



ESGC News Term 4 2023

Welcome back to Term 4! We hope you've had a refreshing holiday and are ready for 10 weeks of fun, fitness, and friendship at the gym.

IMPORTANT DATES

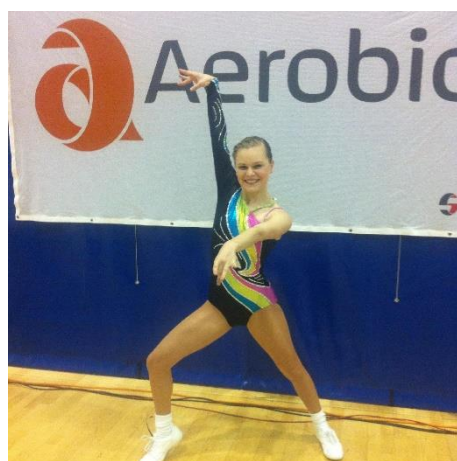
Saturday 21 Oct	Whānau of ESGC 3:30-5pm (This Saturday)
Monday 23 Oct	Labour Day – no classes
Saturday 4 Nov	Whānau of ESGC 3:30-5pm
Sunday 12 Nov	Competitive STEPS Display and Prizegiving 2-4pm
Saturday 18 Nov	Whānau of ESGC 3:30-5pm
Sunday 19 Nov	Levels, Circus, Parkour, and Boys end of year Display and Prizegiving
Saturday 2 Dec	Whānau of ESGC 3:30-5pm
Sunday 3 Dec	Rainbow Gymfest
Saturday 9 Dec	Whānau of ESGC 3:30-5pm
Saturday 17 Dec	End of Term

WELCOME TO OUR NEW OFFICE ASSISTANT, HANNAH!

If you've emailed, phoned, or come into the office in the last few weeks, you may have already met Hannah, our new Office Assistant.

Hannah started her Gymnastics journey on her tenth birthday, right here at ESGC! In those days the club offered Aerobics as a discipline, and this was where Hannah shone. She reached junior international level in Aerobics, representing New Zealand in Australia.

Hannah has had an accomplished and varied career in coaching, and we're incredibly lucky to have her bringing her experience at different clubs to ESGC. She was the Aerobics Head coach for Christchurch School of Gymnastics and Mentor coach for South Canterbury Gymsports, and was the Auckland, South Canterbury and Canterbury provincial coach for the NZ nationals 2015-2019.



Hannah returned to ESGC part-time in 2017, coaching Playgym and the Rainbow Programme. She has been coaching Levels since 2021.

In Term 3 this year Hannah re-started the ESGC in-schools gymnastics programme, which had been in recess for some years due to lack of a coach. This role sees Hannah on the road two days each week, driving the ESGC van full of equipment out to eight different local schools and coaching children from Years 0-4. The children have the opportunity to participate in a programme similar to our Red Rainbow classes, learning skills on floor, vault, beam, and bar.



Hannah loves working with young children, and until recently she was combining her work at the gym with full time work as an Early Childhood Education teacher. She has also worked as a disability support worker for both adults and children, and is skilled and passionate about working with people of all abilities.

We're delighted that Hannah has now decided to come and work for ESGC full time. To her existing coaching and school programme roles she is now adding the role of Office Assistant. So she'll be answering your phone calls, emails, questions, and generally doing what needs to be done!

Hannah's Office Hours Term 4

Tuesday	2:30-5:00pm
Wednesday	2:30-5:00pm
Friday	2:30-5:00pm.

You can reach Hannah by email at hannah.m@esgc.co.nz. Or you can catch her for a face to face chat in the office during her office hours.

RAINBOW GYM FEST SUNDAY 3RD DECEMBER

This term our Rainbow gymnasts will be working on their skills and routines in their current levels in preparation for the upcoming Rainbow Gymfest on the 3rd of December.

Gymfest is a fun day for our gymnasts to showcase what they have been working hard on and provide an opportunity to move up a level for those who are ready. All gymnasts who attend receive ribbons, a certificate and an ESGC T-shirt in their colour level. We also have awesome spot prizes to give away on the day too!

A bit of background on our Rainbow Gymfest:

ESGC is proud to offer the unique RAINBOW programme which is based on the progression of fundamental gymnastics skills and its prerequisites of strength and flexibility. There are 8 levels of difficulty, each named after rainbow colours, each with approximately 15 skills per level. From Blue level, there are two stages per Rainbow Colour. Due to the increase in difficulty at these levels the skills often take longer to master, breaking the level up into two stages allows gymnasts to continue to progress and develop their gymnastics at an achievable pace.

Over the next few weeks, more info on the Rainbow Gymfest will be emailed out to you together with an email and handout of your child's routines so keep an eye out!

WHĀNAU OF ESGC: COME AND JOIN US!

Whānau of ESGC is a new initiative, aiming to bring the families of the club together to work alongside the Staff and the Board, to make our gymnastics club the best it can be.

