

GYMNASTICS NOW @ BTYC

MEET OUR NEW GENERAL MANAGER

Hi BTYC Community,

I am incredibly excited to introduce myself to you all as I begin my journey as the new General Manager of BTYC Gymnastics.

I have been involved in gymnastics as a gymnast, coach and club manager for 25 years now and am looking forward to the next 25 to come!

I have had a long-held respect for BTYC and what the club offers to both local families and the wider gymnastics community. Offering inclusive programs, allowing everyone a place to excel within gymnastics and delivering professionally run events and classes, BTYC sets a very high benchmark of what a gymnastics club can achieve.

In my few short weeks here, I have already seen extraordinary dedication from our gymnasts and staff to not only their gymnastics but also to each other, and their personal growth and development. It is a true honor to be joining such a supportive team.

I look forward to seeing everyone back for term three and getting to meet more members of our community. If you see me around, please come and say hi and let you know about your BTYC story and journey so far.

Jes Larsen
General Manager
jes@btycgymnastics.org.au



WAG

WOMENS ARTISTIC GYMNASTICS

In the WAG Program, Term 2 gave us so many incredible moments along with the challenges thanks to COVID.

We began the Term with our Division 1 level 7 & 8 girls competing in the Border Challenge trails. The girls performed beautifully and we were so proud to have both Sienna and Hannah make the Level 8 Victorian Team. Unfortunately due to the Melbourne lockdown, the girls were unable to travel to Queensland to compete but they have kept their spirits high and are working just as hard to make a state team again next year.

Our next event was the WAG Practice Competition. This was a fantastic day for all the gymnasts getting to wear their brand new leotards for the first time. The girls all did us so proud showing beautiful routines and getting valuable advice from our guest judges.

During the holidays our Level 3 & 4 girls attended their first competition this season and for many, their first ever competition. The coaches and I were all so so proud of each and every gymnast on the day. They showed off their routines beautifully and we were so much improvement from the practice comp to this one.

Unfortunately once again due to the lockdown the Level 5-7 girls were unable to attend national Clubs however we are hopeful they can attend in September. As a slight compromise for not going, the girls all went to the Compound training centre to try out some of their ninja skills. It was a fantastic day filled with laughs and excitement.

This term we will continue with our competition season for all levels so keep your eyes on our social media for all the updates. We also have some fun events happening with sports psychologist Matt Scholes coming in to do a few presentations for our athletes and parents.

WAG Term 2 Results

BORDER CHALLENGE



Level 7 Day 1
Isabelle N: 2nd Bars
Level 8 Day 1
Sienna F:
1st Bars & Overall,
2nd Vault
Hannah M:
1st Beam and Floor



Level 8 Day 2
Sienna F:
2nd Overall
3rd Bars
Hannah M:
2nd Beam

AERODYNAMIX

Level 3



Blue (Adelyn, Arabelle,
Kaylee, Layan, Olivia)
2nd Bars
3rd Overall, Beam & Floor

Yellow (Carmen, Chloe,
Isabella M, Isabella S, Tanya)
2nd Vault
3rd Bars



Level 4

Blue (Matilda, Kira, Ruth,
Kiara, Lucy)
1st Vault
2nd Bars
3rd Overall

Yellow (Chelsea, Cecily,
Georgia, Kaitlyn)
3rd Beam

White (Amber, Claire,
Isobel, Maddie, Khadija)
2nd Beam
3rd Overall, Vault & Bars

WAG Term 2 Events

WAG PRACTICE COMPETITION



THE COMPOUND TRAINING CENTRE



Due to covid regulations and restricted numbers in the gym, you must book into all recreational classes through the customer portal to attend a class.

Normal classes are not currently running.

You will receive further communication when restrictions ease.



RECREATIONAL PROGRAM



RECREATIONAL GYMNASTICS

How exciting to be back in the gym! I hope you all had a nice and relaxing holiday break. Great work to those recreational gymnasts who trained over the holidays and joined in with the holiday program too. We had so much fun!

Our recreation program is booming with new enrolments and our classes are filling quite quickly. We have a busy term coming up, the recreational challenge day event has been moved to this term on Sunday 22nd August (fully booked). Families can contact the office if they would like to go on the waitlist if a spot becomes available.

Level testing was meant to happen at the end of term 2 when the lockdown occurred. So instead, it will be done at the end of this term (term 3) the level your child receives will be the new level they train in for term 4 and move into for 2022.

Gymnasts will be assessed against their skill curriculum. Please visit our website to view the relevant information resources available. You will find information on how the assessment process works, including the recreational boys and girls skill curriculum and pathway chart. Gymnasts are graded a 1, 2 or 3 on each skill within their curriculum. Gymnasts then get an overall score.

As always if you have any questions or have some feedback on the recreational program here at BTYC Gymnastics, please do not hesitate to contact me: rhiannon@btycgymnastics.org.au

Adult Gym

Sick and tired of running on a treadmill? Looking for a new way to keep fit and learn new skills? Then BTYC's adult gymnastics class may be your next workout option.

