

**March 2008**

## Welcome

Gym West would like to give a warm welcome to all new members that have started gymnastics this term. It is great to see so many new faces in the gym and we hope you are enjoying your time at Gym West.

## Coaches Congress

Gymnastics SA held a coaching congress in February. All coaches at Gym West dedicated an entire weekend to this event where they learnt new coaching techniques from respected local, interstate and overseas coaches.

## WAG Update

Congratulations to Hannah Long and Nicole O'Rielley who have recently joined the girls competition squad.

We would also like to congratulate Leanne Dreyer who has started the process of obtaining her WAG coaching accreditation.



Good Luck to all girls competing in the Level 6–10 Interclub in April. This will be the first competition for the year and we hope their hard work will pay off.

## Reminder

Just a quick reminder that all term 1 fees are now due and membership forms need to be returned to the gym as soon as possible.



We proudly acknowledge  
our sponsors.



## MAG UPDATE

The hot weather has also affected the boys program. Make up sessions will be available but please check with Jay before turning up at a session. We have limited coaches available and will try to schedule specific catch up sessions.

On a brighter note Australia had some success at the recent MAG World Cup Championships. An exert from the Gymnastics Australia press release follows.



Australian gymnast **Prashanth Sellathurai** won the gold medal in Doha last week, confirming his position as one of the world's superior pommel horse competitors.

What made the victory even more impressive was the caliber of gymnasts that Sellathurai defeated. The field included four athletes who made the pommel horse final at the world titles last year.

2006 world champion **Phil Rizzo** (AIS) collected the bronze medal on the high bar with a score of 15.650.

Even though both Australian gymnasts are amongst the world's best, they will be forced to watch all of the Olympic action from their lounge rooms.

The Australian men failed to qualify the team or an individual for the Beijing Olympics, after finishing 19<sup>th</sup> at the world titles in Stuttgart last year. Only the reigning world champion is guaranteed a position in the apparatus final. Queenslander **Sam Simpson** will be Australia's sole men's artistic representative at the Games after being awarded a wildcard for the all-around competition.

You can read more of this article by visiting

<http://www.gymnastics.org.au/latestnews/latestnews.htm>

**Happy Birthday to all of our members  
having birthdays this  
month!**



## GENERAL GYMNASTICS

Its great to see all the general gymnastics classes working hard this year! Its been hard work with such hot weather in the past few weeks but everyone has done a great job. We hope you are all enjoying your sessions and are looking forward to learning some more skills through out the term.

I would also like to give a special mention to Mark Stefanoff. Mark is one of our former MAG gymnasts at Gym West and he has been helping out the coaches every Saturday morning with the general gymnastics. He has been an outstanding help and his time and efforts are much appreciated.

## GYM WEST HOT WEATHER POLICY

1. All Kindergym Sessions for the day will be cancelled if the temperature on the previous evenings forecast is 40 degrees or higher.
2. All morning sessions for General Gymnastics will be cancelled if the temperature on the previous evenings forecast is 40 degrees or higher.
3. All afternoon and evening sessions for General Gymnastics, Advanced Recreation and Pre Competition Gymnastics will be cancelled if the temperature on that day is 35 degrees or over.
4. Training sessions for Competition Squads will continue at the discretion of coaches.

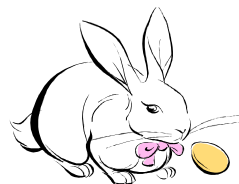
## SUITABLE CLOTHING

Parents, please ensure that your child is dressed suitably for gymnastics.

### **Dress Code:**

- Wear comfortable clothes that are easy to move in.
- No jewellery, watches or rings.
- No clothes with belts, buckles or studs.
- Long hair to be tied back.
- No hooded tops, dresses or skirts.
- Club t-shirts are encouraged.

**HAPPY EASTER EVERYONE !**  
**We hope you have a safe and**  
**happy holiday.**





## KINDERGYM KORNER



The "Sea Theme" has been enormously popular this term. The children really enjoy the sensory "Octopus' Garden" complete with seaweed. The parachute tossed sea creatures as well as provided waves to jump.



In our 3 and 4 groups the "Sea Creatures" have featured strongly as "body shapes" and ways to move. The children have collected sea creatures in beach buckets on the beam and practised their balances on mini surf boards.



Vacancies are available in some sessions. Please ring 8353 4770 for a free come and try.



Cheers, Raelene



## DATES TO REMEMBER

Easter long weekend March 21st– 24th

Friday April 5th: MAG L6 -10 Interclub Competition

Saturday April 6th: MAG L1 -5 Interclub Competition

Saturday April 12th: WAG L6 -10 Interclub (State Team Trial)

End of Term 1: Week ending Saturday April 12th

Sat April 19th: MAG L1–7, WAG L 1–10 Millicent Invitational

Term 2 commences: Monday 28th April

## CLUB CONTACT

Ph: 8353 4770

Address: PO BOX 599

Henley Beach, 5022

Email: [gymwest@internode.net.au](mailto:gymwest@internode.net.au)

ABN: 72 949 562 549