

Club News

Term 2: Monday 30th April — Sunday 8th July 2018



Welcome to Term 2 at ESGC! There is a lot of activity in the gym this term with our competitive squads training hard for their competition season, our general gymnasts working towards their Rainbow Test and our busy little Playgym members who continue to develop their gymnastics skills through their fun filled sessions with Natalija.



Rainbow Test
Sunday 24th June 2018

In Term 2 and Term 4 we hold the Rainbow Test for our General Gymnasts. This is an invitation only event for gymnasts that have exhibited competency at their current Rainbow level. The schedule for the day will be confirmed closer to the event and put up on the notice boards around the gym. If your child is invited to the test, but cannot attend, please contact the office as soon as possible. Your child can not go up to the next Rainbow level without passing the test. If your child doesn't get an invitation to the Rainbow Test this term, please don't be offended. We hope they will be ready when we have our next test in Term 4.

The weather is getting colder so please encourage your gymnasts to bring a jumper to put on after class, plus, as it is getting dark earlier, it's a great time to remind you that we take your health and safety very seriously so please remember that:

- **All gymnasts must wait INSIDE the building to be picked up after class. Your child can not wait for you on the driveway or by the roadside.**
- **No gymnasts is to leave the building unless under the direct supervision of an adult or care giver.**
- **Please supervise your children in the car park at all times.**
- **No waiting or parking on the driveway. You can not leave your vehicle at any time.**
- **We would appreciate it if you could arrive 5-10 mins early for your class so as to not disrupt the class once it has started.**
- **As we have limited parking available, please be courteous in the car park. If the car park is full there is parking available on the road, or in the car park down the road.**

IMPORTANT



thank
YOU

A HUGE thanks to you all for supporting our clubs fundraising activities in Term 1. Thanks also to our Competitive Squad parents who ran the events with the help of our great office staff.

Through the Easter Raffle and the MTT bbq and café we made a total of \$4727.62 which will go towards new uneven bar rails.

Club News

As I walked into the gym on a sunny Friday morning, the noise I could hear inside the building made me smile. My own kids had come to Playgym with Natalija many years ago and the memories came flooding back to me. It is often said that gymnastics provides a great foundation for ALL sports as it develops strength, flexibility, balance, agility and coordination. Watching Playgym on this day I wondered to myself if there is a future All Black, Silver Fern, Olympic swimmer or NZ gymnast in this room? What I do know was these kids and their parents were having a ball! Natalija is such a special person and she inspires all her crocodiles (the affectionate terms she calls the kids as she moves them on to their next rotation).



ESGC is so lucky to have had Natalija instilling the love of gymnastics in our 2-5 year olds for 13 year now. From all the past, present and future Playgym members...THANK YOU Natalija for all that you do!

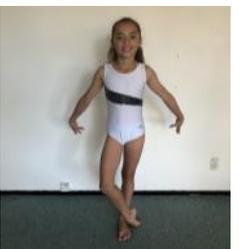
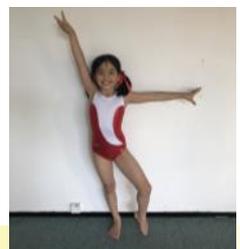
We are thrilled that our 2-5 years olds are having fun learning gymnastics and we encourage them to join our Rainbow Gymnastics programme once they are at school. For more information on the Rainbow Programme please contact the office.

Looking for the perfect gift for your gymnast? How about one of our new leotards....



Short sleeved leotards \$45
Long sleeved leotards \$55

Please see the office for available colours and sizes.



From the Committee

As the winter starts to set in and the gymnasts are preparing for the competition season, the committee has been busy over the last three months organizing for the upcoming year and closing out 2017.

Closing out 2017 has been a larger than expected task as the club had an open audit item that needed to be addressed with regard to the clubs asset depreciation treatment, furthermore that club has a substantial amount of money on term deposits which were requiring updating (signatories, and return rates). The unaudited results are that the club continued to make a positive return despite a number of unplanned expenses around last years AGM period. Once the auditor has signed off the accounts we will provide a further update.

The committee mentioned in the last update the club finished the year at 709 members – an all-time high. The role came back slightly in term one however our mix has changed with an increase in more competitive athletes. We have been fortunate to have Xaio join the club – Xaio is an ex Chinese Olympic representative at the Sydney games and obviously brings a new perspective to support Bratislav and Esther. If you see her around please join me in welcoming her to Eastern Suburbs Gymnastics Club.

The committee has been exploring a number of new areas where the club can extend its services and provide better member support. This includes a project Bratislav and Stephan are undertaking to offer a schools programme to our local community. One of the challenges we have as a club is developing and growing our staff – extending into programmes like the NZ Gymnastic School programme will provide improved staff utilization and captures a new income for the club. In addition, our facility has a high amount of downtime particularly during the day. To this end we are exploring, as part of the School programme, increased use by schools. We are finalizing the license agreement with Gymnastics NZ and look forward to progressing this initiative all going to plan.

