



ESGC News Term 2 2024

Welcome back to Term 2. It's shaping up to be a busy and exciting term, with a full calendar! Our Competitive teams will be busy representing the club on the competition circuit, and on 23rd June we celebrate the first Rainbow Gymfest for our revamped Rainbow Programme. We have two Whānau meetings, and we'll wrap up the term with our much anticipated Circus Show.

IMPORTANT DATES

Monday 29 April	Term 2 starts
Sunday 5 May	STEPS Mock Competition
Sunday 12 May	Levels Mock Competition 2:00-4:00pm
Sunday 19 May	Whānau of ESGC 2:00-4:00pm
Monday 3 June	King's Birthday (Club closed, no classes)
Sunday 9 June	Whānau of ESGC 2:30-4:30pm
Sunday 23 June	Rainbow Gymfest (Time TBC)
Friday 28 June	Matariki (No classes, come to the Circus show instead!)
Fri 28 & Sat 29 June	Circus Show
Sunday 7 July	End of Term 2, last day of classes.

Office Hours Term 2: Office Staff Awhina and Jacinda

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

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

Follow us on Social Media



Eastern Suburbs Gymnastics Club
(Public Page)

&

Whānau of ESGC group
(Private to ESGC families)



Instagram

@easternsuburbsgymnasticsclub

&

@whanauESGC

WAYS TO GET INVOLVED THIS TERM

- Come along to cheer and support your gymnast and their friends at the **Rainbow Gymfest**, **STEPS** or **Levels Competitions** or the **Circus Show**.
- Come along to a **Whānau of ESGC Meeting** on 19 May and/or 9 June.
- **Donate a cake or some baking** to our **Rainbow Gymfest Bake Sale** on 23rd June. Either bring it on the day or drop off to the gym on the Friday or Saturday prior.
- **Volunteer to help** run the Rainbow day Bake Sale and BBQ for an hour or two – sign up sheet at the gym or email whanau@esgc.co.nz to claim a timeslot. Kids can help with you – it's a great way for them to feel they're contributing to their club.
- **Help with the Circus show.** Email whanau@esgc.co.nz to join the show team: helping prepare props, costumes, and logistics. Or watch for a sign up sheet at the gym closer to the time to help with ushering etc on the day.
- Apply to be our new **Board President!** (See President Niki Johnstone's Note below)



RAINBOW GYM FEST

As we mentioned in the last newsletter, the Rainbow general gymnastics programme has been revamped and now aligns with Gymnastics New Zealand "Gym for All" levels. This ensures that there is consistency across the programme, and clear expectations for all our gymnasts.

Each level does include more skills than previously, so it may take longer to progress through the colours than it has in the past.



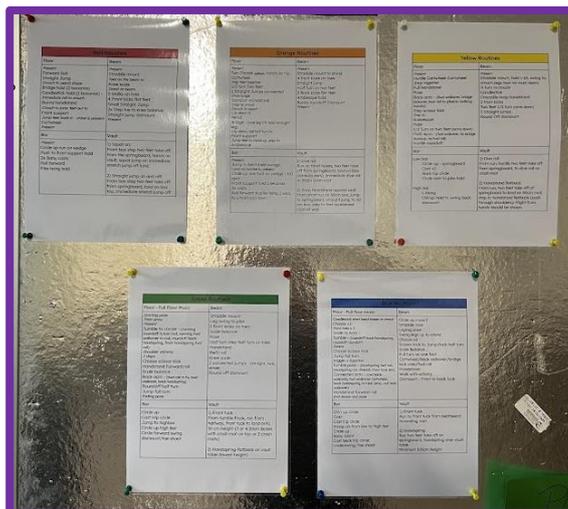
Rainbow Gymfest Term 4 2023

This Term we have our Rainbow Gymfest (23rd June), where children have the opportunity to showcase what they've been working on.

