

CLUB NEWSLETTER - Term 2 2018

After an exciting start to 2018, I'm delighted to welcome back all of our wonderful members for Term 2. The coaches, office staff and managers really enjoyed Term 1, with so many new gymnasts joining us and helping us expand our programs further. In Term 1 we launched our new Program Logos and Pathways Map, alongside our new website too. We also launched our Cheerleading and Teenage classes, whilst our Boys Recreational Classes seems to be developing a fantastic reputation, with numbers soaring. This Term we have a new Cheerleading development, so keep your eyes peeled for an update!

I'd like to thank all of our 4-5pm Rec families in particular, after an excellent trial and integration of the new class exit policy. Your feedback has been really appreciated and we are glad this is working better for you.

Term 2 will be another exciting chapter, with the club's Annual General Meeting, Victorian & National Championships for our competitive squads and the launch of a new Recreational competition which is sure to excite our gymnasts.

Please also read our new 'Class Replacement Policy' carefully, which is linked below. This is a policy which governs every program at BTYC and will be live as of 16th April 2018.

Enjoy your gymnastics over the next 11 weeks and I look forward to meeting our families throughout the Term. Please feel free to contact me at any time if you have a suggestion for us.

Yours in sport,

David Hunsdale

General Manager | BTYC Gymnastics

Important

Payment Options are Changing on the 1st July

As of the 1st July 2018, the autopay direct debit system will be activated for all families. Please add or update your Credit Card details into the Payment Options on your portal.

The Autopay system has been activated for Squads as at the 1st January 2018.

Monthly Invoicing

BTYC have moved to monthly invoicing as of the beginning of 2018.

The monthly fees will be charged to you on the 15th of every month and the payment is due on the 29th of the month (or 14 day terms from date of charge.)

ALL PROGRAMS (with the exception of SQUADS) are charged by the number of weeks in the month for the day in which you are enrolled into. (Holidays and Public Holidays have been EXCLUDED from the charge for the month.

All other charges are due within 14 days of charge date.

NEW MEMBERS IN 2018

New member to BTYC in 2018, are supported by our BTYC 21 Day Moneyback Guarantee Promise in your first 3 weeks of classes. Applicable to new members only.



Anzac Day Public Holiday
Apr 25 **all-day**



MAG Senior Victorian Championships (Level 5-Senior)
*Selected through trials @ Melbourne Sports and Aquatic Centre
Apr 27 – Apr 29 **all-day**



WAG Senior Victorian Championships (Level 7-8) *By Qualification only @ Melbourne Sports and Aquatic Centre
Apr 28 – Apr 29 **all-day**



BTYC Committee Meeting
May 17 @ 7:00 pm – 9:00 pm



[CLICK HERE](#) to view the full BTYC yearly calendar

Council Update

Many of you may already be aware of Manningham Council's recent decision to re-evaluate their Indoor Stadiums pricing model, across the board. This is a process that directly effects BTYC and our usage of the Manningham DISC. BTYC's Committee of Management and General Manager are working hard behind the scenes to negotiate our position and prevent or reduce, what could be a significant rental increase for the club, over the next few years.

Whilst this process has already started and negotiations ongoing, we would like to encourage any of our members who have experience in Council agreements, to make contact with us, if you feel you can add value to our discussions with Manningham representatives.

Please contact david@btycgymnastics.org.au if you would like to offer any support.

Make up classes

BTYC offers the opportunity to make up, a maximum of two classes that have been missed during the term.

Please [CLICK HERE](#) to read our class replacement policy and how it effects your gymnastics program.



Upstairs Exit Procedure

Continuing to ease congestion...

We will be continuing with our new way of finishing classes for **4-5pm Recreational** Gymnasts only.

Coaches will bring their squads upstairs to the viewing gallery to be collected.
Gymnasts must be collected from upstairs unless you have contacted the office.
Please exit via the **back** stairwell only.

