



# BTYC Competitive Squad Bulletin

No. 1 – 2018

Dear BTYC Gymnastics Squad families,

We wanted to welcome you back for the year. It's fantastic to see everyone back in action training hard, and getting ready for upcoming competitions, we wish everyone all the best of luck.

**Melissa Grant**  
**Customer Service Representative**

## IMPORTANT DATES

Please find a list below of important dates for the upcoming month, and please [click here](#) for further important dates.

<b>MAR</b> <b>10</b> Sat	<b>WAG State Trial 1 (7-8) @ Waverley Gymnastics Centre</b> Mar 10 – Mar 11 <small>all-day</small>
<b>MAR</b> <b>12</b> Mon	<b>Labour Day Public Holiday</b> Mar 12 <small>all-day</small>
<b>MAR</b> <b>15</b> Thu	<b>BTYC Committee of Management Meeting @ BTYC Multipurpose Room</b> Mar 15 @ 7:00 pm – 9:00 pm
<b>MAR</b> <b>17</b> Sat	<b>WAG State Trial 2 (Level 7-8)</b> Mar 17 – Mar 18 <small>all-day</small>
<b>MAR</b> <b>24</b> Sat	<b>MAG State Trial 1 (Level 5 -Senior) @ BTYC Gymnastics, Donvale</b> Mar 24 – Mar 25 <small>all-day</small>
<b>MAR</b> <b>29</b> Thu	<b>Term 1 Concludes</b> Mar 29 <small>all-day</small>
<b>MAR</b> <b>30</b> Fri	<b>Good Friday Public Holiday</b> Mar 30 <small>all-day</small>

# VOLUNTEERING

A huge **THANK YOU** to families that have put their time into volunteering at BTYC in the past and who have nominated to assist at the upcoming events being held in March.

We understand there has been some confusion surrounding the Squad Duty charge and we wanted to explain how the system is being implemented. Each year we ask our families to assist with duties at the competitions we hold at BTYC with our first competition being held on Sunday 11th March.

As part of that process, BTYC levy a nominal amount to all squad members to assist with the cost of hosting and staffing competitions. This amount is refunded, as a credit on your account, upon completion of all duties for each child.

This levy applies to all squad members from all disciplines –Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG) and Gymstar.

Program	Duty Commitment	Total Levy
Men's Gymnastics (MAG)	4 shifts per squad athlete	\$200
Women's Gymnastics (WAG)	4 shifts per squad athlete	\$200
Gymstar	2 shifts per squad athlete	\$100
MAG pre-squad	1 shift per squad athlete	\$50
WAG foundation 1	1 shift per squad athlete	\$50

\*This information is in the Squad Handbook and also attached to the SignUp forms.

All family members 18 and over must have a working with children check and must carry the card with them when assisting at competitions.

We will send invitations to 'SignUp' to these competitions with all duties available and the specifications for each duty listed, if you are available please assist us where possible, we really do appreciate your time and effort.

Thank you again for your support.

# WOMEN'S ARTISTIC GYMNASTICS

## Retired Gymnast



This year we had 3 senior gymnasts retire from gymnastics. Hannah Lucas, Zoe Makris and Ruby Robinson have all trained at BTYC for a combined 28 years. The girls all achieved level 8 last year in the WAG Program and have also achieved great individual results at many competitions over their years at BTYC. The girls will be missed in class however we are lucky to have all 3 girls now as coaches developing the future stars of BTYC.

## Senior Competition Season

Our Senior gymnasts are now in full swing with their competition season commencing. We wish all the gymnasts the very best of luck and hope they all achieve their personal goals while having fun.

## Gymnasts of the Month

**Jasmine Toronis** – Jasmine has worked extremely hard during the month of February achieving many new skills in time for competition including a Tsukahara on Vault and her cartwheel, roundoff back salto dismount connection on beam which she will compete this season.

**Megan McLean** - For connecting three bar routines in a row

**Amber Chaffer** - Always has a smile on her face, working hard and giving 100% effort with everything she does in training.

**Jayde Pemberton** - Jayde has been working really hard during strength, as well as pushing through a large workload from school and coming to training with a big smile on her face! She has also worked hard to learn and maintain some new skills like flyaway on pit bar (even when it's scary) and round off flip sault on floor. Keep working hard Jayde!

**Kalita Jones** - She has been working extremely hard this month to make sure she is always listening, trying her hardest in all activities as well as helping all her friends. She has made sure to try all of the things she was working on last year and not be afraid. Great job Kalita!

