

Club Newsletter - Term 3 2019

Welcome!

Welcome back to Term 3 and our new look newsletter. There is plenty happening in the club across all groups so read on. Feel free to email us and request particular information be in the newsletter, share news or generally comment about it!

Great News!

Our new and very improved website is now up and running – www.gymwest.com. A huge thanks to Tanya Eckermann (Treasurer) who has steered this project and put in many volunteering hours with our website designer to update our 'digital face'. There is a lot of information already available and we will be building on this over time.

More News! We are joining Facebook shortly, the address is: www.facebook.com/GymWestGymClub. We will be inviting members and the public to view and 'Like' our Open page. We also have three Closed pages for Gymnastics for All, MAG and WAG, which will only be available to members of Gym West. All Facebook guidelines will be followed, as will GW's Social Media Policy, with all activity carefully vetted and approved prior to publishing.

Of particular note is the way GW will use social media in line with Gymnastics Australia's new Child Safe Policy. This means no adult coaches, staff or volunteers can use personal, direct social media with children (under 18 years old). Contact with children is only permitted through Gym West's social media. The Management Committee will be monitoring this closely and our Media Coordinator – Ms Carmen Feidler – can be contacted if you have any concerns regarding our Social Media Policy, Website or Facebook.

Email remains the primary means of communication, both the Website and Facebook are for promoting different aspects of the club and providing general information only.

Fees

Unfortunately there are quite a few people not paying by the due date on the invoice. Please remember we charge as little fees as we can - and these do need to be paid on time for the club to keep operating. *Payment date is on every invoice, along with eft details. Please use the reference number and ID Number, eg smith9999.* If you would like a copy of our recently updated Fees Policy feel free to request one by email.

Policies

The north facing wall of the foyer has a list of all recently reviewed and updated policies and general documents, many of these can be found on our website or a copy obtained by emailing the club.

Cold and Hot Weather

While we are having cold wintery days - and soon enough they'll be blistering hot! - it is a good time to review our Cold and Hot Weather Policy. An excerpt from the Member Protection Policy reads:

"The Committee is responsible for:

- Ensuring the temperature of the gym is not beyond 10°C – 39°C. This is achieved by:
 - Utilising the fans when necessary
 - Ensuring airflow is maximized using fans and exit doors to enhance airflow
 - Ensuring clean water is always available

Athletes, Coaches, Staff and Volunteers are responsible for:

- Ensuring they are adequately hydrated prior, during and after any training or presentations
- Monitoring themselves and each other for signs and symptoms of being too cold or too hot
- Seeking first aid where necessary

Cancellation of Activities

Cancelling of sessions is a rare occurrence and would only be done if the temperature is forecasted lower and higher than 10°C – 39°C respectively.

- All GfA KinderGym sessions will be cancelled if the next day's temperature is forecast at 6.00pm the previous evening to be lower than 10°C or higher than 39°C
- All other GfA, MAG and WAG classes will be cancelled if the temperature is forecast at 6.00am on the day to be lower than 10°C or higher than 39°C
- No refunds or catch up sessions are available due to cancellations
- The forecast temperature is taken from the Bureau of Meteorology (BOM)"

General Reminders

- Make sure all athletes go to the **toilet** before class
- Remember to bring **water bottles** to every class!
- **Be punctual** when both dropping off and picking up yours and/or other children - **and please - closely supervise children through the carpark and into/out of the building**

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Fundraising - By Michelle Farrell

As advised in Term 2 Newsletter, we have two Bunnings community barbecues scheduled for Thursday 1st August and Friday 6th September. We have sent correspondence via email on these events and have had some responses but need more volunteers. There is a roster on the wall in the foyer to indicate how you can help. The more sausages we sell, the more money we make!

We will also be receiving our Cadbury Chocolate box delivery in week 2 of Term 3 and with a profit of up to \$24 per box it is our most successful fundraiser, so we are looking to sell as many as we can. Take them to your workplace, social club, neighbours, friends, anywhere, and if you need any extra, please let us know.

All People's Choice Credit Union (PCCU) Lottery Ticket Books are due to be returned by Saturday 17th August. We need these back even if the tickets aren't sold - but even better if they are!

Halfway through the year already, and I am working toward our Christmas Raffle and am endeavouring to secure even better prizes than last year. If any families have a business or an employer that may kindly be able to provide us with a donation, please contact me via email at gymwest@internode.on.net.

Also in the planning is a social disco for our gymnasts tentatively scheduled for the middle of Term 3. This is an opportunity for all athletes from GfA, MAG and WAG to socialise outside of training. This low cost (approximately \$20 to cover food and drink) Saturday night event will be great fun for everyone. Look out for more details and tickets on sale.

Currently we are fundraising \$27,000 to replace the broken floor in the gym. Everyone is asked to participate in all fundraising activities, as everyone uses all the equipment and gains the benefits from it. Events so far have been:

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|-----------------------|---------------------|----------------------------|
| Term 1 & 2 | Bunnings BBQ | \$813 |
| | Hot Cross Bun Drive | \$515 |
| | Easter Egg Jar | \$85 |
| | Easter Raffle | \$1500 (Thanks KinderGym!) |
| | Total | \$2913 |

News from GfA

While Head Coach, Lynn Martin, is overseas at the 16th World Gymnaestrada in Austria, our talented GfA coaches Tommi M

and Cameron E are covering her classes. All GfA Coaches are accredited with Gymnastics Australia, and are passionate about athletes having fun while learning skills safely. Many of the coaches are past or currently competing athletes themselves. For more detailed information about GfA please take a flyer from Reception.

News from MAG

The MAG Parent Meeting held on 15th May 2019 was well attended by 8 families and covered a number of issues such as State Championship results, upcoming competitions, attendance at Port Pirie in October and training hours. The next meeting is scheduled for 6.00pm Wednesday 31st July 2019. For more detailed information about MAG please take a flyer from Reception.

News from WAG

The WAG Parent Meeting held on 13th June was well attended and issues discussed included upcoming competitions, new website and Facebook page, new competition leotard and how to purchase, fundraising and sponsorship activities. The next one is tentatively scheduled for Tuesday 30th July 2019. Parent meetings are informal and a great opportunity to ask questions and glean information directly from Head Coaches and other parents. For more detailed information about WAG please take a flyer from Reception.

News from the Committee

- The committee is pleased to announce the appointment of our Media Coordinator, Ms Carmen Fiedler, to manage GW's Facebook page and website. Carmen is very enthusiastic about promoting GW in an engaging, safe way and we are grateful for her assistance.
- GW has been advised by Henley High School that work on the bathroom facilities will commence within the next few weeks. This will be a major disruption to the operations of the club as access to the foyer and parent waiting area will be temporarily unavailable. We are busy identifying the issues and working ways around them – please be patient and continue supporting the club despite the likely 3 month inconvenience.

For Quick Sale!

3 Stackable Vault Blocks - well used and worn out for gymnastics but still has life in them for home! First come, first serve - \$100 going towards our fundraising efforts. Can deliver locally at no charge. Email Julia Klar, Administration Officer, at the club if interested.