

KinderGym Korner

The KinderGym is excited to see new pieces of equipment have arrived this term as a result of fundraising.

The wobble beam is a new balance apparatus which challenges children to balance on a suspended narrow beam. The Rainbow Pathways Tunnel is sure to be a winner! It provides a sensory and spatial experience. New cylinders have already been popular as the children can stack, build, count and knock them over.



Gym West welcomes students from the University of SA on placement during term 3. The students will complete a series of observations and activities as part of their Human Movement studies. We thank our families for their support to this project.



Warm wishes from the KinderGym Team,
Raelene, Tina, Catherine and Denise.

DATES TO REMEMBER:

End of term 3 (KinderGym, General Gym, Advanced General Gym)

Saturday, 26th September, 2015

Term 4 starts - from Monday 12th October, 2015 (all groups)

Term 4 finishes - Saturday, 12th December 2015

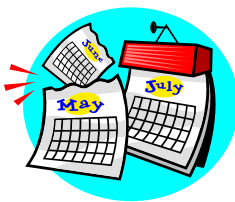
Competition Dates:

WAG Junior Squad

Interclub #1 - Level 1-3 - August 8th & 9th

Interclub #2 - Level 1-3 - September 12th & 13th

State Championships - Level 1-3 - October 17th & 18th



WAG Senior Squad

State Championships - Level 4-6 - August 22nd & 23rd

MAG Competition Squad

Interclub #3 - Level 1-10 - September 18th

Please see your coach for further details and future dates.

CLUB CONTACT:

Address: PO Box 599
Henley Beach SA 5022
Rear of Henley High School
Harvey Street, Henley Beach

P: 83534770
W: gymwest.com
E: gymwest@internode.net.au
ABN: 72 949 562 549



Henley and Grange Youth Clubs Inc.

August 2015

Newsletter

LEADING EDGE PHYSICAL THERAPY AT GYM WEST

Leading Edge Physical Therapy practice focuses on the latest available technology and expertise in injury management and prevention. Their staff are strongly committed to continuing education, combining postgraduate training and extensive experience to deliver the highest quality personalised physiotherapy care.



LEPT support local community events, sporting teams and fundraisers along with servicing sporting programmes from the South Australian Sports Institute and National Sporting Organisations.

During the school holidays Sally and James Trotter, along with Lauren Rodato, Physiotherapist's from LEPT conducted a workshop for Gym West coaches and senior gymnasts. This informative workshop covered common injuries in gymnastics and measures for prevention and recovery. It was an active session and participants were able to practice some taping techniques. Congratulations to Lauren Kris (Gymnast and Coach in training) for winning the neatest ankle strapping.

Gym West is grateful to the Leading Edge team for offering their services to educate and inform our coaches and gymnasts. Gym West is also proud that so many coaches attended the workshop to increase their knowledge and skills.

Leading Edge has offered an additional workshop later in the year, which we hope to offer to coaches, senior gymnasts and their parents.

Visit their informative and extensive website www.lept.com.au for a range of injury information and services offered locally at Henley Beach.

P: 8159 1300 / E: admin@lept.com.au / A: 168 Cudmore Terrace, Henley Beach.

LEPT are happy to extend the \$10 discount on Initial Physiotherapy Consultation to ALL Gym West members (offer expires June 30th, 2016. Please mention offer at time of booking)

We proudly
acknowledge
our sponsors.



FUNDRAISING

A reminder to all families to return all money and unsold chocolates for the Cadbury Chocolate Fundraising by the end of week 5 (Sat 22nd August).

The Management Committee would like to take this opportunity to sincerely thank you for your support to this fundraising venture. It has been very successful.



Fee Increase for Term 4 for KinderGym, General Gym and Advanced General Gym.

We regretfully advise of an increase in fees from term 4 for the above groups due to several recent cost increases.

These increases include a rise in the registration and insurance fee from Gymnastics Australia. So far this year Gym West has absorbed this cost. We have also had to adopt a new industrial award for our staff as of July 1st to comply with new legislation. The significant costs associated with this increase will see incremental fee increases into 2016.

We regret fee increases to families and will continue to fundraise, seek grants and support the Sports Voucher Program to reduce the impact on fees.

Injury Management

Gym West aims to protect gymnasts from further injury and to assist recovery. In the event of any injury, parents are required to provide a medical certificate to clear their child to return to full training.

This also includes any injury that may have occurred outside of Gym West. Gym West is not able to provide recovery programs, this is to be done under the supervision of your medical professional prior to returning to sessions. Parents can advise Gym West of injury situations by email. E: gymwest@internode.net.au - attention 'Injury Notification'.

IMPORTANT INFORMATION

Drop off and Collection of Children

It is a club rule that ALL children are accompanied by an adult when dropped off at and collected from the gymnasium foyer. This is in the interest of safety for all children.

- Always make sure your child's coach is in attendance before leaving your child here.
- Please keep the gates clear so people can get through safely.
- Do not block the gate by the gymnasium/sheds as this should be kept clear for emergencies.
- Coaches have reported children running from the gym, through the car park to vehicles even in the dark. We strongly advise against this.

Coaches in Training

Gym West is proud to provide training of our junior coaches. We ask parents to support this development and show understanding of the learning curve, one day this could be your child. We thank our senior coaches for their continued role in the training of new coaches. Congratulations to Stephanie Taylor for completing the Beginner Course recently.

General Gymnastics and Advanced General Gymnastics

A warm welcome to our new families to Gym West in term 3 and welcome back to our returning gymnasts.

The addition of the 3rd General Gym session on Saturday mornings has proven to be successful and very popular. This has helped greatly with reducing our waiting time for new members from 12-18 months to 9-12 months.

Please see me if you have any questions or queries at the beginning or end of your child's session.

Dylan Spence | Senior Coach

WAG Junior Competition Squad: Tuesday & Thursday

Congratulations to our WAG Junior Squad for their well earned results at the competition held on July 25th & 26th. The following gymnasts achieved their well deserved results - Jessica Gerace placed 2nd on floor, Lyla-Rose Coppola placed 4th on bars, Emma Amber placed 4th on Beam and Zoe Manson also placed 4th on beam. Well done girls!

Dylan Spence | Senior Coach WAG Junior Competition Squad

WAG Senior Competition: Tuesday, Thursday & Saturday

Well done to our Senior WAG girls who performed very well at the competition on July 25th & 26th. Placings by the following gymnasts were well earned - Level 5 - Erin Caldwell placed 6th on floor, Lauren Kris placed 5th on bars, Taylor De Beer placed 5th on floor and Chelsea Innes placed 3rd on beam. Level 4 - Leilani Burnell placed 4th overall, Ava Cunningham placed 2nd on Vault, 5th on beam and 1st on floor, Jessica McManus placed 5th on vault and Sophia Eckermann placed 5th overall.

Dylan Spence

MAG - Men's Gymnastics - Boys Competition Squad Monday & Wednesday

After a busy spell of competitions the boys are consolidating their skills for the next interclub event on September 18th.

We have vacancies in the Pre-comp and Junior Boys squads and will be holding trials early to mid term 3 to fill these vacancies. Please email gymwest@internode.net.au - Subject "Boys Trial" if you are interested in registering for the trials.

Mike Remkes | Head Coach, MAG Competition Squads