We plan to work similarly to a PTA, with a view to supporting the club with

- Communications (eg newsletters!!)
- Capturing member feedback, helping facilitate improvements
- Social media
- Website updates
- Working Bees for Property maintenance
- Property improvements & renovations
- Grant applications for new equipment

This term we've planned 5 weekend get-togethers: a mix of business meetings, working bees, gardening bees, and socials – details will be confirmed before each date.

Our first meeting is this coming weekend: Saturday 18th October. We know some families will be out of town for Labour weekend, but come along if you can!

We want these to be whole family affairs: come along and get to know other families from the club.



Children are welcome to come and help, or to just enjoy some time in the gym.

So far we've....

- Organised a Working Bee in Term 3
- Written a newsletter (!)
- Re-started the grant application process – many thanks to parent Shaun Galway for his work on this!
- Sewn new covers for soft foam crash mats (2 out of 6 and working on it...)

Our big goal is to renovate the Dance Studio upstairs at the gym. We'll spend this term planning and seeking sponsorship, and then do the work over the summer so that the room is ready for Term 1 next year.

We're also making plans to tidy and landscape the grounds around the gym this term.

We've started a new Facebook Group for the Whānau of ESGC so we can stay in touch: <https://bit.ly/46mTB7X>

This is a private group for our ESGC families only. Please enter "BELONGING" as your Membership code.

Questions? Ideas? Got talent or time to contribute? Know a company who would love to sponsor something for the club? Want to be our newsletter coordinator?

We'd love to hear from you! Contact Andrea Penman (Whānau of ESGC coordinator and makeshift-newsletter-writer!), andrea.c.penman@gmail.com



COMPETITIVE TRIALS

Thanks to all those gymnasts and families who joined us for our competitive trials on 12 October. We hope the children all enjoyed the day.

We were so impressed with their focus, courage, determination, and support for each another.

Whether your child is invited to join the competitive STEPs or Levels classes, or recommended to progress through the Rainbow programme we hope they'll continue to love gymnastics and we look forward to supporting them in their journey.

Our next Competitive trials will be held in Term 1 2024, date TBC.

DISPLAY & PRIZEGIVING: LEVELS, BOYS, CIRCUS, PARKOUR: SUNDAY 19TH NOVEMBER

This is a celebration!

Not the usual kind of prizegiving. (Kathy is running it, after all...)

We want to share some joy, cheer, and fondly farewell 2023 – it was a good year!

There will be a couple of extra Sunday practices for the routines, dates TBC.

So: DISPLAY & PRIZEGIVING
Sunday 19th November
3pm – whenever (this is a party people)
Please bring a plate to share (savory)
(I'll do the sweets)
Let's have some fun!
Any questions to Kathy: Kathy.h@esgc.co.nz

CIRCUS SHOW: IT'S A JUNGLE OUT THERE.



A massive shout out to all the circus coaches: Betsy, Leanne, Megan, Kaatia, Acacia, Bee, Eva and Ava.

Thanks to SueLynn Norrie and the whole team of parent volunteers, who transformed the gym into a jungle, ran the ticket sales, BBQ, bakesale, raffle, facepainting, and then put everything back in time for Monday classes!

Congratulations to all the Circus girls on their spectacular show, It's a Jungle Out There. This was an absolute highlight in the gym calendar.

50 of our circus students performed, to the delight of full audiences at both shows.



This truly was a magnificent community achievement.

Thanks also to the sponsors of our raffle prizes: Foursquare St Heliers, Chemist Warehouse Glen Innes, and Pak'n'Save Glen Innes.



And of course our hugest thanks to the incomparable Kathy. Your creativity, energy, and most of all your passion for the kids just never ceases to astound us. We know that our children will remember being part of this magical show for the rest of their lives.

Kathy you are truly one of a kind and we are so very lucky to have you!



TERM 3 WORKING BEE: THANK YOU!!



Huge thanks to all the families who came to help at our Term 3 working bee, a pilot project for the Whānau of ESGC.

We cleared 2 skips worth of old equipment, rubbish, and general clutter out of the gym and grounds.

The storeroom is now much more accessible. We also cleaned the windows, walls, and couches in the waiting room, and cleaned the platforms on either side of the stairs.



We made the decision to remove the outdated Fundraising Thermometer from the front of the building – now we need another Working Bee to remove the glue and repaint the wall!

Many of our gymnasts came along with their parents to help, and made a wonderful contribution, in between having fun with each other in the gym. It was lovely to see the different ages and disciplines mixing, learning from each other, and sharing their love of gym together.

STEPS COMPETITIVE SEASON WRAP UP

Our competitive STEPS gymnasts had an incredibly successful competition season and represented the club with pride.



We had Junior International Gymnast, Freya Reid, attend the Junior World Championships in Turkey with coach Esther in April.

Our Junior STEPs had a great competition season across all STEPs with lots of highlights.

Our STEP 1s, in their first year of competing, came away with a clean sweep at their final competition – 1st, 2nd, 3rd and 4th all-around out of 54 gymnasts from around the upper North Island. A great testament to their exceptional coach Gemma!





We had 15 ESGC gymnasts from Step 5+ qualify to represent Auckland at the National Championships held in Tauranga in July and they achieved some great results over Nationals week.