Fees and Payment Policy

Please [CLICK HERE](#) to view our fees and payment policy.

Please note when withdrawing your child :

- Program Cancellations (Kindergym, Trampoline, Tumbling & Recreational classes) – if a member decides to discontinue classes, 14 days notice must be provided. Upon receipt of a completed Refund / Credit Request form the appropriate refund / credit will be processed.
- Program Cancellations (MAG, WAG and Gymstar squads) – in the event that a squad athlete decides to discontinue training in their squad, four weeks' notice must be given. Written notice must be provided to the relevant Program Manager.



Recreational Program

Bridget and Josh here! We hope all of our rec families had a lovely break and are ready to get back into the new term.

Just a few reminders for families and exciting new things coming up this term:

- 4pm families don't forget about our leaving procedure. Please ensure you are using the back door to exit, and you are NOT waiting in the car park for your children. If you are not upstairs to collect your child, they will wait in the seating area with the BTYC staff until you have arrived.
- Class movements have already been done by the relevant program manager, so if you have moved up a level for the new term, you don't have to do anything. You won't need to put in a new request unless you wish to change days or times in which you would put in a transfer request.

NEW RECREATIONAL COMPETITION

BTYC's First Annual Rec Challenge Day

This is a brand new competition we have made for all our 1 hour recreational athletes. It is a day filled with exercises to challenge their strength, speed and coordination.

There will be 10 challenges which will all be timed, and the aim is to complete as much of the challenge as possible in the time frame.

At the end, all challengers will receive a certificate and a gift, as well as lollies throughout the day!

[CLICK HERE](#) to follow the link to a video explaining more!

Bridget O'Donnell and Josh Eades-Sedgers

Girls and Boys Recreational Program Managers | BTYC Gymnastics



ARE YOU READY FOR BTYC'S

1ST ANNUAL REC CHALLENGE DAY!

SUNDAY 17TH JUNE 10AM-12PM

Come compete with your friends in a battle to
become the Ultimate Challenger!
All 1hr rec kids welcome!

\$25 entry fee and gold coin spectator fee
Book online through the Parent Portal
Bookings close 10th June

MAG PROGRAM



Gymnastics through the Eyes of a Gymnast

Have you ever wondered what a gymnast sees and experiences as they flip and twist through the air? The BTYC MAG Team had a play with a GoPro during a recent training session and came up with some great footage that I've put together in the video linked below. Check it out!

[VIDEO - BTYC MAG - Gymnastics through the Eyes of a Gymnast](#)

BTYC's First MAG Level 10

A massive congratulations to Ryan O'Keefe who has passed his Level 10 LAT. This is a massive, incredibly hard achievement, which takes years of dedicated training to reach. BTYC hasn't had an athlete who has passed his MAG Level 10 since Ben Latta in 2011. Well done Ryan! We can wait to see how you perform over the rest of the season!

Click the link below to check out Ryan's level 10 Pommel routine:

[VIDEO – BTYC MAG – Ryan Pommel](#)

How did it feel passing Level 10?

It felt like I had accomplished a great goal in my life. I had lots of self-accomplishment as well as feeling that my training was worthwhile.

Are you ready for Nationals?

Yes, I'm almost ready for nationals. I'm working hard and I'm confident I can perform the best I can. I'm excited to see how I perform with my new skills and interested to see how well I compare to the other Level 10 athletes from across the country.



I'm thankful I have Hong Gen as my coach who can help me with my skills I am striving for. I'm looking forward to trying hard to continue my success with my teammates and coach, following on from such a positive year last year!

Athlete Profile

James Dunn and Skyler Kah

BTYC would like to welcome both James and Skyler who have recently joined the BTYC MAG Program. They are now training in our Senior Squad under Hong Gen. Both athletes have already had an incredible career in the sport and we are excited about their future development at BTYC. Click on the link below to see a few skills from each gymnast:

[VIDEO BTYC MAG - James Dunn and Skyler Kah](#)

James Dunn

Best Gym achievements:

Winning 2 silver medals on High Bar and a bronze at the Australian National Championships as well as qualifying as the non-traveling reserve for the Australian Open Level Tour in 2016.

