



ESGC News Term 1 2024

Welcome back! And a special welcome to those families joining us at ESGC for the first time.

We hope you've had a wonderful summer and are ready for a great year at gymnastics. It has been fantastic to see all our young athletes settling back in to their classes with enthusiasm and energy.

IMPORTANT DATES

| | |
|-------------------|-------------------------------------|
| Sunday 3 March | Whānau of ESGC 2:00-4:00pm |
| Sunday 23 March | Whānau of ESGC 3:30-5:30pm |
| Friday 29 March | Easter Good Friday (Club closed) |
| Saturday 30 March | Easter Saturday (Club closed) |
| Sunday 31 March | Easter Sunday (Club closed) |
| Saturday 13 April | End of Term 1, last day of classes. |

Office Hours Term 1

The best way to contact our office staff is

Phone (09) 528 0941
between 11am - 4:30pm
Mon-Fri

Come in to the office
between 12:00pm - 4:30pm
Mon- Fri

STAFF NEWS

Welcome Jacinda!

Hey everyone, my name is Jacinda and I'm a new recreational coach and administration assistant here at ESGC. I have just moved to the area from a little town in the Waikato called Te Aroha where I was a part of the Piako Gymnastics Club for almost 15 years, gymnast for 11 years and a coach for 8 years.



In my home town I also volunteered as a Firefighter for the last 2 years and I've moved to Auckland in hopes to make it as a career Firefighter.

I am very passionate about gymnastics and passing down my knowledge within the sport to children just finding it. I can't wait to get to know you all and if you see me around, definitely come and say Hi!



Introducing Phoebe

My name is Phoebe Poulter, I am a Clinical Psychologist and a former competitive gymnast. I have a special interest in improving performance in competitive athletes and improving their wellbeing, and as such have taken on the new role of Athlete Wellbeing Representative at ESGC. I've also been providing workshops to ESGC on a voluntary basis over the past 5 years to athletes and coaches.

I started at ESGC shortly before nationals last year and have been coming in once per week to spend time with the gymnasts, build rapport, provide support as needed, and teach mental skills training (eg. meditation, breathing exercises, etc).

Phoebe can be contacted at wellbeing@esgc.co.nz

Thank you Alexandra

We were so glad to welcome Alexandra as our Senior Technical WAG coach at the end 2023. She has made a fantastic impact already, getting stuck straight into coaching our STEPS seniors and running conditioning/shaping sessions with the juniors.



We can already see the girls improving as they benefit from Alexandra's wealth of coaching experience, and they tell us they're having fun while they're at it!

Thank you Alexandra for modeling a real passion for gymnastics and an unwavering commitment to high standards.

Congratulations Esther



Our Centre Manager and WAG Coach Esther has been selected as one of four judges to represent New Zealand at the upcoming Pacific Rim championships in Cali, Colombia, on 21-28 April.

Congratulations Esther on this prestigious selection!

We hope it is another great step on the path to your goal of Judging at the Olympics!

The trip is entirely self-funded and will cost \$8,000-\$10,000. Esther will be organising some fundraisers in the near future. In the meantime if you would like to contribute, Esther has started a givealittle page at <https://givealittle.co.nz/cause/fundraising-to-get-to-the-pacific-rim-gymnastics>

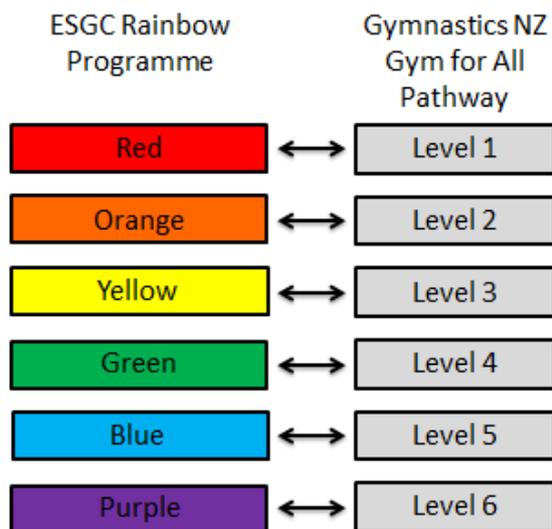
Farewell Hannah

Our office assistant Hannah Murdoch has decided to go back to teaching ECE so will no longer be in the office. Thank you Hannah for all you did in Term 4.

RAINBOW PROGRAMME

We are proud to announce that ESGC’s Rainbow programme has had a refresh for 2024. Our Rainbow levels now align with the Levels of Gymnastics New Zealand’s Gym for All (Recreational Gymnastic) development pathway.

Practically speaking this means that the skills at each level are now slightly more challenging. It can be expected that athletes may take longer to master and progress through levels. “Purple” is now our highest level, corresponding to GfA Level 6, a very high level of accomplishment and one which requires many years of dedication.



Each level has around 15 core skills. These will be practiced during their classes and then be incorporated into routines.

In the coming months we will develop resources on the skills and routines for each level so that families can see what their gymnasts are working towards and support from home.

Our first Rainbow Gymfest for the year will be in Term 2 on Sunday 23 June.

