

CLUB NEWSLETTER - Term 1 2019

Hello and welcome to all of our BTYC Members and families.

After a great 2018, all of us here at the club, want to continue that success in 2019, for each and every member. Success can mean many different things for each gymnast and we have, and will continue to, set up classes and programs to suit the wide variety of gymnastics needs.

Are you interested in teamwork, friendship, dance and high energy?
Then you've got to try out our Cheerleading and Aerobics Programs!

Do you want to try something different to keep your physical fitness on track or compliment another sport?
Try out our Recreational classes or Adult Gymnastics classes!

How high can you bounce and how much do you love to do it?
Get involved in our Trampoline and Tumbling classes to take things to the next level!

Would you like your child to learn fundamental movements and deal with physical challenges from a young age?
Kindergym at BTYC is the place to be!

Remember: Members are never limited to just one gym sport, we have options that can allow you to take part in different programs.

Whatever your ambitions may be, our club is constantly evolving to offer more for our members. With over 60 coaching staff, who receive continual mentoring and education, in addition to being up to date with the best 'Child Safe' practices, we are confident we can make 2019 a year of fun and fitness for you.

Here's to a great Term 1 and we wish you the best of success in whatever you take part in at BTYC this year.

Yours in sport,

David Hunsdale

General Manager | BTYC Gymnastics



GET EXCITED!!!

AEROBICS IS NOW AT BTYC GYMNASTICS

Tuesday 4:30pm - 5:30pm (age 6 - 11 y/o)
Tuesday 5:30pm - 7:30pm (age 12 - 18 y/o)

ARE YOU A NEW MEMBER TO BTYC?

BTYC Gymnastics offers a 21 day money back guarantee. If you are not satisfied with your class within the first 3 weeks, we will give you your money back!



ALREADY TRAINING AT BTYC?

No worries, why not speak to our office about booking your first lesson of Aerobics for free!

KINDER GYMNASTICS

At BTYC, our Kinder Gymnasts participate in a range of fun and exciting developmental activities that aim to set your children up to tackle all obstacles they face outside the gym.



Classes are structured in a way that engage children's minds through exciting activities and fortnightly themes such as 'on the farm' and 'superheros'.

Children are offered free play in which they can openly explore our gymnasium, finding activities that challenge their physical and mental development.



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**IF YOU KNOW SOMEONE INTERESTED
IN KINDERGym, BE SURE TO
RECOMMEND BTYC GYMNASTICS!**



CHEER IS HERE!

JUNIOR CHEER
SUN 11AM-1PM
AGES 7-14

OPEN CHEER
TUES 8PM-10PM
AGES 15+

Come and learn
to jump, tumble,
stunt, dance and
get strong while
doing it!



Contact our office for a free trial!

BTYC Gymnastics – Recreation Program



Recreation Program



Welcome

Dear families, welcome to the new year! We all hope you had an enjoyable break and are just as excited as we are to get back into the swing of things.

The rec program is as big as ever, and we are excited to see all the new faces in the gym.

New coaches

Speaking of new faces – we have a few new coaches joining the BTYC gang this year. Some have just completed our Junior Coach Program (JCP) and are now fully qualified and ready to take on their own classes. Keep an eye out for:

Jordan – you will always find him out playing on the tramp as one of our top trampolining athletes. We find it hard to get him off the tramp! He will be working with our 1hr rec boys and our Team Freestyle athletes.

Elena – was one of our senior Gymstar gymnasts who realised teaching can be just as much fun as training! She will be working in our 5-6pm girls classes as well as our 2hr rec girls.

Alejandro – our planning master – Alejandro will be working with our 1hr rec boys and our Team Freestyle athletes after showing that this is his calling during the JCP.

Grace – easiest one to pick in the gym due to her always smiling! Super positive, she is working with our 1hr and 2hr rec girls.

Also joining the BTYC Gang and with lots of years of experience are:

Sage – Super enthusiastic, Sage is always pumping the kids up and encouraging them to do their best. She is our newest Cheerleading coach and also working in the girls rec program.

Nick – Travelling to us from Tasmania, Nick is here to study but mostly to just coach at BTYC. You will see him around EVERY DAY. He will be working with all the different boys classes.

Serene – When she is not busy with Aerobics, there is no place that she would rather be than working in our girls rec program!

BTYC Gymnastics – Recreation Program



Recreation Program

Information Nights

We will be having our annual parent info nights for the rec program next month. These are optional meetings but we encourage you to come along as it will give you the opportunity to talk to both Josh and Bridget and hopefully answer any questions you may have.

The dates are:

Wednesday 6th March from 7:30pm-8:30pm

Saturday 9th March from 1pm-2pm

Testing

After the great success unveiling our new testing procedure last year, we will be continuing to use the online system to ensure that families have up to date information about how their child is progressing. We will be constantly re-assessing and finding new and innovative ways to make the testing process better for both families and staff.

Testing this year will be conducted during class in weeks 4-9 each term.

A reminder that certificates will be sent out via email on the last Friday of each term. During the last week of each term, athletes will also be given a certificate to say thankyou for being a part of our rec program. Without all of you, it wouldn't be as successful as it currently is!