Favourite memory as a gymnast:

Catching my first Gienger on High Bar.



BTYC Gymnastics – MAG News

Favourite Apparatus:

High Bar.

Favourite Skill:

Yamawaki on Rings.

What's been the hardest aspect of your gymnastics career and how did you get past it:

The hardest aspect would have to be being extremely flat footed resulting in many knee injuries throughout my career. The way I have gotten around this is by doing lots of extra ankle and leg stabilising exercises.

Any advice for future gymnasts:

Always listen to your coach

Skyler Kah

Best Gym achievements:

Of all the skills I have learnt, my best achievement would have be Tsukahara with a full twist on Pit Vault, which I did a few weeks ago.

Favourite memory as a gymnast:

The first thing that comes into mind is when I was at The Australian National Championships a couple of years ago and I stuck my first tumbling line on Floor, a Double Back.

Favourite Apparatus:

This would have to be Floor, which I spent a lot of time on while recovering from an arm injury.

Favourite Skill:

My favourite skill would have to be Flares on Pommel because I've always loved watching Pommel experts do a routine with hardly any normal circles and this inspires me to do the same.

What's been the hardest aspect of your gymnastics career and how did you get past it:

In 2005 I sliced my right wrist to the bone with my own speed skate when I fell (I am also an ice speed skater) and severed 6 tendons, an artery and the ulna nerve resulting in a 2 year recovery time with permanent numbness along the pinky half of my hand. For gymnastics, your hands are what is needed to do basically everything and when hearing the surgeon say that I might not ever be able to do gymnastics again I was a bit distraught. Nevertheless, it has taught me so many things, like you will recover from all injuries at some point. Don't let them drag you down, just pick up from where you left off.

Any advice for future gymnasts: If you're a young gymnast, make sure you perfect the basics. The harder skills will become much easier if you have a straight handstand. Make sure that every time you hop on an apparatus you give it your all.

AND BE GOOD TO YOUR PARENTS!

Chris Downie

MAG Recreational Program Managers | BTYC Gymnastics

BTYC Gymnastics



Adult and Teenage Gymnastics Class



We have had a great start to the year in our Adults program and our brand new Mixed Teenage Class. Please make sure you remember the following:

- If you have been attending all of term 1 you have probably done 9 classes. If you call the office they can book your next class for free thanks to our 10 class loyalty program.
- If you are looking to attend in term 2 you will need to book into the term 2 camps. These are available online through the parent portal.
- Please ensure you book online before you class starts. After class has commenced you will not be able to book yourself in.

We encourage you to look up skills online. Once you have found a skill you would like to learn go ask the coaches. They will do everything they can to get you doing that skill. The freedom of an open training session can be a curse if you don't have an idea of what to work on.

Invite your friends to enrol as well. The other factor in a good class is having friends to learn with. Combine that with a clear set of skill goals and you will get the most out of your class.

We look forward to seeing you in term 2 Adults and Mixed Teenage Class.
If you have any questions please email josh@btycgymnastics.org.au

Josh Eades-Sedgers

Boys Recreational Manager, Schools Manager and Adult/Teen Gym Manager | BTYC Gymnastics



BTYC Blazers Cheerleading

Term 2 is back and we are ready to roll!

BTYC Blazers cheerleading is always looking for new people to join the team!

If you are 14 years or over, you are eligible to join. We train Tuesdays from 8-10pm, and all the information you need is on our website.

Here is a short video of some of the things we have learnt this term:

[CLICK HERE](#)

ALSO! Keep an eye out for something new and exciting coming for our YOUNGER athletes this term. Stay tuned!



KINDERGYM PROGRAM

Welcome back! I hope you had a great Easter and enjoyed your break. Kindergym numbers have been steadily increasing with over 30 new enrolments since the start of the year. It's been fantastic to see so many new faces.