We mentioned last term that Warren and I were presenting to the Orakei Board to put the new facility on their radar again. The Board moved for the Senior Lease office from Auckland Council to progress the lease agreement with the club. What has come up from the Council progressing this is that there is a clash between the Master Plan and the lease agreement with Auckland Netball. The land allocated to ESGC in the master plan has been leased to Auckland netball. Therefore there needs to be a change in the lease which needs to be agreed by Auckland Netball. From what we understand Auckland Netball is positive about the proposal and obviously been aware of the Master Plan but are wanting to ensure what they need to give up does not damage their operation in the long term.

To manage the broader Colin Maiden development Auckland Council has commissioned Stellar Projects to complete an evaluation to review and assess all existing and proposed projects currently being developed within Colin Maiden Park, the private land owned by Auckland Tennis and Ngahue Reserve (this is the area zoned for our new facility). This has been completed and we are due to have presented to us over the next month. From our perspective this is a necessary step to work through releasing the land to the club.

Last Sunday Esther and I attended the NZ Gymnastics AGM, it was a different type of AGM as they included a $\frac{3}{4}$ day of workshops on how to continuously improve the sport from a club level. This was a bold initiative as the national body is extending their focus on how to add value, not just at the programme level, but at the club operations level. Bring a US club management consultant who has developed an operating model for more than 5000 clubs in the USA, Singapore, and Australia provided a fabulous learning experience and there are certainly some elements that Eastern Suburbs can utilize. Ultimately a strong club backbone will substantially improve the sport for the long term throughout the country.

The state of the sport was reported to be in strong shape with the overall number of gymnasts registered last year nationally increased by 10% - this is one of the few sports to experience this level of growth. Furthermore, Gymnastics NZ moved back to the black turning a small profit. I found it a really positive environment with a sense that the sport has strong forward momentum furthermore it was nice to meet a number of people we see at the various competitions throughout the country.

Finally, good luck to all the athletes that are traveling throughout NZ for the upcoming competitions and for preparation of the Rainbows tests. For those of you who are traveling to competitions feel free to reach out to Esther, Stephan or Bratislav and get the judging structure and scoring explained will make the comps much more enjoyable.

Regards



Stefan Lecchi

From the Coaches

ESGC Welcomes Xiao to our Coaching Team.

When did you start gymnastics? I started gymnastics when I was 4 years old and I competed at the Sydney Olympic Games in 2000 representing China, where I came 7th on vault and 6th on floor in the apparatus finals.

What as the highlight of your gymnastics career? It was my last competition - I was injured so I had to fight really hard and I came 1st on floor and 3rd All Around.

Where were you coaching before you came to ESGC? Before I came to ESGC I was coaching WAG senior for 5 years at Hamilton City Gymnastics Club.

What is the most rewarding aspect of coaching gymnastics for you? I am really enjoying coaching in New Zealand. All the girls in the gym are like a big gym family, cheering and encouraging each other. I feel so great to be a part of them.

What do you like to do when you are not coaching at ESGC? If I am not coaching. I like to do adult classes at the gym as I miss that feeling of my body flying through the air. I also like learning new things about NZ.

What is something that you could not live without? I could not live without my family and my gym family .



Competitive Squad Update.

Comp season is almost upon us! The girls have worked so hard to be ready for the season and we wish them all the very best of luck. Thanks to the coaches who support, nurture and care for our girls as they strive to reach their gym dreams. A few things to remember for a successful season:

1. Arrive at the venue 30 minutes before your allocated warm up time so your gymnast feels prepared and relaxed. The organizers often state that "Times will be strictly adhered to, and where possible, should the competition run ahead of time, the club reserves the right to advance the programme by up to thirty minutes". So better to be at the venue early in case this happens!
2. Gymnasts are required to wear the relevant ESGC comp A leotard and tracksuit to all competitions and hair must be in 2 French braids with club colour ribbons for Step 1-4 and Step 5+ gymnasts must ensure their chosen squad hairstyle is neat and tidy.
3. Be positive at all times! Be positive towards your gymnast, our club and all other clubs at the competition.
4. Do not attempt to communicate with your child while they are on the competition floor, this can result in the team losing a whole point!

For more information, please refer to your Competitive Handbook prior to the first competition.

Looking ahead, Gymnastics NZ has notified ESGC that as of 2020, Nationals will be held in the Term 2 holidays (as opposed to the current Term 3 holidays).

Novices Comp Update

After a very successful 2 weeks of holiday training and gymnastics workshops, our novice competitive gymnasts are super excited for Term 2. We have a few new faces in our coaching team — we welcome Maisie and Kathy, who bring their unique style and knowledge to the programme. Our focus for Term 2 is learning and perfecting our routines for the up coming competition season. There will be a practise competition on the 17th June to help prep for our competition season that kicks off in Term 3. It is compulsory for all Novice Comp gymnasts to compete in the ESGC Novice Comp leotard. Please take a moment to have your daughter try on her leotard to see if it still fits. Leotards can be purchased from the office. Please do not hesitate to contact Stephen (novicecomp@esgc.co.nz) if you have any queries.