**Ella Goh** – Ella has shown great motivation towards her gymnastics in the last few weeks, specifically in her dedication at attempting to learn her press to handstand both at gymnastics and at home.

**Samantha Bell** – For always coming to gym with a positive attitude and trying her best.

**Thu Hoang** - For always being super enthusiastic and working hard in technique and presentation.

**Hannah Payne** - For listening to instructions, being a helpful class member and always trying her best to implement the corrections I give her.

**Carmen Cullen-Croke** - Carmen is always working hard and trying to perfect her skills to the best of her ability.

**Kiara Daniels** – For trying her best in all skills and listening to instructions.

**Alysha Browne - Program Manager**

# MEN'S ARTISTIC GYMNASTICS

## February 2018

February has been a busy month for the program with BTYC's MAG athletes and coaches training incredibly hard in preparation for the level 5 – Senior Competition Season. The Athletes have their first competition 3<sup>rd</sup> and 4<sup>th</sup> of March at the HPC Invitational. Good luck guys. The results will be in the March Bulletin.

## The Hong Gen Wang Invitational

This year BTYC will be hosting a MAG competition in September recognising the outstanding commitment, dedication and service to gymnastics and BTYC of Hong Gen. BTYC hosted a surprise presentation of the new 'Hong Gen Wang' Trophy to long standing staff member Hong Gen. Many of Hong Gen's friends and athletes, past and present, were in attendance. BTYC are very excited to host the first Hong Gen Wang Invitational which will take place at BTYC in September.



## Gymnastics Victoria Awards Night

This year the BTYC MAG Program and our athletes were nominated for a number of awards at the Gymnastics Victoria Awards night. A massive congratulations to Ryan O'Keefe on receiving the Gymnastics Victoria MAG levels athlete of the year for 2017. This is a massive achievement which



Ryan earned from an outstanding year of gymnastics, including the All Around National Champion at 9 Open. Congratulations to Samuel Vagg and Thomas Solomon who were also nominated for Gymnastics of The Year awards for their achievements last year. I'd also like to congratulate the entire MAG Program for being nominated for Coaching Team of the Year.

**Chris Downie - Program Manager**



## Nutrition for Gymstar athletes.

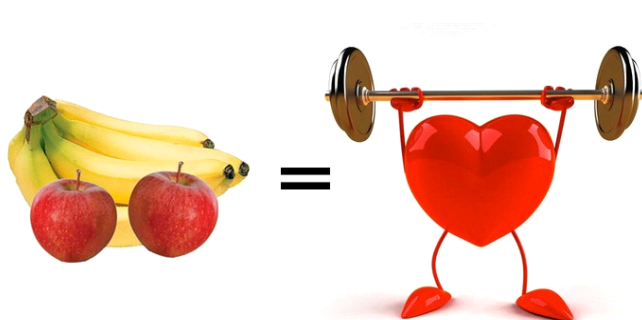
Some groups in Gymstar train for 3hr blocks and as such have an 8-10 min snack break during their gymnastics session to help them refuel and maintain the energy to train at their peak. Here is some information that I have found useful in regards to the nutrition of young athletes that can be applied to athletes of all ages.



The lunch time meal at school before your child comes to training should have plenty of carbs (such as bread, pasta or rice) and a moderate amount of protein (lean meat, tuna, avocado, feta or nuts), but be low in fat because fat takes longer to digest, and can cause an upset stomach. High-fibre foods may also cause some stomach upset, so it's best to avoid these foods until after the training session.

During their session, a light meal or snack that is easy to digest is suggested. Fruit, vegetable sticks, crackers or plain popcorn, half a sandwich, a sushi roll, or a small tin of tuna are easy snacks to pack and eat during a short break in their training. Providing your child with money for the vending machine to buy a packet of chips or a chocolate bar is providing them with a short energy

burst that is easily burned off and will leave them feeling lethargic. This type of snack is good for a one off treat but not for fueling their muscles in the middle of their training.



After training, experts recommend eating simple carbs within 30 minutes of intense activity. This is because your child's body will be rebuilding muscle tissue and replenishing energy stores. It's important that the post-training meal be a balance of lean protein, carbs, and a fat source. Milk is also a great snack to have after training as it contains natural electrolytes as well as carbohydrates and protein.

Be creative with kids snacks, be organised and your athlete will benefit greatly!

**Jess Cornelissen - Program Manager**