

OCTOBER 9TH 2020 | ISSUE 11

GYMNASTICS NOW @ BTYC

WEEKLY UPDATES IN THE WORLD OF BTYC GYMNASTICS

WAG

WOMENS ARTISTIC GYMNASTICS

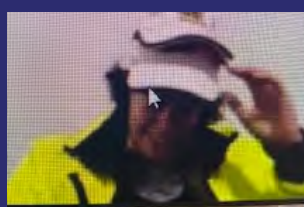
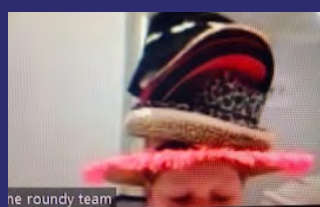


Trivia Fun

Hosted by our General Manager David, last Saturday BTYC Gymnastics held their 2nd Ever online Trivia night. It was a fantastic turn out with many families back for the 2nd time to test their trivia knowledge and have some fun!



Congratulations to everyone who participated and well done to the Cairns family taking the top spot! Your prize awaits when we return to the gym.



There is so much going on in the WAG Program throughout the next couple of weeks for our gymnasts to look forward to.

Let me start by thanking those that attended the Trivia night on Saturday, well done to the Cairns family on the win. I will take that as another win for the WAG Program.

We are into Term 4 now and enrollments have begun. We know a number of families have had difficulties with the new passwords and links, please make sure your Zoom is updated to the latest version as this has become the common error.

Now for the fun stuff: Whats happening in WAG

Friday 9th October: Pizza and Movie night for the Intermediate & Senior Athletes



Friday 9th October: Disco Night for the Foundation, Beginner & Junior Athletes



Sunday 18th October: Online Competition.

If you have not yet booked in for class this term, I highly recommend that you do this as it is important for the girls socially and physically to prepare for a return to training. If you have any concerns about this, please contact me on alysa@btycgymnastics.org.au

BLAZERS CHEERLEADING

BTYC offers competitive cheerleading classes for both kids and adults! All-Star cheerleading combines tumbling, stunting, dance, strength & conditioning to teach goal setting & teamwork. Every athlete has an opportunity to reach their potential and find unique roles within the sport.

There are many different positions including bases who hold the stunts up with their strength, tall back spots who are the leaders of the stunt, flyers who show off their flexibility and balance and tumblers who have incredible technique and skill.

Athlete interview

Adelle (open cheer)

What got you into cheerleading?

Wanting to do a sport close to gymnastics (because I love doing gymnastics) but more team based and no bars, lol.

What's your favourite experience you've had through cheerleading?

Making incredible friends, re-learning some old skills and learning new ones and winning our first stunt comp!

What have you been doing in your spare time throughout lockdown?

Missing cheer!

What skills are you excited about working on when you're back in the gym?

Back handsprings, back/front walkovers, stunting!



Shout-Out

Junior: Alessia for her beautiful split jumps and presses

Senior: Megan for making some great progress in her Helicopter cartwheel

PHOTO: Our junior class learning the first step in push up landings!

SKILLS LEVEL 1

JUMPS

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

BEGINNER TUMBLE

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

ADVANCED TUMBLE

CONNECT MULTIPLE SKILLS, THREE WHIPPED JUMPS LANDING WITH FEET TOGETHER FOLLOWED BY A BACK WALKOVER.

WE
TRY
OUR
BEST

WE
CELEBRATE
EACH
OTHERS
SUCCESS

TUMBLE TECHNIQUE

SKILLS MUST BE PERFORMED WITH STRAIGHT LEGS AND POINTED TOES. FEET MUST BE TOGETHER ON LANDINGS.

