

GYM WEST ROUNDOFF

QUARTERLY NEWSLETTER OF GYM WEST GYMNASTICS CLUB



Welcome Back

From The Management Committee

A huge welcome back to our gymnasts and their extended families for Term 3, 2020. These are strange and testing times and we thank you for your patience whilst we navigate the requirements needed to ensure we open our doors in the safest way possible to accommodate our gymnasts in face to face training.

The Management Committee and Coaches have been working tirelessly over the past few months since we closed our doors, to prepare the gym in readiness for opening. We have strict guidelines that need to be followed in order for us to remain open and we appreciate your cooperation during this time.

All updates on COVID-19 requirements will be posted on our FaceBook page and website www.gymwest.com. If you or your child are showing any symptoms, even if they are mild, please refrain from attending training until you have been given the all clear from your Doctor.

Thanks again for your patience and we look forward to an action packed term.

DATES TO REMEMBER

AGM

Sunday, 16 Aug

WAG

Crazy Hair Day

Saturday, 22 Aug

Physical Ability Test

Saturday, 19 Sep

End of Term Party

Saturday, 26 Sep

MAG

Level 2 & 3 Teams Event - tbc
Oct

END OF TERM

Mon 21 to Sat 26 Sep

Reminder to families – please respect our neighbours by leaving the car park quietly and with as little disruption as possible.

SQUAD UPDATES

WAG, MAG, GfA, KinderGym

WAG by Jacque Smith

The WAG Squad have had a very interesting start to the year. We were creative during isolation and our gymnasts did a wonderful job keeping up their training at home. Each week they participated in Zoom classes, as well as completing workouts from our 'Home Training Guide.' When restrictions started to lift, we included outdoor 'boot-camp' style sessions to our training regime and in June we were lucky to transition our classes back inside the gym. We still have a long journey ahead but we are grateful to be back and excited to see what our gymnasts achieve in Term 3.

Gidgit Neighbour, Level 3, has been selected by Gymnastics SA to join the SA Development Squad! This is a huge achievement and we are incredibly proud to have Gym West represented in such a special way. Gidgit had her first face to face training session in mid July with fellow squad members and she did an amazing job. Congratulations Gidgit.

MAG by Mike Remkes

Thank you to all that have returned to full time training in term 3, what a struggle it has been over the last few months. In the coming months the MAG Technical Committee has proposed two competitions to complete the year. There will be a Teams event held in October (I plan on entering only level 2 and 3 at this stage. Further details will be handed out next month to the relevant squad members). There will also be an invitational competition to be held at the start of November. This will be open to all boys that are currently training.

A big shout out to Tom Black and Cameron Egger for being available for coaching these amazing athletes, they have had some huge groups as training resumed and now things have settled down and regular squad sizes prevail.

KINDERGYM by Tina Hutchins

We are all enjoying being back at KinderGym albeit slightly different than it was before. Our session times have changed to allow for the extra cleaning required due to COVID-19 and are as follows; 0-3 years, Tuesday, Wednesday and Thursday 9-10am, 10.30-11.30am and 12-1pm. 3-5 years, Tuesday, Wednesday and Thursday 1.30-2.30pm. Most sessions are full although we do have places available in our 12.00pm sessions for 0-3 year olds. Please feel free to pass this information on to anyone thinking of joining KinderGym.

Squad Updates

GfA by Lynn Martin

Welcome back to Gym West. We are now refreshing our 'muscle memory' after the long break. It is pleasing to see all the gymnasts that have returned to the program. This term we will be training toward the GfA Gym Challenge which will be held internally during Week 9 of this term. The Junior and Senior Squads will have the opportunity to compete at the GSA GfA Challenge on 19 and 20 September at Marion.

Junior and Senior Squads will also be able to purchase 'Team Gym' t-shirts and club jumpers. Your child will be given an order form to purchase or if you haven't received one, please contact the gym by email gymwest@internode.on.net to order.

Term 4 will see the general GfA classes preparing for the end of year displays which will be held in week 9 during their class times. Junior and Senior Squads will be preparing for Team Gym State Championships and Festival of Gymnastics to be held on 14 and 15 November so mark the dates in your calendar.

In Memorium

Vale Henry Petersen

It is with sadness that Gym West Life Member, **Henry Petersen aged 75**, has passed.

Henry was closely involved with Gym West for many years and his two sons also participated. His love for the sport has been followed by his two Grandchildren who currently participate in Gymnastics for All.

Henry was a valued asset to the Management Committee and after completing his term, continued to audit the Club's financial records for many years.

Our condolences to his wife Marie and their extended family.

COVID-19 UPDATE

Thank you for your cooperation with our new guidelines for drop off and collection of gymnasts and parent involvement during classes.

Please continue to drop your gymnasts off at the northern pedestrian gate in the car park with collection at the southern gate or external fire exit door.

Only six people are allowed in the foyer at any given time and those staying must complete the contact form where applicable.

Gymnasts must wash their hands before entering/exiting the gym and bring their own water bottle as there is no access to the water fountain.

KinderGym parents have been advised only one parent/carer are allowed in classes at this time.

Should the restrictions change we will update on our FaceBook page and website www.gymwest.com.

**Thank you,
Management Committee**