We are always working on being bigger and better, and with all the support from our BTYC families 2019 will be the best year for the Rec Program to date!



Bridget O'Donnell and Josh Eades-Sedgers

Girls and Boys Recreational Program Managers | BTYC Gymnastics



MAG Program

Happy New Year and welcome back to Term 1 at BTYC! I hope you all had a fantastic break. The MAG athletes and coaches have been working extremely hard during the summer holidays in preparation for the Level 5 – Senior Competition Season, which begins very early in February. Good luck to all of the athletes and coaches in your preparation for competition session.

To view the 2019 MAG Competition Calendar please click on the link below:

[2019 MAG Competition Calendar](#)

Learn More about the MAG Program

If you're not already apart of the BTYC MAG Program and you'd like to learn more please click on Program Over below and check out some of the videos from last year; Stick or Stack and Gymnastics through the Eyes of a Gymnast:

[BTYC MAG Program Overview](#)

[VIDEO – BTYC MAG – Stick or Stack](#)

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

2019 MAG Camp – Wyuna Geelong

Over the summer holidays BTYC attended the MAG YMCA Geelong Gymnastics Camp for the second year. We had 9 athletes and 2 coaches attend the camp which was based in Camp Wyuna in Queenscliff. It was a fantastic experience aimed at bringing the athletes from different clubs together, developing their gymnastics and having a great deal fun trying a range of different activities. The trip was incredible and was enjoyed by everyone who took part. Check out the highlights from the camp by clicking on the link below:

[VIDEO – BTYC MAG – 2019 MAG Camp](#)



BTYC Gymnastics – MAG News



Victorian Development Squad

Over the holidays we had 7 MAG athletes train in the first ever session of the Victorian Development Squad Program. These athletes were selected through either competition results or through the results from a difficult testing day.



It was a fantastic experience for our athletes and coaches, which also included a presentation from Steve Hooker, Triple Olympic athlete and Olympic Gold Medallist in Pole Vault. The Victorian Development Squad will be meeting up to 8 times a year to train together and help raise the standard of gymnastics in the state. We are all very excited about this new program! Well done to everyone involved.

Chris Downie

MAG Recreational Program Managers | BTYC Gymnastics

BTYC Gymnastics – Adult & Gymstar Program



ADULT CLASS

Welcome back to all our Adult gymnasts. We hope you had a great holiday period. Now that term has started Adults class is back up and running Thursday nights 8:30-10:00pm. If you're looking to get back into the swing of things or try something completely new, you can sign up now through the Parent Portal. Adult classes now have their own tab on the side menu making it even easier for you to book in!

The membership fee which will be charged to your account after your first lesson is \$65. This will cover you for the entire year and ensures that you are covered under our insurance. This is done to protect you just in case. Also remember that every 10th lesson is free so make sure you call the office to get your free lesson. If you try and sign up through the portal the system will try to charge you for that class.

We look forward to seeing you back at the gym this term or meeting you for the first time. Make sure to look online to find specific skills you would like to learn so that our coaches can help you get the most out of the class.

Thanks,
The BTYC Team



GYMSTAR PROGRAM

Welcome back to another wonderful year of Gymstar! We can't wait to get to know our new athletes and families, and get stuck into some training.

We will be holding our parent meetings this term on **Thursday 14th February from 7-8pm** and **Saturday 16th February from 2.30-3.30pm**. We would love to see everyone at one of the meetings, especially our new families, as it is a great chance to get the most up to date information about the Gymstar Program and what will be happening this year.

The competition calendar will hopefully be distributed to clubs in March, at which stage, we will pass it over to you.

I am lucky enough to be able to spend some time with almost all of the classes this year and so look forward to working more closely with our coaches and athletes every week.

As always, please email me if you need anything, and don't forget to print out the word search, and get your daughter to find all the names of the Gymstar team

Jess Cornelissen

Gymstar Program Manager | BTYC Gymnastics

GYMSTAR TEAM 2019

Highlight or circle all the Gymstar coaches. Can you find all 16 names?

B	Y	E	I	N	A	L	E	M	K	E	O	Y	E	U	B	R	B	N	F
G	G	X	I	C	L	D	V	Z	F	J	E	L	K	S	P	L	M	V	M
Q	A	K	X	H	E	M	M	B	M	Q	E	O	X	Y	T	L	P	R	A
A	Z	D	C	B	G	Y	H	H	T	N	C	T	S	N	Q	K	F	E	F
L	E	O	M	V	N	G	L	W	A	Y	E	H	S	H	F	B	G	U	B
J	L	S	G	C	A	Z	Y	E	H	Z	C	O	L	T	N	Y	I	O	R
O	A	O	L	H	F	J	E	K	M	Y	B	D	E	O	M	N	O	J	W
F	Y	Q	Z	E	S	D	V	N	O	F	Y	K	S	R	E	U	E	B	B
S	A	N	N	A	H	O	J	F	W	G	C	H	R	I	S	S	I	O	W
S	S	J	I	B	U	C	J	E	Q	D	Y	H	N	K	S	S	Z	R	F
O	I	S	C	B	W	D	W	H	L	W	T	F	I	N	T	L	P	G	Y
T	U	T	X	I	G	H	G	E	X	Z	Q	O	M	E	Z	H	H	L	A
V	O	R	L	A	T	W	A	P	Q	O	N	X	G	Q	Y	E	L	D	V
W	L	N	S	N	N	H	M	S	K	Z	L	D	G	E	Z	G	F	E	D
H	Q	A	Y	C	C	O	V	T	V	I	I	M	F	P	R	S	D	Z	Z
H	Q	Y	H	A	V	E	B	A	B	R	T	S	G	A	S	G	A	N	W
Q	V	Y	R	R	S	L	N	A	B	I	R	O	C	F	E	S	V	G	A
I	J	Q	X	N	X	F	M	A	Z	N	O	E	G	V	E	U	N	U	E
G	V	W	S	G	V	F	T	B	F	K	A	S	P	C	Z	L	N	Q	L
Q	P	K	N	B	Q	M	V	G	L	L	I	N	G	P	O	G	I	K	G

