

HOT WEATHER POLICY

- **KinderGym sessions** - will be cancelled if the temperature on the previous evening (at 6pm) is forecast **40°C** or higher.
- **Saturday morning sessions of General Gymnastics** will be cancelled if the temperature on the day (at 6am) is forecast **40°C** or higher.
- **Afternoon sessions** (excluding KinderGym) - All afternoon and evening sessions for **General Gymnastics, Advanced General Gymnastics, WAG Junior Competition Squad, MAG Pre-Competition, MAG Junior Competition and MAG Senior Competition Squads** will be cancelled if the temperature on the day (at 6am) is forecast **37°C** or higher.
- Training sessions for **WAG Senior Competition Squad** will continue at the discretion of coaches and will be suitable for the conditions.
- During hot weather parents please check with coaches for any changes to session finish times. Sessions may be modified during hot weather.

Refunds or 'catch up' sessions are not given for cancelled sessions due to hot weather. Where possible, Gym West will offer alternate sessions to address continuous closures.

Forecast source - www.bom.gov.au

Please refer to your notices, newsletters or the Gym West website for our Hot Weather Policy. As **Gym West is required to adhere to this policy**, we ask for you to not contact the gym or coaches with hot weather enquiries as we do not have the administration coverage and the coaches will be on the floor during sessions.

DATES TO REMEMBER:

End of term 4 (KinderGym, General Gym, Advanced General Gym)

Saturday, 12th December, 2015

Term 1 starts - from Monday 1st February, 2016 (all groups)

Competition Dates:

MAG Competition Squad

Invitationals - Level 1-10 - Saturday, November 7th (further information to be provided by coaches)

Gym West Presentation Day

Saturday, 12th December, 2015 - 2pm - 4pm

Gymnastics SA - Marion Sports and Leisure Centre

Cnr Oaklands Road and Rosedale Avenue, Morphettville



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Henley and Grange Youth Clubs Inc.

Newsletter

October 2015

GYM WEST WELCOMES OUR NEW SPONSOR

The Gym West Management Committee is pleased to welcome MLC Advice as a new sponsor to our club. Families will notice the new Sponsor signage at the gymnasium coming soon. This sponsorship has been arranged by a family that currently attends Gym West programs.

Gym West is a not for profit community club. As such, our volunteer Management Committee strives to provide the community with quality programs and facilities whilst remaining affordable to the community. This generous sponsorship from MLC Advice is greatly appreciated and will be utilised in resources as well as recognition of gymnasts at the end of year activities.

MLC Advice joins our other Sponsor Partners, West Beach and Districts Community Bank Branch - Bendigo Bank, Gymnastics South Australia, City of Charles Sturt, Government of South Australia - Office of Recreation and Sport, and Leading Edge Physical Therapy - Henley Beach.

Our sponsors support us in different capacities and we encourage families to consider the services our sponsors offer.

COACHING UPDATE

Alice Koinov was recently successful in completing her Gymnastics Australia Intermediate Coaching Accreditation in WAG. Congratulations Alice!

Gym West welcomes Eyerus Curtis to the Gym West coaching team as a Coach Assistant in our General Gymnastics program. Eyerus recently completed a 5 week placement with Gym West in term 3 via our University of South Australia program.

CONTACTING COACHES

In a new policy soon to be drafted, Gym West will withdraw the offer of families contacting coaches directly via a coach's personal phone number. We ask for all families to remove Gym West coach information from their contacts. Thank you.

PRESENTATION DAY

On Saturday, December 12th our competition squad gymnasts will be showcasing their skills at Gym West's Annual Presentation Day. Starting at 2pm until 4pm at Gymnastics SA our gymnasts will demonstrate the skills learned throughout the year, including individual apparatus routines by selected gymnasts.

The Management Committee invites all Gym West families to attend and watch the displays provided by our competition squad gymnasts. There is no cost to attend the Presentation Day. We look forward to seeing you there!

We proudly
acknowledge
our sponsors.



Christmas Raffle

In weeks 3 and 4 a note and raffle books will be handed out to all gymnasts regarding our Christmas Raffle. Gym West asks our families to donate a gift to go towards a prize basket to be raffled off at our Presentation Day on Saturday, 12th December (see note opp. page). Each session is allocated a theme. So we can create the baskets, please bring your donation to your session by Friday, 27th November. Tickets are \$1.00 each and will be in books of 10. Thank you for your support and good luck!



