



Club Dynamite August 2009 News

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Hello everyone. Wow, what an exciting block! Our club comp, held on Sunday 2/8/09, was a truly amazing day. We had well over 50% of all classes attending. Even with the huge numbers all ran smoothly and we finished 45minutes early. To top the day off, all gymnasts went home with a medal to show for their effort. Again I must say thank you to all who help to make these events successful as they mean so much to the participants.

THANK YOU PARENTS, COACHES, JUDGES AND ALL THE MANY HELPERS ON DESK AND BAR-B-QUE

Another highlight for block 3 was our school holiday team challenge. All our classes from our kindergym tiny tots to our most senior gymnasts got involved in this special event with lots of fun races, challenges and games being held in all classes. The kids proudly sported their team colours (blue, green, red and yellow) and cheered on their teams with super enthusiasm. Everyone had a lot of fun (without even realising that it was hard work in disguise). Congratulations to the Green team for winning the challenge with a total of 539 points!!!

Block 4 commenced on Monday 3rd August, so once again a reminder to collect your invoices from the labelled boxes at reception. This block does continue through the Sept school holidays. All classes will run as normal during the holidays with our special touch of school holiday fun added in. Once again we will be running the very successful vacation care program daily from 8.30-5pm.

Don't forget all classes are as normal throughout Ekka week, with exciting Ekka themed circuits for our junior classes.

Our next big event is CLUB DISPLAY EVENING ON SATURDAY 28TH NOVEMBER, put this date on the calendar.

BLOCK 3 AWARDS

GYMSTART	Mia A, Sarah N, Indiana H, Makayah T, Jaide R and Tahlia L
GYM TEENS	Rachel O & Chloe W
CHEER	Tara G
MAG LEVELS	Jared S & Edward D
WAG LEVELS	Chloe F, Emma G, Aaleyah P, Emily H, Jenna P
JNR WAG	Maya N
MAG SQUAD	Liam H
WAG SQUAD	Indiah L
TRAMPOLINE	Mya T and Cy N

WHAT'S HAPPENING IN OUR CLASSES

Our Kindergym kids have been enjoying lots of exciting circuits in their classes. Some of their favourite activities over the last few weeks have been our tunnel races for the team challenge and our parachute warm-ups. We are now busily underway with safety week where the kids are learning how to fall and land safely from all the equipment and all are looking forward to our Ekka fun week (all the fun of the Ekka and only a fraction of the cost).

Gymstart have been working hard and having lots of fun. Over the last week the kids have received their star certificates. We hope that you all like the new design and find these certificates easier to understand. The certificates cover all the basic skills that our gymstart kids are aiming to master, for each skill mastered a star is placed in the box. The kids have also been working hard preparing for the club competition; it was awesome to see more than 50% of all our gymstart kids participating. Well done to all the kids for learning their first real gymnastics routines!

Gymteens did an outstanding job with the club competition; it was great to see this group had the highest percentage of kids attending from any class in the whole club. The teens had an added challenge as they actually invented their own routines for competing in tumbling, trampoline and double mini. They were able to highlight their own talents and the routines they came up with were very creative.

WAG Levels have just recently completed their strength and flexibility testing, where they put a great effort into beating their own personal best scores. The girls have also been learning their routines for competition. Many have had new and

challenging routines to learn and have really risen to the occasion. We now turn our focus to our next set of levels testing for the year, for some this will mean mastering their new skills and for others a chance to work towards passing to the next level.

MAG Levels boys have had a busy block. They have been learning routines on each apparatus, congratulations to those boys who successfully passed their level. They have also just completed their strength test where we are proud to announce that every single boy managed to top nearly all their personal bests from last block. We are now turning our attention to preparing for our very first real competition in September.

Trampoline classes are going from strength to strength, with all classes being filled with enthusiastic participants. Many of the kids competed in the SEQ Interclub in June, achieving many outstanding scores. A special congratulations goes out to those kids who competed for their very first time, you all did a superb job. With another Interclub coming up at the end of August this is set to be another exciting block.