This gives them something to work towards, develops focus, memory, gymnastics skills and gives them a great sense of achievement. Each level has a routine for Beam, Bars, Floor and Vault. The coaches will be working with the children on these routines during their classes, but they need your support at home to practice as well. Work on remembering the sequence of movements and maintaining nice clean lines (no need for equipment - cushions, an old mattress, a line of chalk, the jungle gym at the local playground... will all do).

The routines are posted on the noticeboard at the gym (take a photo!) and QR codes will be added soon with videos of each of the routines. They will be emailed out to parents, and available via your parent portal (friendly manager).

Actual assessments will take place during class time, and coaches will let you know via email if your child is ready to move to the next level or not, without a formal examination in a high pressure environment. The rainbow festival is therefore for everyone to attend, and has the aim of allowing the children to demonstrate and perform in a supportive environment.



If you have any questions about the programme or your child's progress please email Kathy, our Recreational Gymnastics programme leader, at Kathy.h@esgc.co.nz, to arrange a time to speak with her.

Jess Brosnahan, Whānau of ESGC coordinator and Rainbow Parent

COMPETITIVE TEAMS



Term 2 is a busy one for our competitive teams! ESGC runs two competitive programmes: the Women's Artistic Gymnastics STEPS programme (which leads on to National and International level competition), and the Gymnastics New Zealand Gym for All Levels programme.

Our competitive gymnasts (and their coaches) show tremendous discipline and passion. They train for hours, several times every week in their pursuit of new skills and excellence in all they do. They are great role models and inspiration for the other children at the club.

Last year was the first time in ESGC history that we had a team of Boys competing in Levels. This is a fantastic milestone. We are very proud of the boys competing this year and their brilliant coach Maxine.

All ESGC families are very welcome to come along and support our teams at competitions. Keep an eye on the noticeboard in the gym for timetables, and let Andrea know (whanau@esgc.co.nz) if you're thinking of coming along so we can link you up with the team on the day.

STEPS 1-4

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|----------------------|--------------|------------------|
| • Mock Competition | 5 May | ESGC |
| • Tristar Elementary | 11-12 May | Tristar |
| • KB Memorial | 1-2 June | Counties Manukau |
| • Argos Elementary | 22-23rd June | Argos (Tauranga) |
| • NHG | 13-14 July | North Harbour |

Levels

- Mock Competition 12 May 2-4pm ESGC
- Howick Competition 22-23 June Howick Howick Gymnastics Club
- More in Term 3.



Fun at the STEPS Mock Competition on May 5. These girls work hard, but they know how to play hard too!

WHĀNAU OF ESGC: COME AND JOIN US!

Thanks to everyone who came to Whānau of ESGC events in Term 1.

Our meetings are whole family affairs. There’s no need to register or sign up, and all ESGC families are welcome.

Our current projects include

- Writing the Termly newsletter
- Whānau of ESGC leotard shop
- Helping with the club’s Social media
- Updating Noticeboards in the gym
- Updating the ESGC website
- General support as needed for gym families, operational staff, and Board

If any of those sound like you, or if you have other fabulous ideas, please do get in touch!

Contact Andrea and Jess (Whānau of ESGC Coordinators) whanau@esgc.co.nz



Sending off a letter requesting sponsorship for our Dance Studio renovation project

Our meetings this term are:

Sunday 19 May 2-4pm: Working bee

Sunday 9 June 2:30-4:30pm: Circus Show preparation

Parent Meeting, Gym play for kids, and Pop-up Leotard shop at all meetings.

LEOTARDS – WHĀNAU OF ESGC LEOTARD SHOP



Thanks to everyone who has supported our new Whānau of ESGC Leotard shop! It's fantastic to see the happy faces of little customers in their brand new leotards, and even better to see them having fun in their new gear at the gym!

Our leotards are great quality, comfortable, and the girls feel amazing in them. They're great value, at \$35-\$40 each. All profits will go towards club projects, currently tagged for the Dance Studio renovation.



