

OCTOBER 2ND 2020 | ISSUE 10

GYMNASTICS NOW @ BTYC

WEEKLY UPDATES IN THE WORLD OF BTYC GYMNASTICS

Looking for a fun way to spend this Saturday night with your family and friends?

Come and join BTYCs

Trivia Fun

Date: Saturday 3rd October

Time: 7:00pm

Location: The comfort of your own home.

Details: BTYC will use the zoom platform to host the night. Families will need two devices to participate. For example; one device such as a computer or ipad for the zoom call and a second device such as a phone or ipad to input the answers.

Registration: Families must register to receive the links and join the fun. There is no charge for this event. Links will be emailed on the day.

Click below to register.

<https://www.signupgenius.com/go/20F0945ADAC29A3F58-btyc43>

We hope to see you all there



BLAZERS CHEERLEADING

Did you know BTYC offers cheer leading classes?

Below are the skills our Level 1s are working towards.

SKILLS LEVEL 1 NOVICE

JUMPS

JUMPS SUCH AS TOE TOUCH, HURDLER AND PIKE WORKING TOWARDS CORRECT ARM PLACEMENT AND POINTED TOES.

BEGINNER TUMBLE

BACK WALKOVER, FRONT WALKOVER, CARTWHEEL, ROUND OFF, FORWARDS ROLL, BACKWARDS ROLL.

TUMBLE SKILLS ARE PERFORMED INDIVIDUALLY AND NOT CONNECTED. DIVE ROLLS ARE NOT PERMITTED.

WE TRY OUR BEST

WE CELEBRATE EACH OTHERS SUCCESS

TUMBLE TECHNIQUE

WORKING TOWARDS STRAIGHT LEGS, POINTED TOES AND FEET TOGETHER ON LANDINGS.

STUNTS

THIGH STAND, WAIST STAND, BACK STAND, FLAT BACK, TEDDY BEAR, SHOULDER SIT, TIC TOC BELOW PREP, PREP, SHOW AND GO.

FRONT PRONE CRADLES, PREP LIB ASSISTED AND RELEASE MOVES ARE NOT PERMITTED.

MAG

MENS ARTISTIC GYMNASTICS

Dear BTYC MAG Families

Another week down, another week closer to being back in the gym! With restrictions easing over the coming months, or even weeks, now is the most important time for our athletes to be working hard in zoom! to ensure they prepare their bodies for a return to gymnastics. Let's check out what they've been doing this week!

Beginner & Foundation Squads: These little guys have been hard at work as they have learnt and improved on their hurdles into cartwheel and round off, as well as developing their endo rolls! Well done guys!

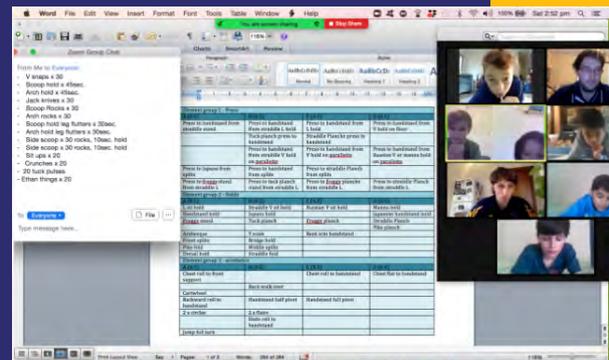
Junior Squad: Junior Squad have been working super hard on their round off entries over the last couple of weeks and they're looking fantastic! Can't wait to see them flipping in the gym! Also Shout out to James for his determination on his press to handstand and to Evan for his improvement in strength! Keep up the great work boys!

Intermediate Squad: These boys have been working harder than ever over the last couple weeks to try and create a routine that they can perform at home. This fits into a larger inter club zoom competition that BTYC is organising with some other MAG clubs from around Victoria. The boys are working hard preparing for the chance to compete! Good luck boys!

Senior Squads: Both our senior squads, like our intermediate squads have been preparing for the inter club competition. This means they get to put in skills they have learnt over lockdown and challenge them to sequence it all together. Hard work guys! There has been a huge focus on cleaning up the execution of skills and trying to progress to even harder sequences! Well done Senior boys!

High Performance Future: The HP Future boys have really upped their game in the last couple of weeks, getting new skills and developing their strength like crazy! These boys also have been working on routines and it's been great to see them put skills they have learnt into a performance! Special mention to Lukas, who held an awesome V sit for 10 seconds, Jacob and Logan for some amazing press to handstand work, as well as Dante and Axel who have shown fantastic straddle planche work and have now moved on to pike!

High Performance Junior: The HP boys have continued to improve their basics, as well as worked hard to develop some new skills. Some highlights include Carlos's flair handstand work, Blake Ceola's straight planche and Victorian Handstand Champion, Blake Ryan holding a 3 minute handstand! Wow! Blake has his heart set on 5 minutes and is now working towards that goal! I get tired just thinking about it, good work to all the HP Junior boys!



RECREATIONAL GYMNASTICS

We have made it team! Well done on making it through yet another block of remote learning. Keep holding out REC team, we can't wait to get you back into our gym and moving around. Just because we are at home, doesn't mean we haven't been making the best of our gymnastics sessions!