From the Office

2018 ESGC Calendar of Events

Date	Event	Groups
Mon, 5 Feb	Term 1 starts	
Sun 8 Apr	MTT	General Gym and Novice Comp
Sun 15 Apr	Term 1 ends	
Mon 30 Apr	Term 2 starts	
Sun 24th June	Rainbow test	General Gym
Sun 8 July	Term 2 ends	
Mon 23 July	Term 3 starts	
Sun 30 Sep	Term 3 ends	
TBC (3 Oct)	NATIONALS	Competitive S5 - S10
Mon 15 Oct	Term 4 starts	
Sat 17 Nov	ESGC Prize Giving	Competitive S0—S10
Sun 25 Nov	Rainbow test	General Gym & Novice Comp
Sun 16 Dec	Term 4 ends	

ESGC Office Hours

Monday	12:00pm—4:30pm
Tuesday	12:00pm—4:30pm
Wednesday	12:00pm—4:30pm
Thursday	12:00pm—4:30pm
Friday	12:00pm—4:30pm
Saturday	9:30—11:30am 30th June and 7th July

Feedback Forms

At ESGC we endeavour to provide the best possible experience and environment for our gymnasts. If you have any feedback for our team, please complete an online Feedback Form via our website www.esgc.co.nz, or a Feedback Form that is situated next to the inside letterbox in the main foyer.



Term 3 2018 ONLINE Re-enrolment/Enrolment Dates:

Online re-enrolment for Term 3 2018 will open on Monday 25th June
 Online new enrolments for Term 3 2018 will open on Monday 2nd July. ALL enrolments/re-enrolments/holiday programmes are processed online via www.esgc.co.nz



As you can imagine we get a large amount of Direct Debit payments. To assist us in processing these payments quickly, and hence confirming your class quickly, please code the payments as follows:

Details on their statement::

Particulars /Code

Reference

Childs Full Name eg Ella Smith

Class Colour eg Red

Day/Time eg Wed 3:30

From the Office



Gymnasium and Upstairs Dance or Meeting Room

Our upstairs room has mirrors and dance bars and there are trestle tables and chairs also on hand. The room is available for hire on a casual or regular basis at very reasonable rates. For more information contact the office in person or via email or phone.

ESGC Merchandise

We have a lovely range of colourful leotards (short sleeved and long sleeved) plus tights and shorts for sale in the office.



Instagram



Find us on:
facebook®

Search: Eastern Suburbs Gymnastics Club for regular club updates, club news and inspiration.

Playgym for Pre-school Children

For pre-schoolers aged 2-5 years we offer a fun-filled **Playgym** programme. **Playgym** is an early childhood gymnastics programme which is attended by both the child and a parent.

Our **Playgym** children develop control and coordination of their body as they learn the fundamentals of gymnastics which in turn helps them to cope in the outside world. Its great fun and the kids LOVE it!



For all **Playgym** inquiries please contact Natalija

Ph: 021 0277 6543

email: playgym@esgc.co.nz

Your Health and Safety is our priority so please remember

- All gymnasts must wait INSIDE the building to be picked up after class. Your child can not wait for you on the driveway or by the roadside.
- No gymnast is to leave the building unless under the direct supervision of an adult or care giver.
- Please supervise your children in the car park at all times.
- No waiting or parking on the driveway. You can not leave your vehicle at any time.
- We would appreciate it if you could arrive 5-10 mins early for your class so as to not disrupt the class once it has started.
- As we have limited parking available, please be courteous in the car park. If the car park is full there is parking available on the road, or in the car park down the road.



Term 2 School Holiday Programme

ESGC's School Holiday Programme is a great way to keep your child active during the holidays. It's an excellent way to introduce your child to the sport of gymnastics, or a chance for budding gymnasts to work on skills that they have been learning through the term. We offer 2 packages: a standard 3 days programme and an extended 4 days programme.

TERM 2 HOLIDAY PROGRAMME DATES:

Week 1 3 days: 9 – 11 July

Week 1 4 days: 9 – 12 July

Week 2 3 days: 16 – 18 July

Week 2 4 days: 16 – 19 July

Enrol online via our website: www.esgc.co.nz



Looking for somewhere fun to have your child's next birthday party?

We can provide you with an entertaining gymnastics party led by one of our fun loving coaches.

Adventurous activities in a fun packed guided session.

Enquire at the office in person or via email or phone.

Thank you for supporting Eastern Suburbs Gymnastics Club. We know you will enjoy your time with us, and your gymnast will learn lessons that will last them a life time.