Leotards are listed on the Whānau facebook group and can be purchased there, or contact Andrea at andrea.c.penman@gmail.com to arrange a time to try on. We'll have a Pop-up shop at our Whānau events this term, at the Rainbow Gymfest, and on selected other dates – keep an eye on the noticeboard.

CIRCUS SHOW 2024

It's going to be spectacular!

Tickets will be on sale via the ESGC website in early June.

Anyone interested in being part of the Show team (helping with costumes, props or logistics) please contact Andrea at whanau@esgc.co.nz



*From our 2023 Circus Show
"It's a Jungle Out There"*

ESGC STAFF DOING AMAZING THINGS

Esther represents NZ as a Gymnastics Judge Pacific Rim Championships in Colombia

"What an experience! Our trip started off with a couple of days in Houston where the girls were lucky enough to be given the opportunity to train at the World Champions Centre which is the home of the G.O.A.T Simone Biles! Once in Columbia I enjoyed meeting lots of Judges, Coaches and Athletes from different countries and it was great to see some incredible gymnastics at the competition. Well done to our NZ WAG athletes who came away with a 4th place team finish and a 2nd Place on Vault from Ava Fitzgerald.



*At the World Champions
Centre with the team*



*With Olympian and USA
Coach Chelsie Memmel.*



My judging name card.

It was possibly the first time ever that an inside gymnastics competition had to be postponed due to weather as the ceiling was leaking water all over the vault strip but all gymnasts and coaches showed great resilience and soldiered on. One highlight of the trip was learning a little bit of Salsa Dancing which was a great taste of the Columbia culture.

Overall, it was a great experience that I'm grateful this wonderful sport has given me. Huge thank you to all those who donated to my fundraising efforts to help me get there."

Esther Maihi, Centre Manager

Congratulations on this prestigious selection Esther, we are so proud of you representing New Zealand on the World Stage! ESGC is behind you as you pursue your dream of judging at the Olympics!

The Somnambulist

Congratulations to Kathy, our Recreational Programme Lead, for the success of her show, "The Somnambulist" at Artworks theatre on Waiheke Island in April. One reviewer described the show as "A visual/audio feast of dance and acrobatics from the creative genius of Kathy Hollo".

Several of our ESGC circus coaches starred in the show. These exceptionally talented girls have all learned their gymnastics, circus, and acrobatic skills right here at ESGC with Kathy, and are now performing professionally!

Congratulations Kathy on this wonderful achievement!



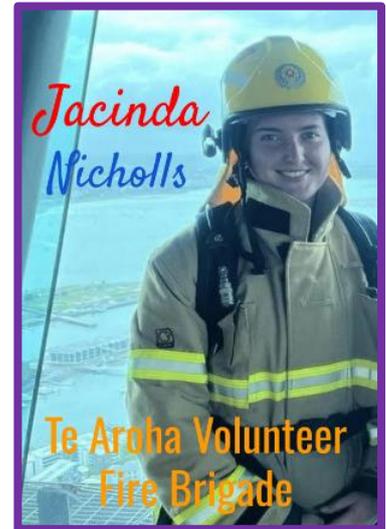
Good luck Jacinda!

As many of you will know, our wonderful Coach and Office assistant Jacinda is also a Firefighter!

On 18th May Jacinda is taking part in the Firefighter Sky Tower Challenge to raise funds and awareness for Leukaemia & Blood Cancer New Zealand (LBC).



Jacinda says: "I'm racing up the Sky Tower in full firefighting kit to raise vital funds and awareness for LBC. Every day 8 children and adults in New Zealand are diagnosed with a blood cancer like leukaemia, lymphoma and myeloma. LBC is the national charity dedicated to supporting patients and their families, this support can last months or even years. LBC receives very little government funding, so please donate and help me support this great cause. It's simple, fast and totally secure and LBC will email you a tax-deductible receipt. Thank you for your amazing support!"