Please understand that coaches in the rainbow programme generally coach classes continuously without a break, and so are not available between classes to speak to gymnast families.

If you have any questions about your child’s progress at any time, or about the Rainbow Programme, the best person to talk to is Kathy, our programme lead. (Seen at right, with some of our amazing Rainbow coaches, in a rare moment of calm!)

Kathy is busy focusing on the gymnasts during lesson days, so the best way to speak to her is to arrange a time by email in advance. Please email directly to arrange this: Kathy.h@esgc.co.nz



WHĀNAU OF ESGC: COME AND JOIN US!

Started in late 2023, Whānau of ESGC is our club group of Families and friends, supporting our club to be the best it can be. We know our ESGC families have an amazing collective range of skills, knowledge, and business contacts – and we want to bring these together to help the club.

All are welcome. There's no need to officially "join", just come to the events that suit your family or get in touch to support us behind the scenes.

Our events this term are:

Sunday 3 March 2-4pm

Meeting to plan our year,
Pop-up Leotard Shop,
and cleaning the ceiling!

Saturday 23 March 3:30-5:30pm

Meeting,
Pop-up Leotard Shop,
and mini-working bee



Children are welcome, and can have free play time in the gym supported by coaches.

Join our Whānau facebook group to stay in touch:
<https://bit.ly/46mTB7X>

or use the qr code at right.



Questions? Want to get involved?

Contact Andrea Penman (Whānau of ESGC Coordinator), andrea.c.penman@gmail.com

SAFETY ON THE DRIVEWAY

Our gymnast's safety is our highest priority.

Unfortunately the club driveway and carpark can be exceptionally busy during peak times.

Please:

- Do not park in the driveway or in staff carparks. There is a rolling drop-off/pick-up in front of the gym.
- Plan not to park in the onsite carpark if your class starts between 3:30pm and 5:00pm. There are not sufficient parking spaces at these peak times. Please park in the neighbouring streets and walk your gymnast to the club.
- It is not safe for gymnasts to walk out alone into the driveway or carpark after class. Caregivers please come inside the building to collect your gymnast.

GENERAL REMINDERS

Please ensure all gymnasts bring a full, named Water bottle to all classes, especially in summer.

Please ensure long hair (anything collar length or longer) is tied up securely for gym.

Please also make sure your gymnast is suitably dressed for gymnastics.

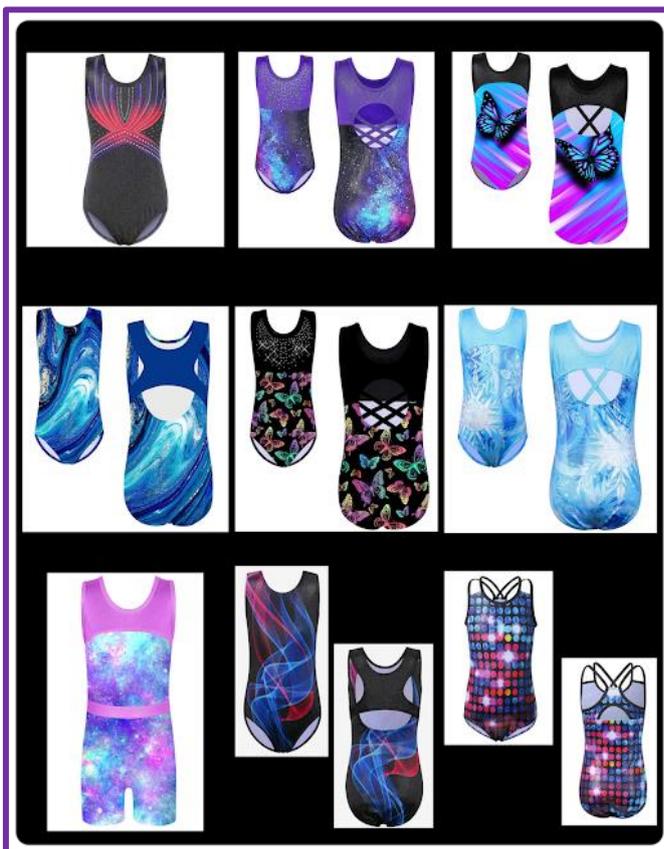
The best clothing is a leotard +/- bike shorts over the top for girls, or a fitted top and loose shorts for boys.

Gym involves being upside down a lot. Loose T-shirts tend to fall down over the body, so please ensure girls wear a leotard or crop top underneath if they are wearing a T-shirt.

Skirts or dresses can get caught on apparatus and are therefore not allowed in the gym.

Please also remind your child of the importance of listening to their coaches and following their instructions. We know gym is a lot of fun! AND, at the same time, there is a lot of learning to be done. Please encourage your child to be respectful towards their coach and their classmates, in the same way they do at school. This ensures that everyone can make the most of their time in the gym.

LEOTARDS



Leotards are the ideal clothing to wear for gymnastics – cool and comfortable, with a full range of motion for the gymnast. They make it easier for coaches to see the gymnast’s lines and to spot them through skills. Many gymnasts also like to wear close fitted, stretchy, bike shorts over the top for training, or a “unitard” style with shorts built in to the style may be a good option.

