



# GYMNASTICS NOW@BTYC

ISSUE 1 • APRIL 2023

## CELEBRATING 60 YEARS OF GYMNASTICS

What a fabulous start to the year! We returned to 2023 with an extra spring in our step ready for the new year but also eager to celebrate BTYC's 60th Birthday this year.

BTYC has a long and vibrant history. The club was started in 1963 by Olympian Wendt Grant. For the first 17 years, we were a set up and pack up gym, however, by 1984, we had expanded into 3 venues and were offering multiple gym sports and activities. In 1985, the club moved into a huge new purpose-built venue at the rear of Templestowe High School. It was the first of its kind in Victoria and so impressive that it also became the Head Quarters for Victoria's elite athletes until 1993. On the 11th December 1998, after the end of year Display, the home of BTYC was destroyed by fire leaving us with nothing. Four months later, a makeshift facility was arranged in an old furniture showroom on Doncaster Rd, with equipment that was bought, borrowed and donated. With council support and a huge amount of work by the Club Committee and staff, a site for a new facility was sourced and plans made for the new venue which we reside into this day.

In celebration of our club's 60th birthday, we will be releasing a limited edition line of training clothes (leotard for girls and singlet for boys). These items can now be purchased through the customer portal online and I look forward to seeing our gymnasts unite through this new uniform item.

**Throughout this year we will be sharing more stories of BTYC history and I invite anyone to share old tales and photos with me to help document this occasion. Please send fun tales you have through to me at [jes@btycgymnastics.org.au](mailto:jes@btycgymnastics.org.au)**

I wish everyone a lovely school holiday break and look forward to launching into term 2 with you.

Jes Larsen  
General Manager

# Limited edition training items

To celebrate our 60th birthday we are selling limited edition training leotards (girls) and singlets (boys). Perfect for all athletes from Kinder through to Adult Gym.



**\$55.00 singlet**



**\$66.00 leotard**

## ORDER YOURS NOW

Orders must be placed through the customer portal









# Sports Nutrition Workshops

Hosted by Aaron from Roman Nutrition



BTYC competitive athletes are invited to attend a tailored sports nutrition workshop designed to deliver practical information regarding how much gymnasts should be eating, what to eat to fulfill caloric needs and when gymnasts should be eating to best benefit their training sessions and recovery. **These are small group sessions, with a cap of 15 athletes per session, to ensure everyone attending can seek specific guidance on their own needs.**

## Saturday 22nd April 2023

10-10.45am - Boys 10 years and under

11-11.45am - Girls 10 years and under

12.30-1.15pm - Boys 11 years and over

1.30-2.15pm - Girls 11 years and over

## **\$40 per ticket**

Each ticket includes workshop entry for one athlete and one parent.

Workshops will be held in the front room at BTYC.



**To book, visit the customer portal and enroll your gymnast into the relevant workshop**

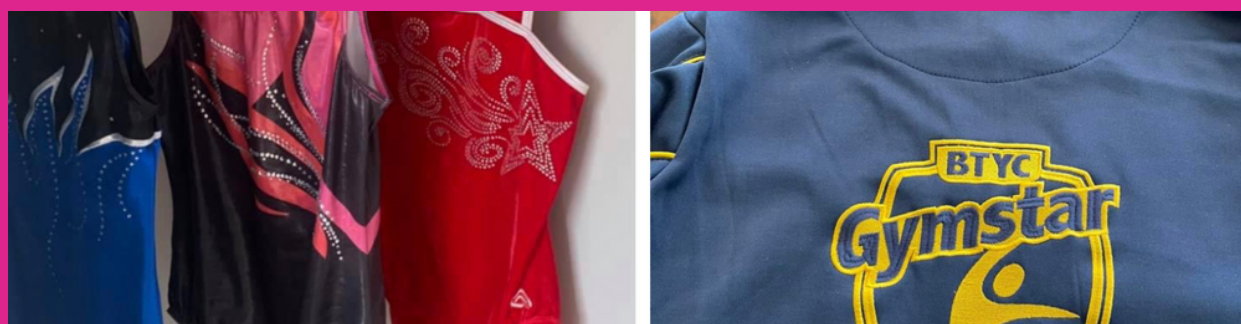




2023 Term Dates		
Term 1	Monday 30 January	Thursday 6th April
	Thurs 26th Jan Australia Day, Mon 13th March Labour Day, Fri 7th April Good Friday, Mon 10th April Easter Monday	
Term 2	Monday 24th April	Sunday 25th June
	Tues 25th April ANZAC Day, King's Birthday Mon 12th June	
Term 3	Monday 10th July	Sunday 17th September
	Friday before AFL grand final 29th September	
Term 4	Monday 2nd October	Saturday 9th December
	Tuesday 7th Nov Melbourne Cup Day, <b>DISPLAY DAY</b> Sunday 10th Dec, Mon 25th Dec Xmas day, Tues 26th Dec Boxing day	

