

# NEWSLETTER

Gym West | Term 1 2024

Welcome to term 1 of 2024 at Gym West! We are so excited to welcome all our new and returning gymnasts to another year at Gym West. We have an excited term ahead with both MAG & WAG competing in their first comp of the year! There's plenty to come with KinderGym and GfA too!

## Junior Coaches

We would like to welcome our newest Junior Coaches!

<b>Toby K</b>	Toby and Alex have been with us since 2023 and are progressing extremely well. Scarlett, Abbie & Paige have joined this year and have fit in very well so far! We are excited to see them all progress!
<b>Alex P</b>	
<b>Scarlett G</b>	
<b>Abbie v P</b>	
<b>Paige F</b>	

## Goodbye & Good luck

We said farewell to Emma, Chelsea, and Nicola as 2023 drew to a close. We're excited for their upcoming endeavours and eagerly anticipate their success. While Demi is taking a brief break, we look forward to her return, and Nicola will remain a judge for our competitions.

## New MAG Head Coach

Congratulations to Ruby who has stepped into the role of MAG Head Coach. Since starting, Ruby has shown commitment and dedication to making the role her own. We are so proud of Ruby for picking up the role so quickly. We know that the MAG Squad is in fantastic hands!

## IMPORTANT DATES

- March 2/3 – WAG L6–10 Interclub | AGC Trial 1
- March 10 – MAG In-House Comp
- March 16 – MAG Interclub 1
- April 12/13/14 – MAG & WAG State Champs
- April – Gym West Being Repainted

## NEW COACH ACCREDITATIONS

Congratulations to Velvet & Sophia who completed their WAG Intermediate Coach Course in late 2023. We are so proud of the girls for completing the online component at such short notice and passing the practical with flying colours! Best of luck to Ruby who has started her MAG Advanced Accreditation!

# BEGINNER COACH ACCREDITATION PROCESS UPDATE

Gymnastics Australia have introduced a new Fundamental Gymnastics Coaching Course to replace the Beginner Course. The club has nominated a representative to undergo the Club Coach Educator Course who will assist our Junior Coaches in completing the Fundamental Coaching Course. This is now done in-house rather than at GymnasticsSA.

## School Holiday Sports Program!

We are excited to announce that we will be participating in the Charles Sturt School Holiday Sports Program! Hourly sessions will be held between 1.30pm & 5.00pm on Wednesday 24th & Friday 26th April! Google CS School Holiday Sports Program to book!

## WERE GETTING PAINTED!!

We know that Gym West's internal walls are overdue for a paint. This will be happening over the April school holidays! The gym will be out of action while it is getting painted and information regarding this will be sent out soon!

## Member Awards

Congratulations to the following coaches who received member awards in 2023:

Tina - 15 years

Isla - 10 years

Demi - 10 years

Emma - 10 years

Marnie - 5 years

## KINDERGYM

Thank you to Tina and Marnie who attended Gymnastics SA's conference in January. Their ongoing dedication to professional development is much appreciated. As usual, KinderGym will be holding their Easter Raffle! We appreciate all those who generously donate gifts and purchase raffle tickets!

## GFA

Our GymMix squads are off to a great start this term with majority of them being at capacity! Thank you to our coaches who make this happen! TeamGym have been training hard, prepping for their first competition in June! TeamGym members, please ensure you have purchased the correct uniform and have noted down the comp dates sent to you via email!

## MAG

Best of luck to our MAG gymnasts who will be competing at their first competition this year. Whether it be at the in-house or Gymnastics SA, we wish you the best of luck! A massive thank you to our coaches and judges who will be volunteering their time to ensure the in-house comp runs smoothly!

## WAG

In 2024, we introduced our newest WAG Squad, the Junior Competition Squad. This gives aspiring gymnast an opportunity to prepare for comps and compete when they are ready! Best of luck to the competition squad girls who will be competing at their first comp of the year in March!