Here are some of the activity highlights and the links from our Recreational Zooms.

Alphabet Strength

<https://docs.google.com/spreadsheets/d/1jkB-a0FkMQd10eC-DaSryMMZY0VdV2Ym5jk01YLqSDs/edit?usp=sharing>

Our Coach Memory Game

<https://www.freememorygame.com/?dn=BTYC+Coaches+Match>

Our Coach Strength Guess

https://docs.google.com/presentation/d/1KcNaBFaV3hbzefXR_t_O50abTU96CswEG8AG778cuQ/edit?usp=sharing

Choose Your own BTYC Adventure

https://docs.google.com/forms/d/1PILZF2uQJoifYFoRfc_nvLrsNml_aQoSCuqURQ8fsoA/edit?usp=sharing

Balance Challenge

<https://docs.google.com/presentation/d/1v8NpxLQN2nwA4azyZonNNipCr5aHttcLH6Sa3uAOGQU/edit?usp=sharing>

Strength Snakes and Ladders

<https://docs.google.com/presentation/d/1-j16QrpMkEw2et49Nfg-7bNh60LRB8jdSolbXVq7cRs/edit?usp=sharing>

BTYC Zoom Olympics Challenge Warm UP Dance

<https://www.youtube.com/watch?v=nKsl9kAg5ys&feature=youtu.be>



Let Us know What Resources and gymnastics skills you enjoyed the most this term on the quick Google Form Below!

Feedback

<https://forms.gle/YR3fy1HPaGw6iyyJ6>

Feel free to use the resources above in your own homes to get your kids moving! If you do be sure to send photos and videos through to your PM or Social Media accounts.

We can't wait to see what term 4 has in Store!

Gymstar

Well, what a week it was for the Gymstar program! Our Senior Gymstar girls had a well earned Movie Night! It was great fun to see them all watching a movie at the same time, but on their own devices and trying to sync them all up at the same time.

Our Senior Challenge class have been mixing up their strength programs, with things like "Level 1-100 Abs", using playing cards, testing their knowledge with Trivia and even trying the "Bring Sally Up Challenge!" Want to try that one for yourself?

Click the link below to take you to a YouTube link with a great example of a push up challenge from a Martial Arts group – I know us Gymnasts can give them a run for their money!

<https://www.youtube.com/watch?v=41N6bKO-NVI>

And once again, our amazing Gymstar 3s and 4s are coming with their great dress up themes! Can you guess what each one was?



Lastly, bookings are now LIVE on the Customer Portal for you to book into our next block of Zoom classes. This is the PERFECT time to get yourselves back into the swing of things, and get our gymnasts ready to transition back to a little bit of normality. As a squad class, it is super important we are thinking forward and encouraging our kids to get involved so their bodies can be ready to come back swinging!

Kindergym

Another awesome week has passed with our online Kindergym sessions! Great work to all our little gymnasts, our coaches are very proud of all your efforts in class and enjoy seeing you grow with your gymnastics achievements. We had so much fun with the variety of activities and games we played.

This week we focused mainly on coordination skills. We had some tricky movements using our small toy, and most importantly the athletes are becoming extremely well with their balancing techniques! Not to mention our kinder kiddies handstands are progressing fantastically too! Don't forget to keep working and improving on your scorpion kicks.

While our online classes provide a fun and engaging social environment for young children at home during the lockdown restrictions, the sessions can be seen to have a large involvement with benefiting the children mentally and physically. Importantly with the reduction of restrictions highly likely to occur within the coming weeks and months, joining our kindergym online sessions will certainly make this transition easier.

It is not too late to book in, join us and start your journey back into gymnastics! If you would like more information on the program and the online classes please email the program manager: marijke@btycgyrnastics.org.au



Trampoline and Tumbling

AEROBICS

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@btycgyrnastics.org.au

This week's challenge is a balancing challenge.

- 15sec standing on left leg
- 15sec standing on right leg

Find an object like a soft small toy.

- 15sec standing on left leg with toy on you head
- 15sec standing on right leg with toy on you head



Junior: Athanasia for getting her turns and jumps really good

Senior: Amy for getting her double turning L press for the first time



WAG

WOMENS ARTISTIC GYMNASTICS

We have so much happening in the WAG Program at the moment. Thank you to everyone that sent in a star jump video, I was super impressed with how many you could all do in 30 seconds. Few things to book in for through the customer portal include

- Term 4 enrolments (Classes)
- WAG Online competition (Camps)

This weeks gymnasts of the week are:

- Foundation & Beginner:** Mila -Working hard to apply corrections especially in her handstand shape
- Junior:** Matilda – Working really hard on presentation and showing off her skills
- Intermediate:** Olivia – Determination in her Press to handstand and this week achieved 3 in a row.
- Senior:** Sienna – Bringing a happy and bubbly vibe into training sessions and for working hard in improving her shapes and basics
- High Performance:** To conclude Term 3 the whole class is getting recognition for perfect attendance throughout the Term.

**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 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

Website: www.btycgymnastics.org.au

Follow us on Facebook and Instagram

CONTACT DETAILS

DO YOU HAVE A QUESTION FOR OUR PROGRAM MANAGERS?

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