**\*\*PUBLIC HOLIDAYS IN RED - NO CLASSES & NO CHARGES ON THESE DAYS**

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# BTYC GYMNASTICS

BUY, SELL AND SWAP  
FACEBOOK PAGE

A PLACE WHERE  
BTYC MEMBERS CAN  
BUY, SELL AND SWAP  
THEIR UNWANTED  
GYMNASTICS  
CLOTHING AND  
EQUIPMENT.

[JOIN THE PAGE TODAY](#)



Current WAG competition leotards are not to be sold on this page. They can be brought to the office and sold on your behalf to ensure correct fitting.

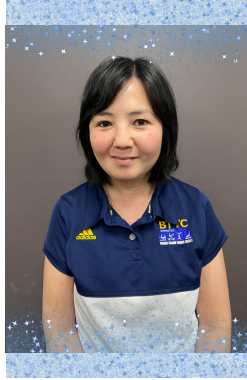


**BTYC**  
GYMNASTICS

# Meet The Customer Service Team

Hi, I'm Patricia.

When I'm not spending time with my kids, I enjoy baking and sewing. I absolutely love craft markets and often come home with a small succulent or handmade knick-knack. I also enjoy my daily coffee and at times feel it's a necessity. Feel free to stop by the office to say hello!



Hi! I'm Deb

My affiliation with BTYC began with my sons joining the MAG Program in 1996 & 1997 respectively. After the fire in 1998, I joined the committee as a General Member prior to moving into our current Donvale venue. From Treasurer, I was employed by BTYC as an Office Administrator then Accounts Manager in 2004. History tells you I'm still here because I love this club. Best decision I ever made to put my boys into Gymnastics.



Hi! I'm Brett.

You may have seen me in movies such as 'BTYC gymnastics Brett speaking' and 'how to train your athlete'. Gymnastics has been a pivotal part of my life since starting in 1996 as an athlete. I became a coach as soon I was old enough and have coached in almost every program. I ran the Recreation Program many moons ago and I currently run the Schools Program. While I am studying to become a school teacher, you will see me in the front office to welcome families into the gym.



Hi! I'm Ebony.

By day I'm a friendly face in the office and coach in training and by night you can find me kicking goals on the footy field. Although I'm in a completely different sport now I do have a background as a wag gymnast for many years, even competing in competitions right here at BTYC when I was younger. I have my diploma in Early Childhood Education and am studying for my Bachelor in Early Childhood and Primary Education. I love to have a chat and enjoy getting to know our families more every day.



Hi, I'm Susie,

I'm the Office Manager and Assistant General Manager at BTYC. This year as we celebrate 60 years, I personally will be celebrating my 10th year at BTYC, not sure where the time has gone, but I have enjoyed the journey!!

When I'm not in the gym I'm enjoying my latest obsession, Pickleball, playing many times a week.

You can find me in the front office with a smile, ready to assist you. Come say "Hi!"



Let me introduce myself, I am Jes, the General Manager of BTYC. I started gymnastics when I was 4 years old and haven't looked back. My firm belief is that gymnastics sets children up for life through the physical and emotional skills they learn through this great sport. That's why every child should have the chance to take part in gymnastics! Besides gymnastics I love a good cup of tea, so much so my cat was named after one of my favorite brews, Earl Grey.







# MAG

2023 has gotten off to a great start for our MAG team. We have said hello to a lot of new faces in the form of new gymnasts, but we have also welcomed a new member of staff to the MAG program, coach Ben! Ben is the coach of our young foundation MAG class and has been working well with his new class and we are loving the work he is doing.

We've had great success in the senior competition season which is in full swing currently. At the time of writing this we are approaching the Senior Victorian Championships weekend, in which 12 of our MAG gymnasts will be competing. In the run up to this weekend they have taken part in a series of events to prepare, each of which have been successful not only in results, but in building and boosting confidence with new routines and skills.

Speaking of success, one of our Senior International Athletes, Carlos Lai, has taken part in a VSA (video selection activity) with Gymnastics Australia as part of the Trial 2 competition for National Team hopefuls. Of the athletes who took part, Carlos placed 3rd in Australia, up against the very best of the best in the country. Congratulations Carlos!

