



## Club Dynamite December 2009 News

Ph: 38492964

[admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au)

[www.clubdynamite.com.au](http://www.clubdynamite.com.au)

Hi everybody, wow here we are almost at the end of 2009 and what a fantastic year it has been! It has been fabulous to see so many kids getting involved in the sport and making those great strides in building their fitness and confidence. We are proud of each and every one of our students for the wonderful progress we have seen in them throughout the year.

Our 2009 "time warp" display night was one of our most exciting ever! For the first time we held 2 separate shows as so many kids were keen to perform. It was fabulous to see the kids giving so much energy and enthusiasm to their routines as they entertained all their proud parents and spectators. The evening was topped off by some spectacular routines from our senior competitive squads and our performance team. We hope you all thoroughly enjoyed the evening.

Club Dynamite classes for 2009 will continue up to the 20<sup>th</sup> of December. We hope lots of you make the effort to come along to your final lessons for the year as we have some very special and exciting classes planned, including our Christmas fun week so make sure you don't miss out. Also, vacation care is operating on Tues and Thurs of our last week and immediately upon our return on 11<sup>th</sup> January 2010.

Vacation Care is a fun way for our gymnasts to have some slightly more relaxed time in the gym, allowing them to have longer time on equipment to develop that particular skill or just to have fun in an environment that is usually completely structured.

We have some very exciting news for the holidays; we are doing some refurbishment that will give the gym an exciting fresh start to the New Year. We will have a brand new set of mats under the beam and Parallel bar area as well as a smart new entrance, can't wait to see it all in place and operational.

### 2009 in review

**GYMSTART** - Excitement buzzes through the gym at 3:30 every afternoon (and of course Saturday mornings too) when these young gymnasts bring their boundless enthusiasm in to class. In 2009 we have focussed on learning basic gymnastics shapes, forward rolls, handstands, cartwheels and skills on the various apparatus including vault, beam, bars, MAG apparatus and trampolines and the kids will receive their star certificates for block 5 next week. The emphasis has of course been a great mix of learning and having fun as the kids have participated in lots of special fun weeks and events throughout the year. Still to come is our special Christmas fun week (December 14th-19th) to top off a great year.

**MAG LEVELS** - I have thoroughly enjoyed working with the boys throughout 2009, as they approach every class with an incredible amount of energy and enthusiasm. They have worked hard on developing their strength and flexibility as well as learning skills and routines on all their apparatus. The boys competed in their first outside competition this year, they had a great time and we are looking forward to doing more competitions in 2010. Also congratulations to the boys for their fantastic efforts for display night. We had 100% attendance on the night from all the boys in the program and they took on a special role by doing both shows. Well done guys!

**WAG LEVELS** - Congratulations to the girls for their fantastic progress throughout the year. We have welcomed many new faces to WAG levels in 2009 and all have done a great job in their classes. We have had many kids achieve their level ribbons on each apparatus this year. In Club Dynamite we have a unique system which allows the kids to move up to the next level on any apparatus they are ready for, rather than waiting until they are ready on all 4 apparatus. This allows the kids to always be challenged and achieve their best. We look forward to more great success in 2010.

**Gymteens** has been a huge success this year. The kids have worked on developing their skills in tumbling, strength, trampoline, fitness, double mini, vault, bars and beams in a fun, friendly and non competitive environment. All have trained with great excitement and enthusiasm, it was fabulous to see so many of you get out there and perform on display night. We look forward to lots of new challenges in 2010.

**Performance team** - This year has been the second year of operation for our new Club Dynamite performance team and what a successful year it has been. This year the kids have done performances in the Queen St Mall; Southbank; St Catherine's, Holland park state school and Mansfield state school fetes; the Gold coast eisteddfod; McHappy day and of course our annual display night. With more professional performances organised for the school holidays the team have been busy bringing our exciting sport to the public. 2010 is set to be an even bigger year as we prepare for our first interstate performances!

I hope you all have a fabulous Christmas and I look forward to seeing you in 2010

Kristel Suess

### **Squad News**

Well what a year it has been for the Squad Girls this year. I can easily say that this has been one of my favourite years coaching yet. I am so proud of all the girls and what they have individually achieved throughout the year. They all should be very proud of themselves.

I would like to welcome Maddison Gross and Rachael Uhlmann to the junior squad and can't wait to see them competing with the rest of the team in 2010.

I feel that next year is going to be even better as the team is becoming very close and supportive of each other. This is what makes a great comp team.

I wish everyone a Safe and Enjoyable Christmas and a happy new year!! Kristen Reilly

### **Kindergym**

I would like to thank all the kindergym parents and their children for a great year. It has been great to see all their little faces light up as they achieve skills and are having fun at the same time. For us as kindergym coaches the challenge is to create a the physical environment to encourage the development of the skill or activity we want to teach, that's what makes coaching so fascinating and it is such a pleasure to watch the children grow in confidence and coordination.

I wish all the best to the children who are starting prep next year and hope to see them back next year in our fantastic gymstart program.

I wish you all a wonderful and safe Christmas and a happy new year!! Kristen Reilly

**MAG REPORT 2009**

2009 has again been another very successful year for the boys of the MAG squad.

The MAG squad gymnasts took medals in both **REGIONAL** and **STATE** championships which is an outstanding result considering the standard of this year’s competition was extremely high.

Club Dynamite also for the first time had squad members representing their club and also their region in the **Regional Challenge** which was also held at the state championships as a fun and exciting team event.

The MAG squad also participated in the **State Clubs** competition held in Caloundra where they again took medals and top six finishes with strong, confident performances. Special congratulations to Sam, Zac and Todd who competed a new level at this competition after a short turn around following the State Championships.

All the boys are training hard in preparation for next year as they all attempt to qualify and pass the next level. There are some very **difficult challenges** that lay ahead but as their coach I am **confident they can overcome** these obstacles and be successful in their new endeavours.

Dane Smith

I would like to take this opportunity to thank everyone for their support and patronage in 2009, to wish you and yours a marvellous Christmas, and a happy New Year. To share with you all how lucky we are to be involved in the magical journey of helping to shape the person these wonderful young people will become as they grow and develop their own beliefs and goals.

Heather Smith

**2010**

Classes will kick off for 2010 on Monday January 11<sup>th</sup> (two weeks before school starts). We are now taking bookings for the New Year, class times will remain the same, with the addition of more tumbling classes exact day to be finalised so keep an eye on the website for updates.

You will need to rebook to confirm your place for 2010, please return the slip below at your earliest convenience as classes will fill up quickly.

---

**2010 BOOKING FORM**

NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_ DAY: \_\_\_\_\_

RETURN DATE FOR 2010: \_\_\_\_\_

Please take this opportunity to give us any feedback to help us improve our services to you.

.....