all again next year.

	Trial 1	Trial 2	State Championship
Simon Reid		PH 1 ST FX 3 RD V 3 RD HB 3 RD R 6 TH PB 6 TH AA 3 RD	FX 2 ND PH 3 RD V 3 RD HB 4 TH PB 5 TH R 6 TH AA 3 RD
Mitchell Klein	FX 2 ND PH 3 RD V 4 TH R 4 TH PB 6 TH AA 4 TH	PH 4 TH PB 4 TH HB 4 TH	FX 2 ND PH 2 ND FX 4 TH PB 6 TH HB 6 TH AA 5 TH
Henry Steele	FX 1 ST V 1 ST HB 1 ST R 3 RD PB 4 TH AA 1 ST	FX 1 ST HB 1 ST PH 2 ND PB 2 ND V 3 RD R 4 TH AA 1 ST	FX 1 ST V 2 ND HB 3 RD PB 4 TH AA 2 ND

National Championships 2008

Level 7 Team overall

Mitchell Klein Silver team medal NSW open level 7
individually 9th floor

Henry Steele Silver team medal NSW open level 7
Individually Gold Medallist

Silver Medallist

Bronze Medallist

Silver Medallist

1st floor

2nd vault- High bar

3rd Rings-Parallel bar

2nd Overall

While Mitchell Henry & Liz where in Brisbane Tom Sutherland was in Melbourne competing in the national trampoline championships representing NSW. Tom came 4th on double mini tramp

Henry was also selected on the Australian Team to compete against New Zealand in the Trans-Tasman Competition; NSW came in second and won silver which was a challenging result and very close to winning gold.

Fantastic results guys, you competed well and represented SCGA with impeccable behaviour and it is wonderful to see you receive all your accolades after working so hard to achieve your goals. Well done Simon, Mitch and Henry!

Member of the month

Mark McAlary

Mark started off in the FunRec class back in January 2007. He is a regular at our holiday clinics and has progressed to the Mr Muscles program which he attends twice a week, this is a big effort considering Mark is only 6yrs old. Well done Mark for your consistent efforts you have won, one of our new training shirts

Injury Prevention Tip of the Month

Preventative maintenance - Injuries in gymnastics do occur, but conditioning specific muscle groups can minimize them.

Wrists - Our wrists were not designed to do what we gymnasts use them for. Some strengthening is called for to prepare them for the abuse. All exercises should be worked with both arms.

- Find a racket ball, tennis ball, or one of those stress ball thingy's and squeeze repeatedly until your forearm is tired.
- Set a newspaper on a table. Place your hand palm down near one corner and crumple it page by page with your fingers.
- With a dumbbell in each hand "nod" your hand both palm up and palm down.
- In a push up position push down with your fingertips so your palms come off the ground.
- Tie one end of a reasonably strong string to a 3/4" to 1 1/2" rod. Tie the other end to a 2-5 pound weight. Hold the dowel in both hands with your arms straight in front of you. Roll the dowel till the weight is against it, and then roll it back down slowly. Do this both palms up and down.

Advertisement

We will be offering this space for members businesses each month.

Rates are as follows

\$20 per copy

\$100 for six months

\$160 for 12 months

If you run a business you may be interested in leaving your business card in our viewing area. You may also be interested in placing an advertisement in our gym, as a way of funding new equipment we will be seeking sponsorship from local businesses we will be offering this opportunity to parents of members first, before we approach other businesses

Competitions

The following children have won Training shirts as part of our colouring in competition. Byron Leitch, Gabby Bussoletti, Flynn Edwards, Rachel D'Souza Bullman, Aaron Rodwell, Annie , Katrina Edmonds, Lara Edmonds, Emilia Wither, Max Taylor.

The winners of the name the Gym twins was Charlie and Lucy Gabor , the gym Twins from now on will be called Charlie and Carly the cartwheel twins. Congratulations to all winners and thank you to everyone that participated.

Special SCGA Offers

Member Referral Club

Applications available from the office

10% discount on all items from SCGA Cafe

Uniform Items for Sale

SCGA – Mascot T-Shirts \$16.00 each

Sizes – XS/S/M/L

Colour Daisy or Lime



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.

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