Our BTYC adult classes are structured to provide each participant with as much freedom and flexibility to choose what skills they wish to work on during the class. This is achieved by the relaxed and open learning style used in BTYC's adult classes. After a group warm up and stretch, each person may choose what skills or apparatus they would like to work on or join in the structured class.

The coaches that oversee the classes will work with you to achieve your fitness or skill specific goals or you can work on your skills independently within the gym under the supervision of our coaches.

Adult gym is back!
THURSDAYS
8:30pm-10pm



Free trial for new members!
Create an account and contact the office to book trial.

Make sure to book via the 'Customer Portal' on our website.

NEW REDUCED
PRICE \$15 per session!

Annual
membership fee
\$65



Ph: (03)9841 4772
E: admin@btycgymnastics.org.au

BTYC BIRTHDAY PARTIES!

COME AND CELEBRATE!

FOR PARTY
BOOKINGS CONTACT
BTYC OFFICE
9841 4773

Activities include:
warm-up,
obstacle/assault
course, games,
activities on apparatus
& freeplay

Gymnastics
parties for
Preschool to 18+

PRICES

(ALL AGES)
1.5 hours in gym
up to 14 - \$299
15-20 - \$399
21-27 - \$499

50% required at
time of booking.
Non-refundable
within 14 days of
the party.

Saturday
6pm-7:30pm
Sunday
1:15pm-2:45pm
3:15pm-4:45pm
5:15pm-6:45pm*

*more times
available during
school holidays

Special gift for
birthday child &
BTYC Member
discount

NO PARTY FOOD
ALLOWED CURRENTLY
DUE TO COVID



Ph. 9841 4773 W. www.btycgymnastics.org.au

Gymstar

Our gymstar girls have gotten right into comp season prep and are going so strong! We have just had our practice comps for our level 2-4 gymnasts, and they were really well received from families and the girls did an excellent job. Thank you to all our judges for helping us with both days.

Competitions are so up and down at the moment, and I know we have missed a few due to lockdowns. All information about competitions will be communicated shortly, so please keep an eye out for the next few coming up over Aug/Sept!

Please make sure when you receive your email with the work orders, you read it very carefully for the details for your daughter. I will always attach the work order for your knowledge, as well as a specific breakdown for each level of when they need to be there.

Our Term 2 reward points have been a big conversation starter lately, and you can wait no more.. Congrats to Team WATERMELONS! Our prize this term is a limited edition Gymstar T-Shirt! These will be available for you to pick up from the office.



Tramp & Tumbling

We have had some fantastic things happening in our tumbling squad recently,

During the holidays we had our practice competition for our juniors and seniors which went very well, all the athletes performed amazingly and can't wait to see them all compete,

We look forward to seeing our junior Trampoline and Tumbling athletes compete at the EKGA Levels invite on the 15th of August, we wish the best of luck to them,

We would also like to welcome Kim Mcfadden to our tumbling coaching team, so if you see Kim make sure to say Hi

If you are interested in our junior or senior tumbling squad, please contact jordan@btycgymnastics.org.au



Kindergym

Welcome back everyone. I hope you had restful break and feel energized for another fun term of gymnastics. Numbers have been slowly increasing and we have had quite a lot of new enrolements over the holidays, so a warm welcome to all the new families.

This term we have a couple of new coaches joining the Kindergym team. Ella Gurry will be teaching on Saturday mornings and has been at the club for many years as a senior gymnast and now a coach. Eve Hinchliffe will be teaching on Sunday mornings. She has been with the club for a few years and is currently the Aerobics program manager. Both Ella and Eve will be a great addition to the coaching team.

Can I please remind you of some very important club rules. It is extremely important that these are adhered to for the safety of all our gymnasts and families:

- All parents **MUST** supervise their gymnast in the free play period at the start of class, including children in the Kangaroo classes. Siblings are able to participate in this free play period as well, as long as the parent supervises both the gymnast and siblings.
- **NO** siblings can be on the floor during classes.
- Parents and siblings of Kangaroo classes must go upstairs to watch the class at the end of free play.
- Gymnasts must wear the correct gymnastics attire which includes the Kindergym T-shirt, leggings/tracksuit pants/shorts or leotards. No skirts or dresses are to be worn and please ensure hair is tied up off the face.
- All gymnasts and families must wait upstairs at the start of their class until they are called down by their coach.
- No phones are to be taken on the floor.
- No photographs are allowed to be taken during the classes for child protection reasons.

Theme's for this term are as follows:

Weeks 1 & 2 – Farm

Weeks 3 & 4 – Sports

Weeks 5 & 6 – Dinosaurs/Monsters

Weeks 7 & 8 – Letters & Numbers

Weeks 9 & 10 – Superhero's (including a dress up week)



AEROBICS

Junior Rec:

The junior class has been doing a great job learning their aerobics skills and choreography even when we were training on zoom. We are looking forward to seeing your complete routines at training!

