



Club Dynamite May 2009 News

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Hello everyone. I hope you are all thoroughly enjoying your classes, as right now is one of the most exciting parts of the gymnastics year. For our senior competitive students all the major competitions are happening and all our club classes are busy with skills testing, working towards gradings and preparation for competition.

In the Club WAG levels classes all gymnasts have now experienced assessment week, this is a fantastic opportunity for us to see the progress being made by each gymnast individually and in some instances leads to the gymnast progressing to the next class or level. Our gymnasts are asked to perform either skills or a routine on each apparatus where they are marked from "learning" through to "excellent". Over the next couple of weeks the gymnasts will be receiving certificates which show their progress. Heather will be judging routines from Monday 18th May for those of you that are ready to try and pass into the next level on a particular apparatus. Ribbons will be handed out if you are successful in passing an apparatus. Once all four apparatus of a particular level have been passed the gymnast has successfully passed that level. This achievement can be commemorated by purchasing their levels badge. We will notify you if this applies to your child. Well done to all who have been assessed so far and best of luck to those who are going to do their level test.

Our MAG Levels classes have also recently completed their strength test and the results were phenomenal they are now working towards their skill and routine development on each apparatus.

All Gymstart students will receive their assessment certificates this week. The gymstart assessment is based on the skills required to safely move into the next stage of development. These skills have been marked throughout the 10 week block. Gymnastics is very much a progressive sport, once the core developmental skill is achieved we can then teach the next stage, consequently correct mastery of the basics is essential to the safety of everything else we teach. If you would like a fuller explanation of the marking criteria and skills required, check the notice board and you can ask reception for a copy if you wish. We are very pleased to see that all our returning students from 2008 have made outstanding improvements from their last lot of testing and we have been impressed by the progress of our newer gymstarters as well.

Our Performance Team have also been working very hard and will be performing at the St Catherine's school fete (June 14th) and the Holland Park State school fete (July 19th). If you are around at these events we encourage you to come and see the displays as it's a great inspiration for our junior gymnasts.

OUR SQUADS ARE BUSY

Congratulations to all of our students who have recently competed in Various MAG, WAG and trampoline competitions. We have already had a very busy start to our competition season.

The boys have their regional championships on 24th May at Splitz Gym, the senior girls are 29th and 30th May at Morten Bay College and the trampolinists have their State levels on 6th and 7th June at Redcliffe PCYC.

MAG and WAG State Championships are being held at Sleeman Sports Centre 25th-29th June. All details are available from Queensland Gymnastics. It is certainly inspiring to watch a session.

We are so proud of all our competitors and the commitment and dedication they give to their own development in the sport. You have all worked hard and shown the ability to overcome obstacles to attain your own personal bests.

Here at Club Dynamite our mission is to allow all children to achieve their potential, no matter what that potential maybe. Our emphasis is not on winning or how many gold medals you can bring home. Our aim is much higher.

As our gymnasts move on in their lives they may never again do a back flip and will have long since forgotten what they scored in each competition. But the confidence, patience, goal setting, dedication, commitment, belief and the value of hard work that they have learned they can take with them for a life time.

No matter what place you get or don't get on the podium you are all champions. Not everyone can win the gold medal in sport, but your hard work will give you a gold medal in life.

Block Dates

Please note that ALL classes will continue as normal during the School holidays. Do your best to get along to your regular gymnastics classes over the school holidays because we have some exciting classes planned. The June/July holidays will be

our "Club Dynamite team challenge". This should be one of the highlights of our year with fun team challenges in all classes from kindergym to our senior levels.

Block 3: 25/5/09-2/8/09
Block 4: 3/8/09-11/10/09

Club Dynamite competition Day 2nd August details out soon
Display Evening 28th November a great show by all our members

With the commencement of a new block, invoices will be left in the flip boxes at reception for collection. Note if left for more than 2 weeks invoices will be posted with a \$2.00 admin charge added to the total.

Please set our club competition date aside in your diaries. This is a competition for all our gymnasts from gymstart, gymteens, WAG & MAG Levels, trampoline and competition squads. The emphasis is on participation and personal achievement rather than on placing. This will be a superb opportunity for our younger gymnasts to build their confidence and show off their hard earned skills to parents and family. Our competition squads will be demonstrating their routines throughout the day.

Vacation Care will also be operating during the school holidays Monday - Friday from 8.30am-4.30pm, check the notice board for the activity schedule. All day care just \$35 per child (over 5 years only), children do gym skills in the morning and craft activities or special events such as the biggest cubby competition the afternoon

LOTS OF FUN FOR ALL PARTICIPANTS

So book now to avoid disappointment!

BLOCK 2 AWARDS

GYMSTART	Penny H, Hope S, Lauren B, Rianna D, Georgia W and Noan K
GYM TEENS	Pippa B and Megan K
CHEER	Kassie Q
MAG LEVELS	Takoda N
WAG LEVELS	Tegan F, Riley C, Siobhan G, Sarah N, Samantha F.
JNR WAG	Maddison W
MAG SQUAD	Sam K
WAG SQUAD	Ellen C
TRAMPOLINE	Matthew D

CONGRATULATIONS TO ALL

Our coaching team is changing slightly, both Rebecca and Samantha have increased university commitments and have had to forgo coaching for the time being and Shane's pregnancy will also create change for our young gymnasts in the near future. At the present we are bringing in some of our junior coaches to fill the temporary void, and still sourcing new coaches without jeopardising the return of our own team. So please be supportive of the young team as they learn how fantastic it is to teach and develop children in the sport that you love!

Some housekeeping, our apologies for the toilet problems over the last few Fridays, the new cisterns and reduced flush caused the problem along with the copious amounts of toilet paper added to the bowl. We would appreciate if you could ask your children to only use the amount of paper they need, not half a roll please!

Just a reminder for the car park, children must be collected from inside the gym and they are not allowed to play past the yellow line on our side of the MDI roller door, your awareness of these rules will help us to enforce them with the children for their own safety.

Also as the weather is getting colder, we need tracksuits and slippers to leave the gym after training with increased body temperature from training, we need to rug the children up before they go out into the cold night air.

Parents and clients please always let us know if you have any areas of concern and areas of praise, I always say I cannot fix a problem if I am unaware and I cannot praise those that deserve it if I am not told all the good and all the bad! All comments only make the gym a better place for yours and everyone else's child! Comments can be left in the letter box on the front counter.

Thank you for your continued support of our Club and encouraging physical fitness with your children.