

SEPTEMBER 11TH 2020 | ISSUE 7

GYMNASTICS NOW @ BTYC

WEEKLY UPDATES IN THE WORLD OF
BTYC GYMNASTICS

Happy Father's Day

Happy Father's Day for last Sunday to all our Dad's and special people. We hope you had a day filled with fun, warmth and laughter.



WAG

WOMENS ARTISTIC GYMNASTICS

Firstly I would like to thank all the families that sent me a thank you message for their coaches. The coaches all loved their videos, if your gymnast would like to see their coaches video, all they need to do is ask and the coach will show them in class.

Last Saturday we had our Fathers Day session and I think it was a great success. Ben and Chris took the dads through a pretty tough workout, working their arms and legs bring the grocery's in, plenty of dad jokes, some handstand work and more strength finishing off with a Kahoot. I hope all the dads got breakfast in bed on Sunday because there was a high chance those arms weren't working.

We have more fun activities in progress so stay tuned

This weeks gymnasts of the week include:

Foundation/Beginner: Adelyn – For being super enthusiastic about gymnastics, always practicing and is excited to show her coaches what she has been practicing at home

Junior: Imogen – Imogen has been working so hard and has now achieved her press to Handstand, Go Immy 😊

Intermediate: – Sarina & Leila – Sarina has worked incredibly hard throughout the last 6 months to strengthen her handstand shape and it is now looking fantastic. Leila has also been working at 100% with her handstands and on Saturday achieved a handstand of over 20 seconds. Great work girls

Senior/High Performance: – Chloe – Working so hard to refine the small details in her skills and taking on all the feedback she receives. Chloe adapts to changes to make sure the surface she is using is as close to gym normal as possible.

MAG

MENS ARTISTIC GYMNASTICS

Dear BTYC MAG Families

I hope you are all doing well during these tough times! I would like to begin this week with a huge thankyou to all our members and parents of the MAG program that have supported the efforts we've made to provide the best online training possible, without you we would not have progressed this far! It's been absolutely awesome seeing the boys get new skills in lockdown as well as improve their strength and flexibility.

What's been happening?

This week we take a look at our intermediate boys! The boys have taken to the second lockdown incredibly well and have seen it as a great opportunity to concentrate on perfecting their basics and flexibility. During this time the boys have had a chance to set themselves goals to achieve whilst in lockdown as an extra challenge to get skills and build on their flexibility.



We have also had the pleasure of joining MYC for an online training session where the boys will train alongside MYC's boys of the same level and go through different programs and enjoy some fun strength warm ups and games.

We are very proud of how far the intermediate boys have come during the lockdown and very much look forward to being back in the gym soon.



This week's MAG challenge

This week we are doing skill add ons!

Can you do the full routine?

Skill 1: L sit

Skill 2: press to straddle L

Skill 3: Press to handstand

Skill 4: lower to tuck planche

Skill 5: lower to straddle L

Skill 6: Press to bent arm handstand

How strong are you?

BLAZERS CHEERLEADING



Shout-Out

Maddy: achieved her bridge kick over on the floor

Bethany: got tick tock walkover to a height.

Well done Girls!!

RECREATIONAL GYMNASTICS

This Week, our Recreational classes have been so much fun! We have had a blast with our Olympics themed week! Our coaches have been so impressed with what the gymnasts have been able to show off!

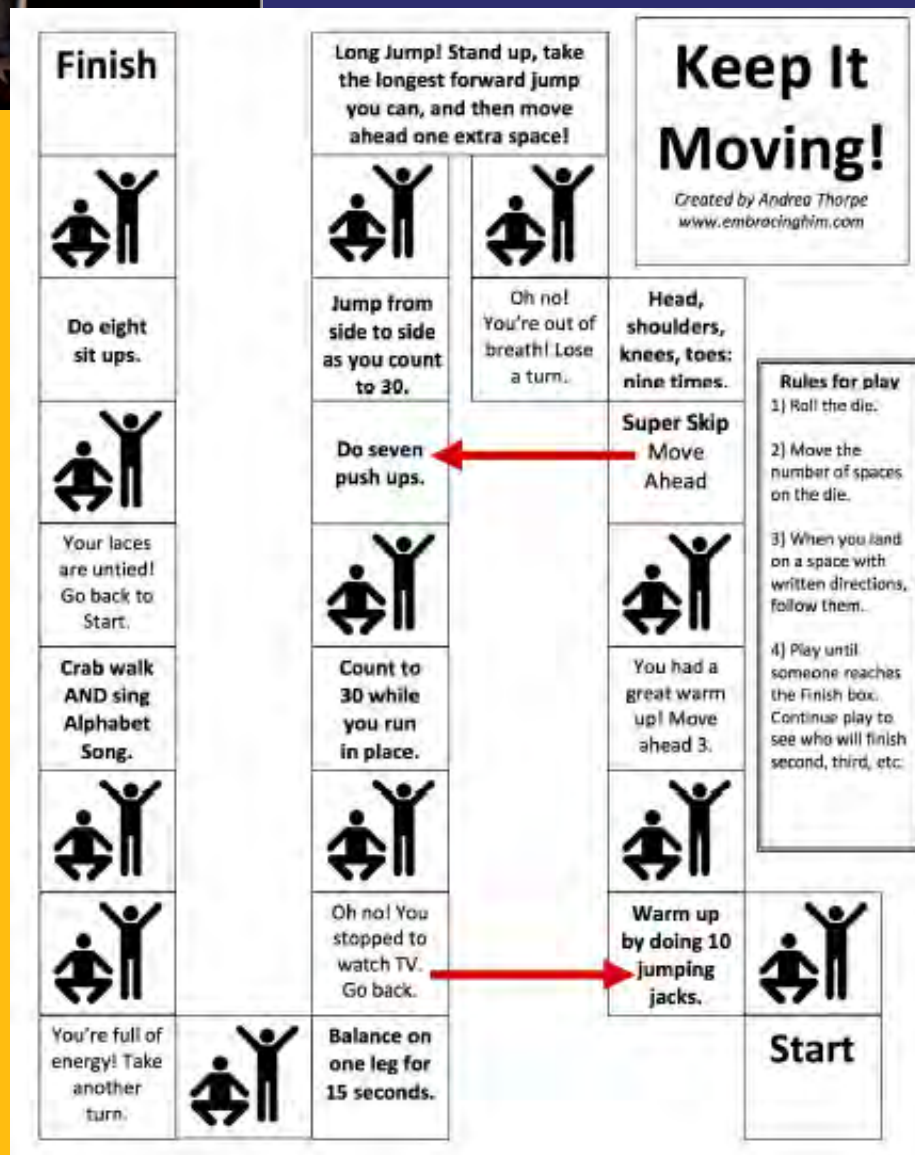
Not only that our gymnasts have had a whole heap of fun playing some different sports games around the house with everyday items! We saw some impressive scores from our gymnasts!