Our Cheerleading team are really coming together. They had their first official performance at the club competition on August 2nd. With a brand new uniform and brand new routine they are now getting ready for their competition season; their first competition is rapidly approaching on August 16th, good luck girls!

Our senior WAG squad have just completed their major competition season for the year. Congratulations to all those girls who competed at State championships this year. The girls can now turn their attention to their skill development, and we have already seen many new and exciting skills being attempted. Well done to the girls for their efforts at the club competition. It was a great chance for our younger gymnasts to see what they can aspire to achieve in a few years time. The junior WAG girls as well as a few of our seniors are now excitedly preparing for the Beenleigh competition in August. Best of luck girls!

Our senior MAG squad have also recently competed at states with some outstanding results from all. Well done to Sam K who placed 2nd all around in his division for the whole state of QLD! The boys are now busily working on their strength development. Keep up the hard work boys with the extra strength comes more exciting skills. The boys did an outstanding job at the club comp with the full team turning out to encourage, motivate and inspire the younger boys.

The Performance team have had a busy block performing shows at various school fetes. Including the St Catherine's school fete in June and the Holland Park State School fantasy fair in July. Their shows have earned rave reviews from our enthusiastic audiences. The team is now getting ready to unleash their brand new routine at the Gold Coast eisteddfod on August 29th. The routine is themed from the musical "Hairspray", and we are sure it will be a hit at our future shows.

A very special mention for Kirsty H and Nicole P, 2 of our senior trampolinists who competed at National Clubs this past weekend with Nicole earning a 6th place and both girls qualifying for National Championships in Adelaide. The Club is supporting the girls fundraising for the trip and we have a raffle on the front counter, please buy a ticket!

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 of 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. There are two issues here: that of inappropriate exposure of children and also of loose clothing getting caught on our equipment or around the child as they roll and do different activities.

An extra special good luck to coach Shane who's first baby is due on 27th August, we will emblazon the notice board with photos when she arrives!

Feedback please..

Keep the communication happening, we are always keen for praise and also need to be advised of any problem areas you may notice. The parent's perspective is always a discussion point at every team meeting, it would be great to give our coaches some actual feedback. Please use the letterbox at reception for any notes you may wish to leave.

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

Report from our MAG Elite team on the next page

Wow, the start of the 3rd school term and for the parents of Club Dynamite's Elite Boys, it was chance to take stock after another exciting competition season which for many of the boys ended with honours and the challenge of competing at the Australian Championships.

After 10 months of training up to 6 days a week, working hard learning new skills, the boys were able to test themselves in a series of competitions spread across May and June.

Club Dynamite currently supports 7 boys in the Elite Program, from Level 4 Under 10s all the way thru to Level 9 Under 17s, and each of them performed brilliantly in all their competitions. A special treat this year was the chance to compete at the Maroochye Beach Invitational on the Sunshine Coast. Many of the parents decided to make a weekend of it, staying overnight to starve off the prospect of a 5:30am Sunday morning drive from Brisbane at either side of the competition, a great time was had by all.

The ultimate goal for the boys is to compare themselves with gymnasts for all around Australia and 6 of the boys earned the chance to represent Queensland at the Australian championships (held for the 3rd time this year at the Sleeman Sports Centre in Chandler at Brisbane's Southside). They were rewarded with many medals and high place finishes but more importantly, enjoyed the experiences of being in Camp and competing as a team in this most individual of sports.

They also earned themselves 4 days away from the gym and then, as if it hadn't happened, it's back to work honing the basics, ensuring peak fitness and working on the next set of skills. Not a moment too soon I hear the Coaches say, because for the older ones, its only 3 years to the London Olympics and for the younger ones, there is the Commonwealth Games in Glasgow, Scotland in 2014.....

And for the parents, there is hundreds more hours driving back and forwards to the gym, sometimes morning and night and for that, many of us have Heather and the rest of the Club Dynamite staff to thank, and we wouldn't have it any other way...apparently !!!

Lewis Wan
Lewis Redding
Connor Smith
Kieren Bucher
Trenten Wan
Aden Messori
Kristian Wan