To donate via Jacinda's secure page, scan the QR code or go to:

<https://firefighterschallenge.org.nz/jacinda-nicholls>

Thank you, Jacinda, for being a great role model of community spirit for our children!

HOODIES

Just in time for the cooler months! We are selling some awesome ESGC hoodies to fundraise for new Equipment for the gym.

You can also get your hoodies customised with a nickname on the back for an additional \$10. Pre-order available now to be ready beginning of June.

Cost:

Child's sizing \$70

Adult sizing \$75

Customised name \$10

You can pre-order through our website

<https://www.esgc.co.nz/merchandise/>



MEMBER SURVEY 2024

We'll be conducting a member survey this term to collect feedback and ideas from the entire ESGC community.

Please keep an eye on your inbox and take the time to respond.

ESGC is growing and changing. We need our members' voices to make the club the best it can be.



FROM THE BOARD

Welcome all members, new and old.

The Board has met several times over the first term and it's fantastic to see the contribution made by the new members to the Board. Being on the ESGC Board is voluntary and we are very grateful that we have such high calibre people prepared to volunteer their time to help the club with its governance and strategy to ensure we will be a fit for purpose entity to move into our planned new facility.

Thanks to all those that submitted to the Auckland Council re their proposal to lease our club the land at Liston Park. The amount of positive responses to this proposal will certainly help our course, and every single submission helps.

The Board has recently expanded the Redevelopment Subcommittee to help with stakeholder engagement and funding, and boosted the Strategy subcommittee to give the club clarity of purpose over the next 3 to 5 years. The Redevelopment Subcommittee has been very busy as we reach a critical stage of our Liston Park development.

The Board has also recently reviewed several of our key policies to ensure they are still fit for purpose.

The Board is also on the hunt for an energetic and visionary leader to lead our new Board during our next phase of growth. If you are interested, or know someone that is, please refer to the position here: [Appoint | Eastern Suburbs Gymnastics Club \(appointbetterboards.co.nz\)](https://appointbetterboards.co.nz). We'll be electing a new President no later than the next AGM.

As we head into the cooler months it must be getting close to competition season for our comp girls and boys. We wish all the comp members the best for their competitions over the coming months and trust you all have fun together and enjoy the experience. For those involved in Kathy's fabulous show, no doubt you will be fine tuning your skills and we look forward to you dazzling us in a few months' time. To all our members, we trust you have a fun and positive experience at the club that helps you continue your love of sport/activity.

Feel free to contact the Board directly, if you have a question or a comment, at board@esgc.co.nz.

Thanks!

Niki Johnstone on behalf of the ESGC Board

NEW FACILITY UPDATE

We're thrilled to share the latest updates on our Liston Park Redevelopment Project, aimed at creating a brand-new facility for our Eastern Suburbs Gymnastics Club community.

Firstly, a big thank you to everyone who supported us by submitting a letter or signing the group one at ESGC. Your backing has been invaluable in our journey to secure a lease from Auckland Council for the land at Liston Park.



We've been in close discussions with the Ōrākei Local Board about the public consultation process for our proposed lease and facility. The initial feedback and submissions have been overwhelmingly positive, which is fantastic news!

Our next steps involve finalising the lease documentation while simultaneously completing the design for submission of our Resource Consent application. We should have plans to share very shortly, so keep an eye out at the Gym.

We're incredibly fortunate to have Katelyn Orton, one of our board members, leading this project. With her background in town planning, property development, and her genuine passion for gymnastics, we're in great hands.

Stay tuned for more exciting updates as we continue to make progress on this monumental project.

Kimberley Waters, ESGC Board

That's all for now!

A final thought from my holidays: when you take the child out of the gym...



but you'll never take the gym out of the child.

We look forward to a great term with you all. See you at the club!

Andrea Penman
Whānau of ESGC Coordinator & Interim Newsletter writer
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