



Club Dynamite March News

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Hello everyone, we would like to wish a very warm welcome to all our new members in 2009, we hope you enjoy being part of the Club Dynamite family. Also, welcome back to all our returning families, we hope you had a fabulous holiday and we look forward to another great year.

We have already had a strong and busy start to the year. Club Dynamite's performance team, entertained huge crowds over the January holidays as they performed 6 shows in the Queen St Mall as a part of the QSM kids' holiday entertainment. Following this success, the team was invited by the Southbank Corporation to be a part of their Australia Day celebrations, and again their shows were an absolute hit, proving to be an incredible crowd pleaser. The kids worked very hard to modify routines to suit the different environments, including learning brand new routines in just one afternoon. They coped brilliantly with all the challenges presented to them and never stopped smiling. Excellent work to all, especially the coach Kristel Sues for her never-ending enthusiasm and support.

Block Dates

Please note that ALL classes will continue as normal during the School holidays, we will only close for the 4 day long weekend over Easter.

Block 1: 12/1/09-15/3/09

Block 2: 16/3/09-24/5/09

Easter closures: Fri 10/4/09 - Mon 13/4/09 inclusive, open school holidays.

With the commencement of a new block, invoices will be left in the flip boxes at reception for collection.

Do your best to make it to your regular classes over the school holidays as we have some exciting lessons planned. These school holidays will be our sports fun week. The theme of this week is encouraging everyone to have a go and that participation makes you a champion. Our gymstart classes will have fun filled activities with prizes for ALL participants.

Vacation Care will also be operating during the day time from 8.30am-4.30pm, check the notice board for the activity schedule.

BLOCK 1 AWARDS

GYMSTART	Sarah R, Abby D, Meg K, Holly N, Lucas G & Angela W
GYM TEENS	Georgia C & Cameron W
CHEER	Taylen D
MAG LEVELS	Thomas P
WAG LEVELS	Catherine C, Emma K, Rachael U, Indianna K & Bianca L
JNR WAG	Hannah T
MAG SQUAD	Ryan R
WAG SQUAD	Crystal O'S
TRAMPOLINE	Jemma B & Grace L

We would like to welcome our new coach Shane Lawrence to Cub Dynamite to work with our busy gymstart and WAG levels programs. Shane has a wealth of experience operating her own gym, Handstand City, which recently closed due to family commitments and a baby on the way, so we are glad she has agreed to work with us as long as possible with the pregnancy. There are also 2 junior coaches who are helping with some classes; Amy Burnett from our own program who has been a long term representative for Club Dynamite in both WAG and tumbling and Amana Rolland started with us, moved to elite training at Chandler and then onto diving representing Australia in Canada and awarded Australian Diver of the Year.

A warm welcome back to Amanda, who has returned to coaching this year after some medical dramas last year, its wonderful to have you back with the coaching team.

Dane has organised the senior boys to train one of their sessions at the high performance centre, giving them one night a week on the best gymnastics equipment in Queensland surrounded by our elite athletes. Thanks Dane.

Our WAG competition squads are all hard at work preparing for their up coming competition season and we are also working towards a training session at Chandler for them. There is a list of all the competition dates and venues on the notice board, anyone is welcome to come along and support our competitors.

The trampoline group will be busy with 4 Interclubs this year and 2 of the squad members have set their sights on National Championships. Train hard Kirsty and Nicole we will be cheering for you both.

Our WAG level girls have recently completed their Strength and Flexibility testing. Our aim for the girls is to use these test results as motivation in their training, to give them goals to work towards and make sure we tailor their training to suit their individual needs. When we test these skills again in Block 3 and 5, we are looking for the girls to get "one more" or "a little further" than the results they had in the current test. Already in training this week we have witnessed some extra determination in their strength training, which has been fantastic to see. With Block 2 just around the corner, we will be concentrating on core and development skills. The girls will then put these skills into routines ready for our Skill Progression Testing towards the end of the block. From this testing we are able to see which gymnasts are ready to be graded to move up to the next level on each apparatus or it will highlight the skills that need more development. Skill Progression testing is also done in Block 4.

From block 2, our gymstart classes will also begin their skill testing. A skill is tested in each class and each child is awarded a certificate at the end of the block. This also gives the coaches the best chance to closely monitor each child progress and determine where extra help is needed and when its time to move onto the next level. There is a full list of the skills required and our marking criteria on the notice board.

We will also endeavour to make sure all program overviews for the current block periods are on the notice boards, allowing you to track the progressions within each section of the Club.

Just a little reminder to dress your children in appropriate clothing, be aware gymnasts are upside down frequently and in wide straddle position often and in full view to anyone in the gym. NO dresses, well fitted shorts or bike pants with a top in lieu of the correct leotards are the safest and best.

Once again thank you for helping to make Club Dynamite a great place for all children to learn, achieve goals and of course have a lot of fun.