Finally we have had 10 of our MAG gymnasts selected to take part in the Gymnastics Victoria Development Squads for 2023! This is a performance pathway to aid the top gymnasts from throughout the state, working directly with the best coaches too. The program consists of a trial event and then a series of clinics taking place throughout the year. Congratulations to all involved!

I'd like to thank everyone for their ongoing support of BTYC, and I am excited for what lies ahead this year!





# WAG



The future is looking bright for WAG in 2023! We've gotten off to a tremendous start with social events and competitions and there's still so much to come!

We started off the year with our WAG family fun day where we all headed down to the Cable Park for some inflatable fun! This was a great day, thoroughly enjoyed by all those who attended and it's fair to say my body was sore the next day!

Our senior competition season has also started off very well with 4 of our gymnasts taking part in various events across the state. Senior athletes Bronte, Sienna, Jiwon and Samyue have all had a great start to their season and at the time of writing this, will be competing at the Senior Victorian Championships this weekend for their respective levels. The girls and the coaches have all worked incredibly hard to prepare for the events and we are very proud of all the efforts thus far. Good luck girls!

We had more great news for some of Accelerated Development Program (ADP) girls who have been selected to take part in the Gymnastics Victoria Development Squads for 2023! This will see the girls take part in various clinics throughout the year and train with the best gymnasts and coaches from throughout the state. They have all worked so hard to get this far so their selection is thoroughly well deserved. Congratulations girls!

As we approach the end of Term 1 we will soon be starting our level testings for the girls competing in the Junior Competition season. Testing will all be completed in class and will determine the girls competition level for this year. Coaches have already begun preparing for this and once we have your girls levels finalised, this will be communicated out to you all.

Thank you all for your support of the WAG program thus far in the year- we are looking forward to a fun-filled and prosperous year ahead!







# GYMSTAR



Term 1 for 2023 is officially complete! It has been wonderful seeing so many new faces across multiple levels, and so many returning faces in the Gymstar program.

If you haven't seen it already, have a look at our wonderful coaching team for 2023.

This term we have already had so many things happening:

- Each athlete in the program was given their House Team for the year (Pineapples, Limes, Blueberries, Watermelons)
- The girls have got to meet their teammates, new coaches and have been racking up SO many house points for their BTYC values
- We had our annual Parent Information Meeting where we had many families come along to the front room for the session and we went through all the important info for the Gymstar Program including some new changes for 2023
- End of term reports were completed online this year by our coaching team and they are in the process of being LIVE on our Customer Portal
- The girls also got to have our first social event of the year – Gymstar Team Bonding Day! Here are a couple happy snaps from the day



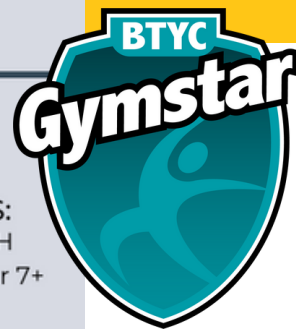
Next term, here are a few things to look forward to:

- We will be completing our first round of skills testing for the year
- Our competition calendar should be finalised and we will know the dates of the upcoming competition season for all levels
- Competition routine practice will be well underway!

As always, feel free to email [bridget@btycgymnastics.org.au](mailto:bridget@btycgymnastics.org.au) if you have any questions regarding the Gymstar program!



# MEET THE GYMSTAR TEAM OF 2023!



## Amy C

Favourite Food: Butter Chicken  
Favourite Apparatus: Beam or Vault  
Hidden Talent: I can sew and knit really well!



COACHES:  
Gymstar 5CH  
and Gymstar 7+

COACHES:  
Gymstar 3



## Bridget

Favourite Food: Pizza and Brownies  
Favourite Apparatus: Beam for sure  
Hidden Talent: I'm really good at remembering names

## Bronte

Favourite Food: Paste or Hot Chips  
Favourite Apparatus: Floor  
Hidden Talent: I can knit socks



COACHES:  
Gymstar 3 and  
Gymstar 5

COACHES:  
Gymstar 3



## Cassie

Favourite Food: Subway  
Favourite Apparatus: Beam  
Hidden Talent: I can play guitar

## Chris C

Favourite Food: Steak and Chips  
Favourite Apparatus: Floor  
Hidden Talent: Ich kann ein bisschen Deutsch sprechen



COACHES:  
Gymstar 7+

COACHES:  
Gymstar 2



## Claire

Favourite Food: Choc Chip Cookies  
Favourite Apparatus: Bars  
Hidden Talent: I am good at origami

## Jess M

Favourite Food: Cookies  
Favourite Apparatus: Beam  
Hidden Talent: Packing the dishwasher like a tetris master!



