

Club News



Term 1: Monday 5th February — Sunday 15th April 2018

We hope you all enjoyed a happy and relaxing summer holidays. Welcome back to those returning gymnasts and families, and a special welcome to our new club members. Classes are back in full swing at the gym and Term 1 is busy! We have our annual Mini Tramp and Tumbling Competition as well as our annual Easter Raffle to look forward to.



Mini Tramp and Tumbling (MTT) Competition Sunday 8th April 2018

Our annual MTT competition is a great event for all our gymnasts to come along and experience a competition environment whilst having a lot of fun. Gymnasts compete in their age groups against other clubs, as well as ESGC members. Entry forms will be sent home via the gymnasts and all completed forms and payment (\$30) must be returned to the office by Monday the 19th of March 2018. Please note that we are NOT able to process any late entries after this date.

The timetable will be displayed on the foyer notice boards and on our website shortly after entries close. All ESGC gymnasts must compete in a club leotard, or a plain white t-shirt and black gym pants/shorts.

Parents/Caregivers are encouraged to stay and watch. Please note that there is an entry fee of \$5 per adult to be paid on the day, children under 16 years of age are free of charge.

The focus is on participation, rather than winning. After the completion of each age group competition, there is a short prize giving ceremony for the gymnasts who place in their age group, however all gymnasts receive their own participation medal. This competition is also one of the club's major fundraisers so all ESGC members are encouraged to participate to support the club plus it's great fun and the kids LOVE it!

ESGC Easter Raffle



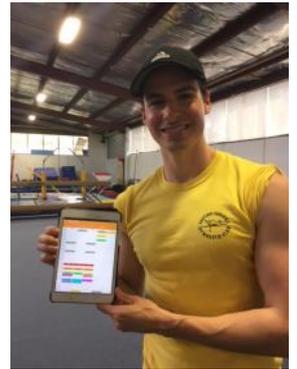
It's almost time to get ready for our **chocastic** Easter Raffle! Last year, with the generous donations of our gymnasts, we raffled off over 25 baskets **chocfull** of delicious Easter treats. It was an **eggcellent** year and we hope to do it all again this year!

From the 26th of February, we would appreciate it if all our gymnasts could please bring in an Easter Egg, or similar delicious Easter treat, to assist us in making our Easter basket prizes (baskets also greatly appreciated!). Each Gymnast will also be asked to sell a book of 10 raffle tickets at \$2.00 each or 3 for \$5.00. These books will be distributed via the coaches at the end of the class from the 26th of February and are to be returned to the coach or office by Sunday the 25th of March.

So **hop** to it and please bring your Easter egg (or basket) contribution. The Easter Raffle will be drawn on Monday the 26th of March.

From the Committee

Welcome back everyone. I hope you are all well rested as we start the gym and school year. As we forward roll into the year there are a number of exciting developments to share, namely we now have wifi throughout the gym to help the coaches monitor athletes attendance and progression so you will see the coaches holding tablets. I have noticed a number of parents have been sitting in the gym during classes doing marking or email. I would like to take a mini survey on how many parents would want wifi access to explore if the club should open the network up to members. If you are interested can you let the office know so we can get a count of numbers. We are addressing the Orakei Board on Thursday the 15th of February, to share the status of the new building project. This is in a public forum and will help put the project back on the Boards radar. Finally, we have upgraded the vault. The old vault has been with the club since the Selwyn College days dating back to Dec '89. This will provide a strong platform for the athletes to develop their skills versus the wobbly old one.



The Committee has been working collaboratively with Gymnastic NZ and had a briefing from the Regional Development Manager and National Programme Development Manager prior to Christmas to better understand the proposal for the national competition calendar to be changed. The current timing of the Artistic WAG Nationals makes it very difficult to run any other forms of national level competitions for the other grades. As a result Gymnastic NZ is proposing for the Artistic WAG Nationals to be held in the July holidays and they would introduce a general gym nationals in the September holidays. A survey went out to all the clubs with the results being inconclusive. Gymnastics NZ is now reviewing this feedback. To be so bold as to offer an opinion, after the initial adjustment period for the Artistic WAG levels the proposal from Gymnastics NZ is a positive one opening up national level competitions to a broader number of membership base. Lets see how this progresses.



There are a number of building maintenance projects on the go. You may have noticed that someone threw a rock through the side window. We are in the process of getting this fixed so keep an eye out when you are going into the car park if it is coned and there are work men on site. In addition where the roof was repaired last year some of the bats are coming out so our handy man will be back on site to address this.

Bratislav met with all the coaching staff on the time table and the programmes last weekend. They are all looking really enthusiastic and excited to work with the athletes. The Competitive parent / athlete / coach sessions run in December have been really positively received and these will be happening again in Term 2. Furthermore as I mentioned previously we have changed the clubs policy around training and development as a result Bratislav and Esther have a defined training programme for the coaches regardless of level to continuously develop them. Following on from this Esther completed the Australian FIG course in December. This qualifies her as a senior judge and is a great credit to her and an asset for the club. Please pass on your congratulations to her when you see her.

