

AUGUST 14TH 2020 | ISSUE 3

# GYMNASTICS NOW @ BTYC

WEEKLY UPDATES IN THE WORLD OF BTYC GYMNASTICS



## Have you joined the zoom class fun?

If not, join today.

Our online classes are for all ages and abilities from kindergym to adult. Perhaps you would like to try something new!  
Cheer , aerobics or an adult class.

Visit our website [www.btycgymnastics.org.au](http://www.btycgymnastics.org.au) or call 7022 6854 for more information. All bookings through our customer portal.

## RECREATIONAL GYMNASTICS

This week in REC we had a very adventurous week. During our classes we played our very own choose your own adventure google form. As you submit your answers you get to do different activities at home! Have a look at it in the link below and get involved!

<https://forms.gle/85x8AeaximyM1ZGt5>

We also have lots of fun seeing all the cool things our REC families have at home. We collected colour items last week. Take a look at these purple and blue objects our gymnasts found!



We can't wait to see you all again next week, and keep up our gymnastics at home! Also keep an eye out for the REC GV challenge intro video in upcoming emails and on our social media, to be included in our Clubs entry to win the Gymnastics Victoria Lockdown Video challenge.

# MAG

## MENS ARTISTIC GYMNASTICS

Dear BTYC MAG Families!

What an exciting week it's been for us, we hope everyone is staying healthy during this time. The BTYC coaches have had a great week coaching the boys and starting some new challenges with them.

If you are yet to book into one of our MAG competitive classes you can do so now through the customer portal on iclass. Alternatively if you are interested in joining our MAG program please contact me at lachlan@btycgymnastics.org.au

### What's been happening?

This week our boys made new goals for isolation and we are checking in once a week on progress!! We also have had some social time showing off our talents and collections. We have seen Edison play the piano, new Mario Lego from Evan, and forts built in play rooms included with snacks! We have also had Brodie (whow!!) show off his collection of Beanie Boo's. To which he estimates he has 1000 of them!



| TERM 3 - Zoom Lesson Plans   |  |   |   |   |   |  |
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| File Edit View Insert Format Data Tools Add-ons Help Last edit was made yesterday at 2:55 PM by Alex |  |   |   |   |   |  |
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| A B C D E F G H  |  |   |   |   |   |  |
| Goals  |  |   |   |   |   |  |
|  | Goal   | 1 | 2 | 3 | 4 |  |
| Coach Alex   | To be able to do 5 Chin ups in a row   |   |   |   |   |  |
| Coach Alex   | Skip for 10 minutes straight   |   |   |   |   |  |
| Eddie  | I'd like to be able to do a ten second handstand consistently. I can do a ten second handstand but not consistently. |   |   |   |   |  |
| Adam   | 3 Press to handstands in a row   |   |   |   |   |  |
| Brodie   | 20 Chin Ups  |   |   |   |   |  |
| Evan   | Reverse Press to Shodde L  |   |   |   |   |  |
| Zoe  | 10 Chin ups  |   |   |   |   |  |
| James  | Press to Handstand   |   |   |   |   |  |
| Isaac  | Flat Spills  |   |   |   |   |  |
| Jett   | 1 Leg of flat spills   |   |   |   |   |  |

### This week's challenge

**Challenge 1:** Can you lie down flat on your back with one leg straight in the air. Balance your shoe on your foot and try to stand up into a scale without dropping the shoe.

**Challenge 2:** We would like everyone to try the Gymnastics Victoria Skill challenge! Below are the progressions:

- Balancing on one leg with the raised leg bent
- Back scale (arabesque) hold 2 sec.
- Y scale holding onto your leg
- Y scale without holding your leg

# WAG

## WOMENS ARTISTIC GYMNASTICS

Another week in isolation, was another exciting week on Zoom. This week we recognize some more awesome efforts by our WAG athletes and remind you all to email Alysha with your entry for the GV Skill development competition.

### Foundation/Beginner:

Olivia Teoh – Always puts 100% effort into her skills and in particular trying to get 2 presses in a row.

### Junior:

Claire Wang: Claire has worked super hard on her flexibility to achieve a beautiful Tic Toc.

