



BTYC Competitive Squad Bulletin

No. 6 – 2018

Dear BTYC Gymnastics Squad families,

This month's bulletin contains some valuable nutrition information for all our gymnasts and some tasty suggestions for nutritional snacks while training. Results for our Gymstar and WAG athletes for the month of July are also included along with five valuable benefits of participating in a trampoline class.

We would like to wish all our gymnasts competing all the best with upcoming competitions.

Please enjoy reading this edition of the Squad Bulletin.

Kind Regards,

Susie Guttman
Office Manager

IMPORTANT DATES

Please find a list below of important dates for August. [Click here](#) to view the full calendar.

AUG 5 Sun	Grips MAG 2-4 Invitational (Level 2-4) @ Grips Gymnastics + Aug 5 – Aug 6 all-day
	Gymstar Competition Level 4, 5 and 6 intermediate @ Eclipse + Aug 5 all-day
AUG 11 Sat	WAG Aerodynamix (Level 5-6) @ Aerodynamix, Wantirna South + Aug 11 – Aug 12 all-day
AUG 12 Sun	Gymstar Competition Level 2, 3 Junior and 4 Challenge @ BTYC Gymnastics, Donvale + Aug 12 all-day
AUG 16 Thu	BTYC Committee Meeting + Aug 16 @ 7:00 pm – 9:00 pm
	BTYC Committee of Management Meeting @ BTYC Multipurpose Room + Aug 16 @ 7:00 pm – 9:00 pm
AUG 18 Sat	WAG Eclipse (Level 7-8) @ Eclipse + Aug 18 – Aug 19 all-day
AUG 19 Sun	Gymstar Competition Level 5 and 6 intermediate, 7,8,9 and 10 senior @ Eastern + Aug 19 all-day

AUG 19 Sun	Gymstar Competition Level 5 Challenge @ Footscray Aug 19 all-day	+
AUG 26 Sun	BTYC MAG Hong Gen Wang Challenge (Level 2-4) @ BTYC Gymnastics, Donvale Aug 26 all-day	+
	Gymstar Competition Level 4 intermediate @ Eastern gymnastics Aug 26 all-day	+
	Trampoline & Tumbling Competition @ Essendon Keilor Gymnastics Academy Aug 26 all-day	+



MEN'S ARTISTIC GYMNASTICS

Gymnastics Nutrition applicable to all programs

Healthy Gymnastics Nutrition

The nutrition of a gymnasts is extremely important in supporting their needs during training, competition and recovery. Gymnastics Australia recently included some fantastic information and links in their latest newsletter to help you understand the nutritional needs of children and how we can ensure their bodies are getting the fuel they need:

[Healthy Eating – The Dietary Guidelines](#)

With our younger MAG athletes starting their competition season and our older MAG athletes, deep into their development phase of training, I've done a little more research for you to help give you a better understanding of how important nutrition is for our athletes as well as some useful tips and recipes.

Effects of a Bad Nutrition

Firstly, it's important to understand that there are not just positive effects of a healthy nutrition, but there are also negative effect of unhealthy nutrition, especially for athletes of all sports.

Poor nutrition can lead to:

- Poor performance, fatigue or even injuries.
- Longer recovery times.
- Immune suppression.
- Weight changes
- Long term illnesses and health problems.
- Negative effects on performance at school.

For more information on the negative effect on a bad nutrition check out the links below:

[Healthy Eating – Can Bad Nutrition Affect an Athlete](#)

[Healthy Eating – Children with Poor Nutrition](#)

Good Gymnastics Nutrition

Nutrition for Training

The nutrition needed for training will usually include:

- Lean protein for muscle repair and recovery.
- Carbohydrate appropriately timed for fuel.
- Fruit, vegetables, nuts and seeds for vitamins and minerals.
- Healthy fats for additional energy.

Most of our athletes at BTYC are still quite young and many will prefer small frequent meals to fit their nutritional needs around their busy schedules of school, homework and long hours of training.

Ideas for nutrient-rich snacks that can be eaten in the car between school and training include:

- Yoghurt & fruit
- Fruit toast or homemade fruit muffins
- Low fat flavoured or plain milk
- Sandwiches with nutritious fillings
- Wholegrain crackers with cheese or tuna

Recovery

Our gymnasts train quite often so it's important to ensure that a recovery meal or snack is eaten soon after cooling down to help refuel, reduce fatigue and for muscle repair. After competing, a carbohydrate and protein rich meal or snack will help to kick start the recovery process. For example:

Yoghurt with nuts

Crackers with cheese or nut butter

Chicken and salad sandwich or wrap

Homemade pita bread pizzas with veggie toppings

Beef and veggie stir-fry with rice or noodles.