Intermediate Competitive:

These girls have been preparing for their first competitions over zoom and in the school holidays, we can't wait to see your routines! Great work so far and good luck!

Seniors:

Following their success at the National Championships (Level 7 Senior Individual – Mia (3rd), Megan (7th), Amy (12th), our senior squad has been working hard on new skills, while our Level 4 seniors are preparing to start their competition season Mid-July.

Great work everyone in Aerobics!



Junior Coach Program

To all our BTYC families, we are so proud of our Junior Coach Program and are starting to spark your interest to get ready for our 2022 intake!

A reminder of what the Junior Program will entail?

- Guided by your supervisor coaches, we will aim to have you fully prepared for your Intermediate Coaching exam by the end of the year
- You will meet once a month to go through key coaching points and education to help you reach your coaching goals
- You will work alongside experienced coaches in a variety of programs to enhance your knowledge, for a minimum of 1hr/week paid
- As a team, you will all go through the Intermediate process together, hopefully with great success!

Application forms will be sent out to families in November, so we won't be taking any applications until then. Hopefully this just gives you a bit of an idea of what the Junior Coach Program is all about and time to consider if you would like to apply!

School Program

BLAZERS CHEERLEADING

TERM 3

Our Schools Program is taking off for term 3. We have our At Schools Program booked every week until the end of Term, and At Club program coming into our Venue multiple times a week. Some of these schools include Donvale Primary School, Heatherwood School and Park Orchards Primary School. It is great to be able to provide a gymnastics experience to so many students across so many ages.

If your school is interested in having a Gymnastics Program run for them, pass on Brett's contact (Our schools Program Manager), or let us know via his email: brett@btycgymnastics.org.au

The cheer program has had a very exciting delivery over the holidays... our Competition Uniforms have arrived! These will be handed out when our classes return to the gym. Make sure you come to the office BEFORE your class to pick it up!

Routine structure is well and truly underway, and the girls are getting prepped to go for our first comp of the season in...

Still want to try cheer?

Why not come and chat to our office about having a trial! You don't have to join our competitive squad – we have recreational only groups as well who are always welcoming more team mates. Age 6-10 – Friday 4:30-6 Age 10-14 – Sun 11am-1pm Age 14+ (including adults!) – Tues 8-10pm

Reminder – it is SUPER IMPORTANT that you come to training. Cheer is a team sport, and needs all its vital components to be able to work. Every athlete has a purpose and are essential to their stunt groups. This is such a great sport for making friends with your squad, so we encourage you all to be here as much as possible.

All Abilities

Welcome back to another fun filled term of gymnastics. . We have had some new enrolments over the holidays and the program now has the most number of gymnasts since it began. This is very pleasing and with that being said, there is still spots available in certain classes, so if you know of anyone who may be interested, please get them to contact the club.

Coach profile: Johanna Godfrey

1. Did you do gymnastics?

I did, I finished in Gymstar 10.

2. How long have you been coaching ?

Five years.

3. Where did you grow up ?

Here in Melbourne.

4. What do you do in your spare time ?

I am studying nursing at the moment. When I'm not studying I like playing games with my friends or reading.

5. What are your favourite foods?

Avocado, baked beans and potatoes.

6. Give us a fun fact about yourself.

I can speak French but not very well. I did it for all 13 years of school.



NDIS FUNDING

Please be aware that NDIS funding can be used to pay for your gymnastics classes.

MAG

MENS ARTISTIC GYMNASTICS

Term 2 has been a challenge for our athletes with our competition preparation stalled by the lockdown however the MAG coaching team is extremely proud of how all of our athletes have faced and overcome this challenge. Their commitment during zoom and modified training has been outstanding and the results of their hard work can be seen in how quickly they have bounced back and continued their competition preparation.

A highlight of the term for our MAG athletes was our control test early in the term. It was an opportunity for athletes across the program to gain competition experience as well as gain invaluable feedback from the judges to help improve their routines. For many athletes this was their first opportunity to compete in over a year, many were competing a new level as well. A particular mention goes out to Rachael's Junior Squad for whom it was their first ever competition, they all did an amazing job! Thankyou to all the judges who helped the competition run smoothly on the day.

Rachael's Junior Squad at their first comp!

As we head into competition season, the MAG Program is excited to show the wider gymnastics community all of the hard work that the boys have been putting over the past year. GO TEAM BTYC!!



REMINDER



NO PHOTOGRAPHY
NO VIDEO RECORDING

Allowed in the gym

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

HOW TO BOOK A CLASS

To book into a 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

For further information:

Phone: 9841 4773

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

Rhiannon

Bridget

Rhiannon

Bridget

Marijke

Lachlan

Jordan

Alysha

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