Finally, we are in the process of applying for a number of grants and it would be very much appreciated if anyone in the broader club community has a 2 – 3 hours a week over the next 3 or 4 weeks to help out completing the application forms. Please contact the office if you are able to assist.

We finished last year with 706 active members which is a record for the club and wonderful that so many kids are experiencing gymnastics. It is going to be a busy and exciting year and the committee and I all look forward working together with the membership to have a successful 2018.

Yours sincerely

A handwritten signature in blue ink, which appears to read 'Stefan Lecchi'.

Stefan Lecchi

From the Coaches

Esther, ESGC Assistant Head Coach, recently travelled to Australia. Read more about it here:

Towards the end of December last year, I was lucky enough to be given the opportunity to attend the International Federation of Gymnastics Coaching Academy Course in Canberra. I am very grateful to ESGC, the committee and Bratislav to support me in attending this course as the experience and knowledge I gained was immense. Here is a small insight into how my week went.

The course was held over 7 days at the Australian Institute of Sport in Canberra. Around 40 other WAG and MAG coaches from throughout Australia and the world attended, including coaches all the way from Japan, Brazil and China. I was the only coach from New Zealand but luckily the Australians didn't hold that against me (apart from a few jokes about jandals and the cricket).

Each day, we would attend about 6 or 7 workshops. These included practical sessions, where top international level coaches would go through techniques, drills and spotting of skills on each apparatus. The theory lectures went over biomechanics, anatomy, physiology and psychology- specifically how they linked to gymnastics and our coaching. The days were long and tiring, and at the end of the week we had to sit a theory and practical examination to pass the course. But it was totally worth it and I loved every second!

As a coach, I am always looking to gain more knowledge and expertise so that I can give our gymnasts the best opportunity to succeed in the sport. Having the ability to learn from high caliber coaches over that week was an added bonus. Not only did I learn a lot from attending the course, but the other coaches I met while over there were great people who I will continue to keep in contact with. By the end of the week I was a walking zombie, but I was pumped to get back into the gym working with our talented gymnasts.



Competitive Update.

Over the summer holidays our Competitive girls had a few weeks off but were soon back at the gym working on their skills for the 2018 WAG competition season. While comp season is still a while away, please take a moment NOW to have your daughter try on her leotard to see if it still fits. We aim to hold a range of sizes in the office but our supplier, Chalk, (who designed and made the leotards for the NZ WAG team at the World Champs last year) is based in Australia so delivery times can be up to 10 weeks.

It is expected by the club that all Competitive Parents are involve in club help and or events, during the year. Each Step will be allocated a fundraising event that is their responsibility to manage in conjunction with the Committee Member. These events are outlined in the 2018 Competitive Handbook. The future of the clubs depends on parent help and without it the club cannot operate. When everyone commits a little time it assists in sharing the work load and builds greater team spirit within the club.

Novices Comp Update

The first thing you will notice is the name change! Comp B will now been known as Novice Comp. This year is shaping up to be an exciting and busy year for our Novice Competitive Squads. We are lucky to have a new coach, Michele, join our team and we welcome back Samantha and Catherine. We had some really good training sessions over this holiday period and we hope that more people will get involved in the next holiday training programme.

Our focus in Novice Comp for Term 1 will be learning the routines for ESGC's MTT competition (held on the 8/04/2018). This event is COMPULSORY for all Novice Comp gymnasts. Moving into Term 2 the girls will learn their artistic routines for competitions. The 2018 Competition calendar is still being confirmed but it will be sent out as soon as possible so please keep an eye on your emails. This year our aim is to ensure that all gymnasts in Novice Comp programme will be encouraged to do their best, learn new skills and have fun along the way. 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 1 July	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	Comp A S5 - S10
Mon 15 Oct	Term 4 starts	
Sat 17 Nov	ESGC Prize Giving	Comp A
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	Alternating weeks 9:30am—11:30am

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 2 2018 Re-enrolment/Enrolment Dates:

Re-enrolment for Term 2 2018 will open on Tuesday the 3rd of April
New enrolments for Term 2 2018 will open on Monday the 9th of April.

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 codes the payments as follows:

Details on their statement:

Childs Full Name eg Ella Smith

Particulars

Class Colour eg Red

Code

Day/Time eg Wed 3:30

Reference



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 new 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: guma@slingshot.co.nz



- **No gymnasts are to leave the building** unless under the direct supervision of an adult or care giver. All gymnasts must wait inside the building to be picked up after class.
- **Please supervise your children in the car park** at all times
- **No parking on the driveway** at any time.
- **No gymnasts are to use the equipment** unless under the direct supervision of a coach
- **Please bring a drink bottle** with you to the gym. Bottles can be refilled in the bathrooms upstairs.
- **Please let us know if your contact details have changed** so we can update our database.



Do you love being part of a team or do you enjoy the buzz of seeing kids having fun at events?

Then **WE NEED YOU!**

The ESGC Committee is a group of committed parents that have so many great ideas for events but they need some help executing them.

No experience necessary just the willingness to get involved and the reward of seeing a job well done.

WE NEED
YOU!

If this sounds like you contact Lily at lilyesgc@gmail.com
You wont regret it.



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.