After training or competition, is also an important time to encourage plenty of fluids to replace sweat losses. Water is a good choice and milk contains fluid, carbohydrate, protein and electrolytes making it a very useful recovery drink.

Eating before competition

A light meal which is easy to digest or substantial snack about 2 hours before warm-up will help to top up energy stores before competition. Foods chosen should be carbohydrate rich and low in fat and fibre to reduce the risk of gut discomfort. Some suitable pre-competition options include:

- Fresh fruit + small tub of yoghurt
- Breakfast cereal with milk or yoghurt
- Toast with peanut butter or banana
- Small serve of pasta or rice dish
- Wrap or sandwich with light fillings

Nervous athletes, or those who struggle with a poor appetite before competition, may find that liquid based carbohydrates such as flavoured milk or smoothies are more appealing before the event.

Eating and drinking during competition

Extra food between routines is essential for sustaining energy levels and concentration during competition. Yoghurt, light sandwiches, trail mix and fruit are all ideal snack options. Sipping on sports drink can also be useful if solid foods are difficult to eat as they provide carbohydrate and fluid at the same time. Foods and fluids during competition need to be easy to eat and digest, as nerves can make it difficult to eat during competitions.

Recipes

I'm no cook but check out the following links for recipe ideas:

[Sports Dietitians Recipes](#)

[Super Healthy Kids – Dinner Recipes](#)

If anyone has a collection of recipes or ideas that has helped them as parents, please feel free to send them through to me and I can send these out in future bulletins.

I know there's a lot here but there's some really useful information which can have a positive effect on our athletes at BTYC.

Also, please be aware that I have not used the term 'Diet'. We do not want our gymnast to go on diets but instead have healthy lifestyles. Low body fat levels are advantageous in gymnastics, for agility, dynamic power and technique. However, excessive dieting can lead to health and performance issues. It is important that parents, coaches and other staff aim to develop a positive body image in these athletes and seek the guidance of a Sports Dietitian for support and advice when needed.

If anyone has any questions or would like some more information, please don't hesitate to ask.

Chris Downie – MAG Program Manager



TRAMPOLINE AND TUMBLING

Are you looking for another way to help your kids burn off some of that excess energy?

Do you want an activity that will complement their gymnastics training (or perhaps even another sport)?

We'll stop looking! Trampoline classes might just be your answer.

There are a multitude of benefits for children attending trampoline classes, but here are just a few summarised for you!

Reason No 1.

Trampolines
Encourage Play

In the world of technology, our kids are more dependent on video games, social media, cell phones, texting, television, etc. As a result, less kids are playing traditional outdoor games, riding their bikes, swimming, or even walking. Trampolines stimulate play, making activities fun again!

For most kids, bouncing helps redirect energy and work out restlessness. Exercise also improves our overall sleep quality over time. Because bouncing is a form of exercise, you can actually reduce insomnia by trampolining!

Reason No 2.

Trampolines
Alleviate Stress

Reason No 3.

Bouncing is Safe on
the Joints

Rebounding is comparative to high-impact activities, such as jogging. However, unlike jogging, rebounding on a trampoline provides a low-impact exercise that is safe on the joints. In fact, rebounding can actually rehabilitate joint and soft-tissue injuries, relieving back, neck and knee pain over time. Unlike jogging, it also absorbs a majority of the impact from your bounce (up to 80%), further reducing joint problems.

A sedentary lifestyle increases cardiovascular disease, leading to all sorts of heart problems. Like walking, jogging and cycling, trampolining is aerobic in nature and works with your cardiovascular system, decreasing your heart rate and blood pressure. Studies show that 20 to 30 minutes, four times a week, does the job, but 10 minutes on the trampoline does just the same thing!

Reason No 4.

Trampolining
Strengthens your
Heart and Lungs

Reason No 5.

Trampolines Improve
Balance and
Strengthen Muscles

By using a trampoline, you can target specific muscle groups in your body. Trampolines tone your muscles naturally without the impact of floor work. Jumping on a trampoline also helps with your overall balance and coordination, which is important for people of all ages. When children jump on trampolines, they automatically focus their attention on an ever-changing landing position. These motor skills, in turn, filter into other aspects of life, improving your child's learning, reading and day-to-day activities.