### Intermediate:

Zara Teh – Zara has been extremely encouraging of her class mates, working really hard in strength and assisting class mates to complete theirs.

### Senior:

Caitlyn Forrest – Caitie has been working super hard in class and seeing improvements in her basic skills that are being worked in zoom sessions

### High Performance:

Isabelle Nesci – Issie has worked throughout the entire lockdown on improving her body tension and it has certainly paid off in many skills



# Gymstar

## STRENGTH DOESN'T HAVE TO BE HARD AND BORING

I'm sure by now your kids have told you all the wonderful ways they have been completing strength in class over the past couple weeks.

Well, here is a great example from our Senior Gymstar girls having a go at one of the favourites - HANGMAN! When you guess a letter correct, it goes in the spot. But when you get it wrong... strength time as a team! Want to find out how it works?

Join a Zoom class and see for yourself!

Missed your class this week? Want to work on some more strength at home?

Try this Strength Word Search and see how you go!



## GYMSTAR STRENGTH WORDSEARCH!

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

ARCH-HOLD  
DISH-HOLD  
LUNGES  
SKIPPING  
SPRINT

BACK-SUPPORT  
FRONT-SUPPORT  
PUSH-UPS  
SNAPS  
SQUATS

BRIDGE  
JUMPING-JACKS  
SIT-UPS  
SPLITS  
TUCK-JUMPS

## GYMSTAR STRENGTH WORDSEARCH!

When you find a word, you have to do the strength activity!

LEVEL 2-3: do each activity 30 times and hold shapes for 30 seconds

LEVEL 4-6: do each activity 40 times and hold shapes for 40 seconds

GYMSTAR SENIORS: do each activity 50 times and hold shapes for 1 minute



# Trampoline and Tumbling

Dear Trampoline and Tumbling Families

We all hope you are doing well and enjoying the classes

We love to hear feedback about how we can improve the sessions so please email [jordan@btycgymnastics.org](mailto:jordan@btycgymnastics.org)

## Strength Challenge

This week is a strength challenge.

Follow the link below to the YouTube video to complete the squat challenge - Squat down when the music says bring Sally down and squat back up when he says bring Sally up.

Can you make it all the way through?

<https://www.youtube.com/watch?v=OBLvsBfI5Ks>

Making sure when attempting the challenge you are in a safe spot and if you can do it on a mat!

If you want to get involved in a class, book in NOW!



This week's shoutout is Alexandria in the Monday 5pm trampoline and tumbling class for always having a positive attitude and learning her backward roll super quickly, good job Alexandria!

## AEROBICS

Great work in Aerobics class this week, everyone has been doing really well from making up and learning a new routine to getting new skills and we can't wait to see what we can achieve for the rest of our Zoom classes!



### Shoutouts:

**Senior:** Amazing work Mia for smashing out her double illusion on her first day of training it and for working super hard on her new general content! - Eve & Serene

**Junior:** Great work Alessia for getting her full turning straddle press after only a few weeks of training! - Ella & Serene

Great work girls!



## BTYC KINDERGYM ZOOM CLASSES



JOIN US!  
NEW MEMBERS ARE  
WELCOME.

## KINDERGYM

A huge shout out to Leo who did really well in his first zoom class today! He was confident, full of enthusiasm, willingly to give everything a go and did an awesome job in class.



**DON'T WANT TO MISS OUT ON ALL THE ZOOM FUN.  
SPACES STILL AVAILABLE.  
BOOK IN TO A CLASS TODAY.**

## **HOW TO BOOK YOUR ZOOM CLASSES**

To book into a zoom class visit the customer portal at [www.btycgymnastics.org.au](http://www.btycgymnastics.org.au) and follow the steps below:

- Sign into your account or for new members create an account
- Click 'Booking' (left upper corner)
- Click 'Find a class'
- Select the program and class recommended by your program Manager
- Select student
- Follow steps to make payment
- If a credit is on your account. This can be viewed and applied on the payment page
- Zoom links will be emailed to you on the day that you have booked your gymnast into.

For further information:

Phone: 7022 6854

Email: [admin@btycgymnastics.org.au](mailto:admin@btycgymnastics.org.au)

Website: [www.btycgymnastics.org.au](http://www.btycgymnastics.org.au)

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