ANGELA
CHELSEA
ELENA
JOHANNA
MELANIE
SAGE

BIANCA
CHLOE
GRACE
JOSH
RACHAEL

BRIDGET
CHRIS
JESS
LOUISA
RHYS





TRAMPOLINE AND TUMBLING PROGRAM

Dear Families,

We hope you have had a nice relaxing break and are ready to get back into the swing of term craziness. Big things are happening in Tramp and Tumble this year. Karen who was the Program Manager of Tramp and Tumble will be refocusing her efforts into other areas of the business. Josh has now taken over as Program Manager of this program. If you would like to chat he is always around and more than happy to answer any questions you have.

Tramp and Tumble testing is currently being redesigned and is looking to move completely online and to match our Recreation Program testing. Josh is planning on releasing this for this terms testing. This will allow parents to go online and view the progress of their child each week if they would like. It will be updated live as the coaches test athletes in class. More information will be released soon so keep an eye out for it.

We have also opened a new combined Tramp and Tumble class on a Saturday 3:00-5:00pm. This class will combine Trampolining, Double Mini-tramp and Tumbling. We are looking to start developing a Tramp and Tumble Competitive team. If you think your child would be interested in this class please feel free to email Josh at josh@btycgymnastics.org.au or call the office.

Welcome back and we wish you all a great 2019

The BTYC Team



Josh Eades-Sedgers
Trampoline & Tumbling Program Manager

BTYC Gymnastics - WAG News



WAG PROGRAM

Welcome back to another exciting year in the WAG Program. The high-level WAG athletes have been training hard since the start of January in preparation for the upcoming competition season. The girls have all been achieving new skills and we can't wait to see them in competition.

This year we welcome Coaches Sage, Jess V, Alex, Rachel and Melanie into the WAG Program. We are excited to have these talented coaches to help us continue to progress.

The Level 2-9 girls also had their Cable Park Family Day on Friday the 25th of January. The day started with a training session in the gym and morning tea before we headed to the Aqua Park at Cable Park to cool off on the water Obstacles.

[Click HERE to view the video.](#)

Finally, we are super excited to have 3 of our WAG gymnasts invited into the Victorian WAG Development Squad Program for 2019. This is a fantastic opportunity for these gymnasts to work with not only the states best coaches but also international coaches.

This year is set to be another awesome year in the WAG Program and we look forward to seeing what the girls can achieve.

Alysha Browne

WAG Program Manager | BTYC Gymnastics

Jewellery and Watches

Please do not bring any form of jewellery and watches to your gymnastics class. BTYC will not be held responsible for lost or damaged items.

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.

BTYC Gymnastics – All Abilities



ALL ABILITIES

Welcome back to all of our new and continuing All Abilities families.

After an amazing journey for the program in 2018, we can't wait to see what we can achieve together in 2019!

Our total number of gymnasts involved in all abilities, easily surpassed our club goal and we also had our first competitive gymnast too. This year we would love to see the program continue to grow in not just numbers, but skill and confidence too. We have new coaches joining us, new equipment and great lesson plans to keep gymnasts heading in the right direction and enjoying their sessions with us.

We are proud to offer our daily All Abilities class from Mon – Sat, but as always, we love to hear feedback, so please get in touch with us if you have any comments, ideas or recommendations.

Happy New Year!

Marijke Daniels
All Abilities Program Manager

Important Payment Option

The autopay direct debit system has been activated for all families.

Please add or update your Credit Card details into the Payment Options on your portal if you haven't already.

Monthly Invoicing

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 2019

New member to BTYC in 2019, are supported by our BTYC 21 Day Moneyback Guarantee Promise in your first 3 weeks of classes. Applicable to new members only.

BTYC Gymnastics – All Abilities



Upstairs Exit Procedure

Continuing to ease congestion...

We will be continuing in 2019 with our new way of finishing classes for **4-5pm Recreational** gymnasts Monday to Friday and Saturday **Recreational 10-11pm**.

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.

Links to BTYC Gymnastics

Like us on



Visit our webpage for all up to date information
www.btyc.gymnastics.org.au