Competition Results

During the previous 2-3 months our gymnasts from varying levels have been competing at competitions at Gymnastics SA as well as girls from the WAG Senior Competition Squad travelling to Pt Pirie to compete in the Invitationals. Following are results from each group showcasing the efforts of your amazing children.

WAG Junior Squad Competition Results

In August, September and October our WAG Junior Competition Squad competed at Gymnastics SA. Following are highlights from all 3 competitions;

August 8 & 9 - Interclub #1

Level 3 Under 9 Alannah Hochuli and Kasia Klar successfully upgraded to level 3
Kasia Klar placed 1st on vault and 3rd on beam



Alannah Hochuli and Kasia Klar with their Level 3 badges

September 12 & 13 - Interclub #2

Level 3 Under 8 Ashleigh Caldow successfully upgraded to level 3
Level 3 Open Jessica Racz placed 2nd on bars, 4th on floor, 6th on vault and placed 3rd overall

October 18 - State Championships

Level 3 Under 9 Paige Farrell and Abby Luttrell successfully upgraded to level 3
Jessica Racz placed 3rd on beam and placed 6th overall

MAG Squad Competition Results

Many, many placings were awarded to our MAG Competition boys at the Interclub #3 competition in September. Below are some highlights (there are too many placings to list them all);

September 18 - Interclub #3

Level 2 Under 8 Alex Collins placed 1st on floor, 3rd on pommel, 2nd on rings, 2nd on vault, 2nd on p-bars, 2nd on high bar and placed 2nd overall
Nicolas Montin placed 3rd on floor, 3rd on high bar and placed 5th overall
Level 3 Open Jesse Baldan placed 1st on rings, 1st on vault and placed 3rd overall
Luka Vuksevic placed 3rd on floor and placed 4th overall
Level 5 Open Ryan Black placed 3rd on floor, 3rd on rings, 3rd on p-bars, 3rd on high bar and placed 3rd overall
Thomas Black placed 3rd on pommel, 3rd on vault and placed 4th overall

WAG Senior Squad Competition Results

In August and October our WAG senior competition squad competed in the State Championships and at the Pt Pirie Invitationals. Here are a snapshot of the results achieved;

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

Under 9 Zig group
Charlize Vottari placed 1st on vault
Ruby Henry placed 2nd on vault
Velvet Byrnes placed equal 3rd on floor
Zag group
Kaitlin Potter placed 2nd on vault
Casey Real placed equal 3rd on vault, 3rd on bars and placed 1st overall
Bethany Bonaguro placed equal 3rd on vault and placed 3rd overall
Hayley Real placed 3rd on floor
Under 10 Ava Cunningham placed 1st on vault, 2nd on floor and placed 3rd overall
Under 11 Leilani Burnell placed 3rd on vault
Under 12 Emma Amber placed 3rd on floor

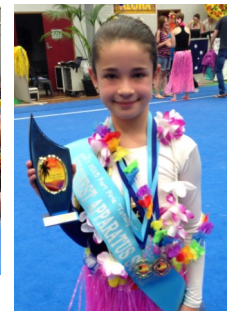
Pt Pirie Invitationals

Level 4 Under 9 Casey Real placed 2nd on floor
Level 4 Under 10 Leilani Burnell placed 1st on vault
Sophia Eckermann placed 3rd on floor
Ava Cunningham placed 1st on bars and 3rd on beam
Level 6 Open Chelsea Innes placed 3rd on beam
Lauren Kris successfully upgraded to level 6

Special congratulations to Sophia Eckermann for placing 3rd overall and to Ava Cunningham for placing 1st overall, which included the highest score of the competition with 9.7 on bars. Many more awards were given for 4th-6th placings. Well done to all girls who competed!



WAG Senior Competition Squad and Coaches. Back row - Jessica McManus, Leilani Burnell, Coach-Emma Krieg, Head Coach-Jacque Smith.
Front row - Charlize Vottari, Hayley Real, Casey Real, Bethany Bonaguro, Ava Cunningham, Sophia Eckermann, Kaitlin Potter and Josie Stone.



Ava Cunningham with her 1st place Highest Apparatus Score awards