What is stopping you? Book into a class today through our parent portal.

Karen Daniel– Trampoline and Tumbling Program Manager



GYMSTAR

Gymstar Practice Competitions

In July, BTYC hosted two practice competitions for our youngest and newest Gymstar members. They were able to practice their routines in front of judges, learn the processes of what happens at an event and get a medal for their efforts! Our practice competitions are a great opportunity to practice their performance skills in a familiar and safe environment, which will hopefully give them more confidence in the lead up to our real events later this term.

The results from the two sessions are below, and don't forget to check out our awesome video on YouTube ([CLICK HERE](#)).

Level 2

- Chloe Bain – bronze
- Laura Channon – silver
- Tiana D'Angelo – silver
- Georgia Menchise – bronze
- Charlotte Mitchell – silver
- Molly Planck – bronze
- Lily Wilby – bronze



- Chloe Downie – bronze
- Aeryn Le- silver
- Maggie Luan – bronze
- Marianna Massarotti – bronze
- Isabella Myers – silver
- Isabel Ng – bronze
- Hannah Blyberg – gold
- Eva Dharumasena – bronze



Level 3

- Sophia Borovnicar – silver
- Sinead Cairns – bronze
- Chloe Peluso – bronze
- Daniella Slocombe – bronze
- Olivia Harmsworth – bronze
- Lauren Uliana – silver
- Aaliyah Wong – bronze
- Rose Bulgin – bronze
- Chanel Ghostine – bronze
- Olive Schumann – bronze
- Ella Parker – bronze
- Abbey Stansfield – silver
- Grace Gammon - bronze



Jess Cornelissen – Gymstar Program Manager



WOMEN'S ARTISTIC GYMNASTICS

Congratulations to all the Level 3-6 gymnasts who passed their Level. Every gymnast in Level 3-6 that has competed this year has passed their Level which is a great result for the gymnasts and the club which the gymnasts should be very proud of. The girls have all displayed beautiful routines and we have had some awesome results. We are loving seeing all the encouragement for each other and other clubs at competition so keep up the great work girls.

Competition Results:

BTYC Invitational Results:

Level 2:

Blue: Amber, Carmen, Greta, Mikayla, Samantha, Madison

Vault: 3rd

Bars: 1st

Beam: 2nd

Floor: 2nd

All Around: 1st

White: Eden, Natasha, Olivia, Chloe, Lucy, Alex

Vault: 6th

Bars: 2nd

Beam: 6th

Floor: 4th

All Around: 4th

Yellow: Cecily, Emma, Georgia, Kiara,

Vault: 4th

Bars: 6th

Beam: 4th

Floor: 6th

All Around: 6th

Level 3

Blue: Leila, Isabella, Zara & Ava

Yellow: Ella, Gabriela, Rebecca & Juliet

Vault: 2nd

Vault: 3rd

Bars: 1st

Bars: 4th

Beam: 1st

Beam: 3rd

Floor: 3rd

Floor: 2nd

All Around: 2nd

All Around: 3rd



Level 4 Division 1

White: Anthea, Isabelle N, Ella W & Montayah

Blue: Ella G, Elle, Kalita

Vault: 2nd

Vault: 3rd

Bars: 1st

Bars: 3rd

Beam: 3rd

Beam: 2nd

Floor: 2nd

Floor: 3rd

All Around: 2nd

All Around: 3rd

Level 4 Division 2

White: Isabelle Y, Jessica, Olivia, Jiwon, Cara, Maya

Vault: 1st

Bars: 1st

Beam: 1st

Floor: 2nd

All Around: 1st

Level 5

Division 1: Team:

Caitlyn Forrest: Bars 1st, Beam 3rd, All Around 1st

Allyce Sturge: Vault 3rd, Bars 2nd, All Around 2nd

Tamara Bratovic: Beam 1st, All Around 3rd

Madeleine Temple: Beam 2nd

Division 2:

Olivia Bartlett: Vault 3rd, Beam 1st, Floor 1st, All Around 1st

Sofia Lopez: Vault 1st, Bars 1st, Beam 2nd, All Around 2nd

Ariella Jones: Vault 3rd, Floor 3rd, All Around 3rd

Samyue Lam: Vault 2nd, Bars 2nd

Level 6:

Division 1: Team 1st All Around

Hannah McDonald: Vault 2nd, Bars 2nd, Beam 2nd, Floor 1st, All Around 1st

Sienna Forrest: Bars 1st, Beam 1st, All Around 2nd

Ashley Spowart: Vault 1st, Bars 3rd, Beam 3rd, Floor 3rd, All Around 3rd

Amber Chaffer: Vault 3rd, Floor 2nd

Division 2: Team 1st All Around

Tara Crowl: Vault 3rd, Bars 2nd, Beam 1st, Floor 2nd, All Around 1st

Kara LeSueur: Vault 1st, Bars 3rd, Beam 3rd, Floor 1st, All Around 2nd

Francesca Ciampa: Vault 2nd, All Around 3rd

Carys Jewel: Floor 3rd

Judges Invitational:

Level 5

Division 1: Team: 3rd All Around

Caitlyn Forrest: Beam 1st

Ellie Kordas: Bars 3rd

Allyce Sturge: Vault 2nd

Tamara Bratovic: Vault 3rd

Division 2: Team 4th All Around

Olivia Bartlett: Beam 1st, Floor 3rd

Sofia Lopez: Beam 3rd, Floor 2nd, All Around 2nd

Level 6:

Division 1: Team 1st All Around

Hannah McDonald: Bars 1st, All Around 3rd

Sienna Forrest: Bars 1st, Beam 3rd, All Around 2nd

Ashley Spowart: Vault 1st, Bars 2nd, All Around 1st

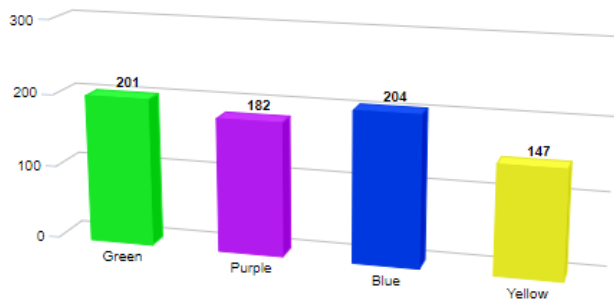
Amber Chaffer: Vault 1st, Floor 1st

Division 2: Team 7th All Around

Tara Crowl: Vault 3rd, Bars 2nd, Beam 1st, Floor 2nd, All Around 1st



Team Score Total for June



Upcoming Competitions in August:

Level 4-6: Aerodynamix August 12th

Level 2&3: Morialloc August 18th

Gymnast of the Month

- Team Jess (Foundation)- **Eva Rusak**: For always being positive and happy, and asking for help when needed. Keep persevering with the skills that you find scary and challenging!
- Team Hannah (Foundation) – **Scarlett Stewart**: For always giving new skills a go and constantly working to the best of her ability. Scarlett always comes to training with a smile on her face!
- Team Zoe (Foundation)– **Ashleigh Yap**: Ashleigh has been focusing really hard on fixing her corrections straight away and works very hard
- Team Bianca (Foundation)– **Philippa Mueller**: Philippa has consistently worked very hard during all training sessions and continues to encourage enthusiasm to all team mates. Good job
- Team Alysha (ALP 2)– **Madison Zervas**: Madison always remains positive in class ensuring that she encourages the other girls in our class along with the other class in our gym and other clubs at competitions. Thank you for all your support Mads
- Team Cassie (ALP 2) – **Kira Hedley**: For always trying her absolute hardest to apply corrections to skills. Awesome job Kira!
- Team Bridget (ALP 3) – **Rebecca Wu**: for pushing herself harder in strength and working on her flexibility. Great Job Bec
- Team Karen (ALP 4)- **Anthea Tan**: Anthea is a super hard worker and is always seeking tips on how she can improve all her competition skills for this year. She also has an incredible 96% attendance rate for all her 6 different classes this year. Well done Anthea on being such a dedicated and motivated gymnast.
- Team Bridget (ALP 4-6)- **Ariella Jones** – encouraging others, applying corrections really well and getting her kip. Fantastic effort Ariella.
- Team Cassie (ALP 5 & 6)– **Ashley Spowart**: For not letting a setback on floor stop her from finishing her beautiful routine and the competition! Amazing work Ash!
- Team Josh (Seniors)– **Ella Gurry**: Ella has worked hard this month to improve her split change on beam.
- Team Alysha (Seniors)– **Bronte O'Dell**: For continually attending training even with her injury and motivating herself to continue building her strength and flexibility.

Alysha Browne– WAG Program Manager