We have started two new Kangaroo classes (children currently attending 4 year old kinder) on Monday at 9.30am and Friday at 10.30am. Places are limited so get in quick.

Kindergym classes run for an hour which consists of 10 minute free play, 45 minutes of structured activities and 5 minutes of stickers and stamps.

We had a lot of fun with the different theme's last term, especially the Commonwealth Games dress up week. Thank you to all those gymnasts who dressed up. This term, the following themes will be incorporated into the classes: shapes, on the farm, transport, colours and winter.

The jumping castle has been a huge hit, especially with our younger gymnasts. Please ensure that you are always supervising your child whilst they are on the jumping castle and during the free play period. This is imperative for the safety of your children.

If you have any family or friends that may be interested, please get them to contact the club as we have many class times available from Monday though to Saturday.

COMMONWEALTH GAMES DRESS UP WEEK



Marijke Daniels
Kindergym Program Manager



TRAMPOLINE AND TUMBLING PROGRAM

Did you know there is so much more to Trampolining than just jumping around? There are so many different elements that impact the movement a gymnast makes on a trampoline, particularly when looking at the effect feet have on the jump. This could possibly have something to do with why coaches are constantly saying to athletes "point your toes!"

Recently Gymnastics Australia released a couple of great resources explaining the movement of a jump on a trampoline along with some great pictures on how our coaches go about teaching different types of landings on the trampoline. For all the children who enjoy bouncing around on their home trampolines, this could be a great resource to have a read of to ensure safety is being maintained not only in the gym, but also at home!



[CLICK HERE to find out more.](#)

Karen Daniel

Trampoline & Tumbling Program Manager and Event Manager



GYMSTAR PROGRAM

Would you like to find out more about your favourite Gymstar coaches?

[CLICK HERE](#) to find out fun facts, such as who speaks Indonesian, who owns 72 pairs of socks and who has been a gymnast for 11 years.

Jess Cornelissen

Gymstar Program Manager | BTYC Gymnastics



WOMENS ARTISTIC GYMNASTIC PROGRAM

A VERY BIG CONGRATULATIONS

to our 9 WAG gymnasts that qualified to the Victorian Championships to be held at MSAC on the 28th/29th April.

If you would like to come along and support the girls at the Victorian Championships the girls will compete during the times listed below at the Melbourne Sports & Aquatic Centre.

Level 7 Division 1: Bronte (Saturday 28th 8:00am-11:00am)

Level 7 Division 2: Amy, Mia R & Sarah (Saturday 28th 12:00pm – 3:00pm)

Level 8: Claire, Ella G, Jasmine, Mia S & Rachael (Sunday 29th 11:30pm-2:30pm)

The senior girls have had a great competition season so far with the Level 8 team winning 1st place at the Eastern Invitational along with many individual places across both Level 7 & 8.



WAG TRY OUTS

Thank you to all the Recreational and GymStar gymnasts that attended the WAG Try Outs during the school holidays. The try outs were a fantastic opportunity for me to see some of the talent in our Recreational Program. Congratulations to the successful gymnast that will now move into the WAG foundation and Level 2 classes. I look forward to watching your gymnastics journey continue.

Alysha Browne

WAG Program Manager | BTYC Gymnastics

BTYC Clothing For Sale

Now available for purchase from reception.

BTYC Hoodie (Grey) – Price: \$35 Youth \$40 Adult (Photo below)

A great casual way to stay warm and wear our brand while looking cool. Great supporter wear. All sizes now in stock!



BTYC Training Jackets – Price: \$30
Suitable to wear to training (but not for competitions) Available in youth sizes 7-8, 9-10 and 11-12.

BTYC Squad Back pack – Navy blue with logo – Price \$40



BTYC Drawstring bag – Price \$10

Links to BTYC Gymnastics

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www.btyc.gymnastics.org.au