Sincere thanks to all the STEPs coaches for their expertise, dedication, and care, and for being wonderful role models for our young gymnasts.

We also have Phoebe Poulter who has come on board as the club's Athlete Wellbeing Representative. Phoebe is a clinical and sports psychologist who comes from a competitive gymnastics background. Phoebe comes into the club once a week on Tuesdays to chat with the girls and provide support for them when it comes to the emotional and mental side of their gymnastics and their wider hauora/wellbeing.

LEVELS COMPETITIVE SEASON WRAP UP

It's been a wonderful year for all of our Levels Gymnasts with great results across the board. They are upskilling at a pleasing rate and the camaraderie is lovely to witness. In Term 4 the focus will be on upskilling and on the end of year display.

A particular highlight was travelling as a team to Tauranga for the GFA in the Bay competition at Argos gym.

It's been a pleasure for all the Levels coaches working with our gymnasts and we're looking forward to next year.



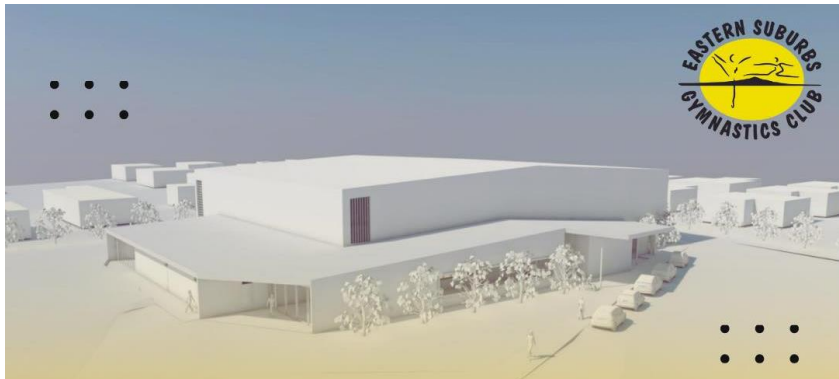
Thank you to Kathy's "Levels Lovelies": Coaches Hannah, Hannah, Leanne, Amy, and Evie.

BOARD HIGHLIGHTS

The ESGC board is made up of members who volunteer their time to provide governance and strategic leadership to the Club. They manage the club's risk and compliance, Human Resources, and lead long term strategic projects.

The AGM held in August was well attended and enabled robust discussions of some of the complex situations the Board has navigated over the last 12 months.

The Redevelopment Subcommittee of the Board presented the progress to date on the new facility at Liston Park. The next critical step is to engage the necessary expert consultants to prepare and lodge Resource Consent Application before the Lotteries grant deadline in



March 2024, and to prepare a detailed cost plan for the project. After thorough discussion of a range of options, the AGM attendees approved the allocation of \$250,000 to this stage.

We thank the club members who continue to serve on our Board: President Niki Johnstone, Secretary Yulia Bogatova, Treasurer Marcelino Apolles, and members Rachael Joel, Katelyn Orton, and Hayley De Jagar.

The Board may be contacted at committee@esgc.co.nz.

NEW WAG SENIOR TECHNICAL LEAD COACH

We are excited to announce ESGC has appointed a WAG Senior Technical Lead coach. Alexandra Koudinova will be joining us in December, bringing with her 42 years of coaching experience. Alexandra is one of NZ's top WAG coaches and has trained gymnasts to compete in the Olympic Games, World Championships, Commonwealth Games and Pac Rim Championships.

Alexandra aligns with our ESGC values and is looking forward to joining our ESGC coaching team. She emphasises the importance of developing coaches through mentoring and workshops and is a strong believer in quality over quantity. Alexandra will build on ESGC's progression pathways to help our gymnasts to reach their personal goals in the sport.

PARKOUR

Our two Saturday Parkour classes are thriving, and with the end of winter sports it is lovely to see some familiar faces returning. Welcome to all the boys and girls starting this term for the first time, and Congratulations to all those making the move to the Advanced class.

These classes look insanely fun. But make no mistake, these athletes are learning some serious skills: Strength, Conditioning, Balance, and Cardiovascular fitness. Not to mention Courage, Discipline,

Judgement and Creative Artistry! We look forward to seeing their moves at the Parkour Display in November.



HOLIDAY PROGRAMME



Our Holiday Programme keeps going from strength to strength with very happy parents and exhausted children (and coaches!).

We run a programme combining gymnastics, games, circus skills, art, outside activities. We believe in being active throughout the day. No movies here!

The programme will run during January. Dates will be up on the ESGC website when confirmed. Book early – spaces fill up quickly!

BIRTHDAY PARTIES

Birthday parties at the gym continue to be popular.

With options for general gymnastics, circus, or parkour themed parties, it's guaranteed fun for young gym lovers and their friends. The club provides coaches, games, and entertainment, all you have to do is bring the food.

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

That's it for now. Have a Wonderful Term 4!

Eastern Suburbs Gymnastic Club

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✉ admin@esgc.co.nz