But we know it is hard to find gymnastics leotards in Auckland! There are very few shops, and buying online can be hit-and-miss.

So the Whānau of ESGC are trialling a new initiative.

We have a small selection of beautiful new leotards now available for purchase. They’re from a brand tried and trusted by our club families. They’re well cut (to avoid “wedgies”), good quality, and last

well through lots of training. Machine washable on a delicate cycle, although some of the “sparkle” in the fabric will fade over time and designs with rhinestones/ gems will inevitably lose a few over time.

We want to make these really accessible for our gym families, so we've priced the leotards at \$30-\$35. This represents fantastic value compared to most NZ retailers, who to charge between \$60-\$150.

All our leotards are listed in the Whānau facebook group (qr code to the right) and can be purchased there. Contact Andrea via the page if you'd like to arrange a time to try things on.



We also have a few gymnastics bags, as well as handmade Rainbow Scrunchies. We're open to expanding our range – Do get in touch and let us know what you'd like!

All proceeds will go directly to the club for the Dance studio renovation project.

We'll have everything available at a "Pop-up shop" during our scheduled weekend Whānau gatherings.

BOARD HIGHLIGHTS

To existing or old members; welcome back! To new members; welcome to ESGC! We are thrilled you all have chosen to be part of our club.

The Board is excited to announce, that we have appointed 5 new Board members to ESGC after advertising for independent board members in late 2023. The ESGC Board now consists of the following:

- Niki Johnstone (President)
- Rachael Joel (Secretary)
- Marcelino Apolles (Treasurer)
- Katelyn Orton (Redevelopment Sub-Committee Chair)
- Gary Wong
- Catrin Devonald (independent)
- Wei-Jin Wee (independent)
- Nathiel Warmington (independent)
- Aaron Ashby
- Kimberly Waters

Thanks to all those that applied for a Board position. We were very pleased with the number and quality of applicants.

We have a large work stream for 2024-25. This includes continuing the fundraising for the last portion of funds required for the new development at Liston Park, progressing the preparations for the new build, supporting the ESGC operations team to be the best they can and deliver excellent services for our members, ensuring the Wellbeing of our members, rebuilding our WAG program, and preparing for the introduction of new programs. To help us deliver some of this work, we will be setting up sub-committees to focus on some of these areas. More detail on the sub committees will be released shortly.

Katelyn has been working hard on developing the new facility. We are in the process of collating the required reports to submit for resource consent. We are about to engage in a more detailed community engagement process with the council and more information on this will be released shortly.

The Board's role is to set up policies and strategic direction for the operations team to deliver on. We also appreciate feedback from our members to understand what they are wanting and feeling.

All members are welcome to communicate with the Board via email at either board@esgc.co.nz, president@esgc.co.nz, or via the operations team using the feedback form ([Feedback and Complaints - Eastern Suburbs Gym Club \(esgc.co.nz\)](#)). We'd love to hear from you.

We trust you enjoy your experience at the club, and join us in creating a fun and inspiring environment that develops confidence and passion for a lifelong love of sport, within our community.

ESGC Board

CIRCUS SHOW 2024

Yes, by popular demand Kathy and her circus team are doing it again!

And this time, they're getting up to **Mischief!** The show is planned for June. More details to come.

Anyone interested in being part of the Show team (helping with costumes, props or logistics) please contact Andrea andrea.c.penman@gmail.com

PLAYGYM

Playgym is our fantastic movement programme for children ages 2-5 and their parents. Many of our current gymnasts started in Playgym. Based on developmental science, Playgym has huge benefits for preschoolers' strength, coordination, balance, social development and bonding with caregivers. But best of all it's FUN.

We have spaces available in Playgym classes on Tuesdays, Wednesdays, Friday, Saturday and Sunday. Tell your friends with pre-schoolers, and encourage them to fill out our online form on our website <https://www.esgc.co.nz/about-trial-classes/> to arrange a free trial lesson.



OPEN PLAY SESSIONS

Did you know the gym runs Open Play sessions? Tuesday, Wednesday, and Friday, 10:30-11:30am.

\$5 drop in.

A great chance for families with pre-schoolers or homeschoolers to play together in the gym.

BIRTHDAY PARTIES

Parties can be themed: Gymnastics, Parkour, or Circus. You'll have two coaches to facilitate games, and use of all the gym equipment for two hours. The dance studio upstairs or waiting areas are available to set up for party food.

Parties are available on selected Sunday afternoons; contact the office for information and bookings.

That's it for now. Have a Wonderful Term!

I look forward to watching all our athletes – from the youngest to the most senior - growing in strength and in spirit, learning new skills and achieving their goals, making great friendships, and most of all having fun at the gym.

And I'll hope to meet many of you – families and supporters - around the gym at lessons and events

Andrea Penman

(Whānau of ESGC Coordinator and Newsletter writer until someone else volunteers)



Happy memories of Playgym with my own little gymnast!

📍 89 Apirana Avenue, Glen Innes

☎ (09) 528 0941

✉ admin@esgc.co.nz