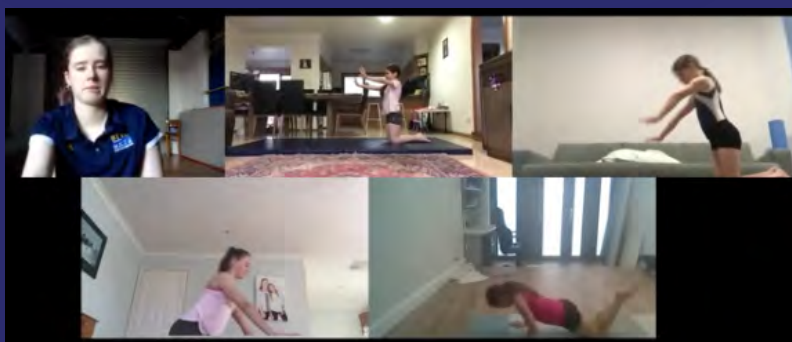
STUNTS

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

ADVANCED SKILLS

1/4 TWIST, PREP ONE LEG (LIB) ASSISTED, PRONE DISMOUNT.

AEROBICS



RECREATIONAL GYMNASTICS

Hi Rec Families!

We are so excited to have you back on board in term 4. We hope you are just as excited as we are to be up and moving this term. We have seen lots of new faces join us on zoom which is super exciting!

This week we have a challenge for you;

CHALK GYMNASTICS!

Now that the weather is getting better, let's get creative outdoors! Coach Ange used to love drawing chalk planets on the concrete when she was younger, and now we are asking you to draw chalk gymnastics! Take a look at some of these examples for inspiration;

If you get busy with the chalk make sure you share it with us by emailing your PM, or sending it to us via our socials!



We have had such a fun week welcoming some new faces to zoom. If you have been thinking about joining us now is the time! We are working hard on getting our recreational gymnasts physically prepared for a return to training at the facility in the best way we can inside your homes. This includes strength training alongside flexibility work, and also just getting them EXCITED about returning to gymnastics in our amazing BTYC facility in a Covid Safe way.

Want to know more about what we get up to in our zoom sessions, contact us;

angela@btycgymnastics.org.au

brett@btycgymnastics.org.au



HIGH FIVE everyone!
Keep up the hard work at home! We can't wait to see all your new skills in the gym!

MAG

MENS ARTISTIC GYMNASTICS

Dear BTYC MAG Families

Welcome to term 4 at BTYC! Enrollments are now open for our 4 week zoom program that will lead us back to gym training. As numbers of covid cases continue to drop and restrictions begin to ease there has never been a better time to join in with our Zoom classes and prepare for our return to training.

This week I will be sharing some home programs that you can do to build up your strength at home!

Scoop Mountain Climbers: 3 sets of 20 reps!



Tension Bridge hold for 20 seconds! How low can you go?



If you're looking for more at home workouts you should ask your coach what are some good things to be working during this time leading into a return to the gym.

All our athletes have worked so hard during this lock down and over the months have achieved a lot of great things.

Keep up the good work boys and we'll be back in the gym before you know it!

Push ups! 2 sets of 20 push ups



A-frame dips! If you found push ups easy, try this for a challenge!



Gymstar

Welcome to Term 4 for all our Gymstar Families!

We hope you are just as excited as we are to be over the hill and on our way back to the gym.

Our classes are always working hard, committed to their training, attendance is going great and together we are achieving our goals.

We have some exciting things planned for this term, so keep an eye on your emails and all our socials for updates.

Here are Grace's Level 3s working really hard on their goals from the start of Term 3, and doing in their PJ's too!



As always, now is no better time than any to book in for our Zoom sessions!

If you need assistance booking in, please contact us to help you.

It's more important than ever, that if you want to get back into the gym with us soon that you are conditioning your bodies to be ready!

Kindergym

Welcome to Term 4. Thanks to all those families who have signed up to our zoom classes. It is not too late to join in, so please visit the customer portal to enrol.

This week our little gymnasts have been working hard on their handstand drills and some different jumps. A big shout out to Maggie for her amazing efforts in class and working hard on her tuck handstand.



Trampoline and Tumbling

Dear Trampoline and Tumbling Families,

Welcome back to term 4, we hope are staying healthy and keeping entertained at home.

Don't forget to re enroll into your online classes.

PHOTO left:

Here is one of our trampoline classes going through their backdrop shape, good work team !!

If you want to get involved, book in NOW!



**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

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Marijke

Brett

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