

NEWSLETTER

Midterm 4, 2021

Although we are quickly approaching the end of 2021, we still have a jam-packed few weeks ahead of us!

Congratulations to the MAG gymnasts who competed in their final competition of 2021. A special shout out to the MAG Development Squad who competed in their first level 1 competition and made their Coaches so proud.

Our Gymnastics for All Junior & Senior Squad's have provided us with such positive feedback on the Payneham Workshops & Competitions! They especially enjoyed the tumble workshop, and being given the chance to learn from guest presenters! We wish these gymnasts the best of luck in their upcoming Festival of Performance Gymnastics and State Championships!



Important Dates

26 Nov—Festival of Performance Gymnastics

27 Nov—TeamGym State Championships

4 Dec—Presentation Day (GfA Junior + Senior, MAG & WAG
Comp Squads Only)

11 Dec—Final sessions of 2021

11 Dec—Final Sessions

Presentation Day 2021...

Location: Gymnastics SA (Marion Leisure & Fitness Centre)

Date: 4th of December

Time: 2.00-3.30pm approx.

Gymnasts need to arrive by 12:15pm for warm up with a drink bottle and small snack.

Ticketing details will be emailed in week 6.

There are lots of great prizes to be won, so don't forget your small change for raffles.

We look forward to seeing you there!

Behaviour Workshops

WAG & MAG

In recent weeks, Gym West has been working in conjunction with Gymnastics Australia to create a workshop on expected behaviours of athletes, coaches, staff and volunteers while at Gym West. In the coming weeks this 10-15 minute workshop will be delivered to athletes in our MAG and WAG competition, Pre-competition and Development squads during their session. We have many new members in 2021 and are aiming to ensure all gymnasts are aware of expected behaviours while at Gym West. You should have received an email containing a copy of both the workshop take-home sheet and Gym West's Code of Behaviour for 2021/2022.

Get Involved!

Gym West's Management Committee aims to ensure that we as a club, consistently support our vision and mission. We are always looking for those who would love to get involved! Please express your interest in joining the MC by contacting us at admin@gymwest.com or speaking to a coach!

Donations

Let us take your used leotards, bike shorts, leggings, etc. off your hands! These will remain at the gym for use by our gymnasts when necessary!

RESULTS

MAG Invitationals

Level 1 Awards

Thomas (Open) - 5th Overall
Max (Open) - 9th Overall
Fenix (Under) - 6th Overall
Harry (Under) - 10th Overall
Taring (Under) - 12th Overall
Tommy (Under) - 14th Overall
Kasper (Under) - 16th Overall
Oliver (Under) - 17th Overall

Level 2 Awards

Maxi (Open) – 2nd Overall
Lachlan (Open) – 11th Overall
Ben (Open) – 13th Overall

Level 3 Awards

James (Open) – 10th Overall
Jack (Open) – 13th Overall
Gus (Open) – 16th Overall
Hudson (Under) - 13th Overall

Level 4 Awards

Mor (Open) – 21st Overall

CONGRATULATIONS

Congratulations to these Coaches who have upgraded their coaching accreditations in 2021:

Ava Fiedler—Beginner Coach
Emma Cenzato—Beginner Coach
Ryan Black—MAG Intermediate Coach
Tom Black—MAG Intermediate Coach
Hayley Murphy—WAG Advanced Coach
Chelsea Innes—WAG Advanced Coach

Car Park

Please be mindful of where you are parking your car. The space in front of the two gates needs to remain clear at all times.

COMING IN 2022...

We are very excited to announce that as of 2022, we will be hosting BIRTHDAY PARTIES at Gym West. Let our qualified Coaches take the pressure off by promoting a safe, fun environment where your children and their friends can run, jump, tumble and swing. We have equipment to cater for children of all ages. Keep an eye out for more information!

We are beyond excited for our gymnasts to enter 2022 with a new tumbling floor and we would love for you to be part of the action!

If you are available on the follow dates & times to lend a hand, please let us know!

12 Dec— 9am (approx. 3-4 hours)
14 Dec— 9am & 12pm (approx. 3-4 hours each)

Many hands make light work, so we look forward hearing from you!

STAFF UPDATES

Ryan Black

Congratulations to Ryan Black who is in the process of stepping up to GfA—GymMix Head Coach. Ryan displays the leadership qualities necessary of a Head Coach and is respected by the Coaches who have the opportunity to work alongside him. Despite GfA-GymMix being one our of largest programs, Ryan willingly accepted the opportunity without hesitation. We have no doubt that Ryan will be successful within his new role and we are excited to see where he takes the program in 2022.

Cameron Egger

Cameron Egger has officially began his journey toward becoming our next MAG Head Coach. After watching Cameron lead the gymnasts within his role as our GfA—Junior & Senior Head Coach, we knew that he would approach this new, challenging opportunity with a positive outlook. We are excited to follow Cameron on this journey and watch him lead our MAG gymnasts toward success in 2022.