Our Wednesday night 4-5 class looks great as they try to make their bodies into the different sporting symbols of the Olympic games, SO CREATIVE, can you guess what sport they are pretending to be?

We have loved seeing all of you come along and getting involved in our Olympics week! Stay tuned for next week's newsletter to find out which class gathered the most points!



Need some extra ideas on some strength to do at home, try out this simple board game to KEEP IT MOVING!



Kindergym

Another fun week has passed and we congratulate you all on your efforts! Our little gymnasts are working so hard on their skills and showing so much improvement and progress in class. We Love seeing all your smiley faces and enthusiasm. We hope all families are staying safe and well.

Reminder, we still have available spots if you wish to participate in our online Kindergym classes. New members are welcome, come join the fun!

Email-Marijke@btycgymnastics.org.au

The Letter...



V



**Thursday
ZOOM
SESSIONS**
7:30pm - 8:30pm

*after 2nd class annual membership fee
of \$50 will be charged
(PRO RATA for term 3 & 4)



Gymstar

**WHO DOESN'T LOVE A GOOD DRESS UP
THEME?!**

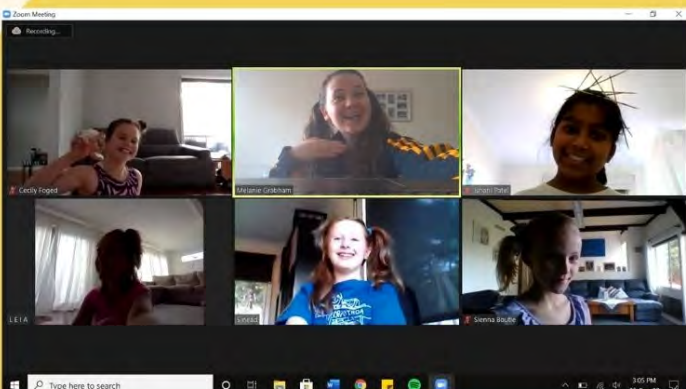
CHECK OUT OUR AWESOME GYMSTAR 4S WITH ALL THEIR THEMES THIS
WEEK!



TEAM RHYS - PJS



**TEAM ELENA - CRAZY
HATS**



**TEAM MEL - BIRTHDAY 'S'
SILLY HAIR**

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@btycgymnastics.org.au

This week's challenge

Making sure when attempting the challenge you are in a safe spot preferable using a mat or soft surface!

Trampoline Routine,

- Half turn
- Tuck jump
- Sit down into a seat drop shape
- Straddle shape
- Stand up
- Full turn
- Forward

If you want to get involved, book in NOW!



Shout-Out

Junior: Annabel for getting confident with her routine and being able to do it with music!

Senior: Mia for getting all her skills really consistent and adding some great arm lines to her routine

Here's our junior class having fun playing Aerobics snakes and ladders!



Join us on Zoom!
TUE-3:30pm-4:00pm
SAT-8:30am-9:00am

Gymnasts will get the opportunity to work on strength, flexibility and coordination. There are also challenges and games for gymnasts to get involved in.
Hope to see your gymnasts soon!

All Abilities At BTYC



**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?

Aerobics

All Abilities

Boys Recreation

Cheerleading

Girls Recreation

Gymstar

Kindergym

MAG

Trampoline or Tumbling

WAG

Eve

Marijke

Brett

Leonie

Angela

Bridget

Marijke

Lachlan

Jordan

Alysha

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