

KINDERGYM KORNER

This term our Kindergym groups have been enjoying a Nursery Rhyme Theme.

Each week a Nursery Rhyme has been brought to life on the equipment for the children to move along with and enjoy.

This year the Kindergym celebrated our 10th Birthday. At the end of Term 3 we had a Fun Day with the Air Gym, Parachute and balloons.

Our local Kindergym Community supported this event by providing amazing vouchers for our give away bags.

Many thanks to Vella Pasta-West Lakes, Mikei Massage-0428 835 521, www.rowofducks.com.au; Kirsty Amato-Phoenix Trading, www.facebook.com/fommumwithlove., www.cooksinyourkitchen.com.au, Visit these sites for your Christmas Shopping.

I would like to personally extend the thanks from all the Kindergym membership to our small group of dedicated volunteers who assist in setting up the Kindergym, every Mon, Tues and Wed night before sessions. Without your help the Kindergym would not exist.

Thank you also to the parents and families for your ongoing support that helps to make our Kindergym a wonderful place to learn.

Wishing you all safe and happy holidays.

Raelene Osborn, Coordinator



Henley and Grange Youth Clubs Inc.

Newsletter

December 2010

GREETINGS to all our gymnasts and their families.

Gymnastics is a sport for all. It promotes fitness, strength and endurance.

Congratulations to all the gymnasts for their efforts this year. All groups have worked hard and progressed well.

We hope the families enjoy the Presentation Days where the gymnasts will get a chance to show you some of the skills they have been working towards.

On behalf of all of us at Gym West we wish you and your families a safe and happy holiday break.

We look forward to seeing you again next year.



GENERAL GYM AND ADVANCED GENERAL GYM

It is with a little sadness that Gym West will say farewell to Jacque Smith our Head Coach of General and Advanced General Gymnastics.

Jacque has been with Gym West for ten years as a gymnast and recently represented Gym West at Level 10 State Stream.

In 2006 Jacque received a Junior Sportsperson Award for her contributions to gymnastics as a coach and volunteer.

Jacque has coached for many years both as a junior coach when she was at school and for the past three years as Head Coach.

As a mentor Jacque has encouraged junior coaches and provided support for them to complete their training.

Jacque has been an inspiration to gymnasts, providing quality programs for them to develop their skills and motivation to do their very best.

Jacque will be fondly missed as she leaves to further her options in career and studies.

From all at Gym West we wish Jacque all the very best.



DATES TO REMEMBER

Term 4 finishes week ending Saturday December 11th

December 11th: Presentation Day, Girls and Boys Competition Squads.

Displays start at 2.30pm—4.30pm

Marion Fitness and Leisure Centre, Corner of Oaklands Rd and Rosedale Avenue, Oaklands Park, 5046

Term 1 commences on Monday January 31st 2011



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Please note there is no office cover in the holidays.



We proudly acknowledge our sponsors.



GENERAL GYMNASTICS

It's been great to see all the *General Gym* classes working so hard throughout the year. We hope you have enjoyed yourself at gymnastics and will be returning in 2011 to learn even more!

Week 9 is the final week of *General Gym* this year. Family and friends are welcome to attend your child's session during this week for a special Presentation Day.

We hope to see you there.

ADVANCED GENERAL GYM

The main focus for Term 4 has been on displays for Presentation Day. All classes have been working hard on various skills and routines they will be performing for their family and friends in week 9. The coaches appreciate all the effort the gymnasts put in each week and we hope to see you all back in the New Year!

Time to say goodbye...

In 2011 I will be stepping down as Head Coach of *General Gym* and *Advanced General Gym*. As a gymnast/coach at *Gym West* for as long as I can remember, it's been a very tough decision to make but something I need to do to pursue my chosen career.

I love teaching gymnastics and have enjoyed coaching these groups so much over the years. I wish all gymnasts the best of luck and hope to see some of the girls up in the competition squad in the not so distant future!



Jacque Smith, Head Coach General Gymnastics

(Jacque will remain as a coach in the WG Competition squad.)

MENS GYMNASTICS

Invitational Championships

Congratulations to all the boys who competed at the Invitational Championships in November. Thank you in particular to Mike, Pasquale and Colin for all the time and effort they put into preparing the boys for this competition. Well done to all the boys and to the following place getters;

Ryan Black: 2nd Vault

Dusan Vjestica: Upgraded to Level 2

Dylan Robinson: 1st Floor

Jordan Green: 1st Parallel Bars, 1st Rings, 2nd Pommels and 2nd Overall.

Caleb Daris: 2nd Parallel Bars

Carter Hedges: 1st Floor



Jay Mitchell, Head Coach Men's Gymnastics

WOMENS GYMNASTICS AND ADVANCED

Chris Dahmen, Head Coach Women's Gymnastics

Earlier this term the girls comp squad made a trip to the country for the Port Pirie Invitational Championships. It was a nice way to finish off the competition season for 2010 and a great chance for the girls, their families and coaches to spend some time together outside the gym.

Gym West was represented in Port Pirie at the following levels.

Level 4

Chloe Forby

Courtney Strum

Tari Farantouris

Chelsea Innes

Caitlin Edmunds

Courtney Martens

Ella Sheffield

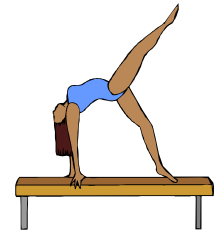
Sophie Lemaistre

Scarlett Silverback

Gemma Meredith

Katherine Long

Hannah Long



Level 8 State

Carla Mitroussidis

Lauren Langman

Emma Krieg

Emily Johns

Georgie Evangelistis

Lizzie Ferguson



Level 10 State:

Jacque Smith

The girls did a fantastic job, many of which coming back with numerous medals and trophies! Well done girls!