COACHES:  
Gymstar 4

COACHES:  
Gymstar 6/6CH



## Jo

Favourite Food: Crackers or Avocado  
Favourite Apparatus: Beam  
Hidden Talent: I can name all the Kings and Queens of England since William the Conqueror

## Lily

Favourite Food: Nutella  
Favourite Apparatus: Bars  
Hidden Talent: I can bake delicious cookies!



COACHES:  
Gymstar 2 and  
Gymstar 4

COACHES:  
Gymstar 2 and  
Gymstar 4CH



## Tay

Favourite Food: Sushi or Mango  
Favourite Apparatus: Bars  
Hidden Talent: Hoola Hooping!





# All Abilities

Welcome to the new year and a new term of the All Abilities program at BTYC! We are thrilled to see so many returning faces from last year and to welcome new participants to the program.

We are proud to say that this term has been a time of significant growth and enjoyment in our classes. Our athletes have been working hard and making progress towards their goals. We have seen improved strength, flexibility, and coordination in our gymnasts, which is a testament to their dedication and the hard work of our coaches.

We believe that gymnastics is a sport that can be enjoyed by people of all abilities, and we are so grateful to have such a supportive and inclusive community here at our club. Our athletes inspire us every day with their determination, enthusiasm, and love for the sport.

As we move forward into the rest of the year, we are excited to continue to foster this sense of community and growth in our program. We look forward to seeing even more progress and achievements from our athletes as they continue to work towards their goals.

Thank you for being a part of our All Abilities program and for making our gymnastics club such a welcoming and supportive place for all.

**GET ACTIVE KIDS  
VOUCHER PROGRAM**

Apply for up to \$200 to support your child in sport and active recreation activities.

To be eligible your child must be:

- aged 0 to 18 years
- a resident in Victoria
- named on a valid Health Care Card or Pensioner Concession Card and Medicare Card.

Visit [getactive.vic.gov.au](http://getactive.vic.gov.au)

**VICTORIA**  
State Government

## \$200 Get Active Kids Voucher Program

We would like to remind families that the current round of the Get Active Kids Voucher program closes on Wednesday, 10 May 2023.

Families with a Health Care Card or Pensioner Concession Card may be eligible for up to \$200 to put towards the cost of their child's sport and recreation activities.

Special consideration also applies for children residing in care services as well as temporary or provisional visa holders, undocumented migrants or international students.

To find out if you are eligible, how to apply, which costs are covered and more, visit [www.getactive.vic.gov.au/vouchers](http://www.getactive.vic.gov.au/vouchers)



# RECREATION

Hi families!

It has been an excellent start to the term with our new class structures, and our brand-new coaches who have recently passed our Junior Coach Program!

We are thrilled to see everyone wearing their new member shirts to celebrate 60 Years of BTYC gymnastics as a club, and we can't wait to share all the fun activities associated with our 60-year anniversary!

This term we have conducted our bi-annually testing, so you can watch your child's progression in our recreational program. In Week 10, the results will be released to you guys to view and celebrate!

We also have our REC Challenge Day approaching in Term 2 on Sunday 4th June for all recreational gymnasts, so keep the afternoon free and look out for more information to follow next term

I have absolutely loved taking over the Rec program this year as the Recreational Program Manager, and I hope I get to see some of your lovely faces in the gym soon!





# TERM 2 HOLIDAY PROGRAM

3.5 hours of fun for primary school aged kids. Bring drink bottle, and nut free snacks.

BOOK THROUGH OUR  
CUSTOMER PORTAL

CONTACT US  
**9841 4773**  
[amy@btycgymnastics.org.au](mailto:amy@btycgymnastics.org.au)

ALL SESSIONS RUNNING FROM 9AM-12.30PM

- TUESDAY 11TH APRIL
- WEDNESDAY 12TH APRIL
- THURSDAY 13TH APRIL
- TUESDAY 18TH APRIL
- WEDNESDAY 19TH APRIL
- THURSDAY 20TH APRIL



Cancellations require 24hr notice with a medical certificate to apply for a refund



## SCHOOLS GYMNASTICS

Come to BTYC, or have us  
come to you!

MONDAY TO  
FRIDAY

Qualitified Gymnastics Instructors  
Tailor made programs  
Fundamental Development  
Flexible Program Duration  
Engaging, Encouraging and Fun



CONTACT US VIA

EMAIL: [BRETT@BTYCGYMNASTICS.ORG.AU](mailto:BRETT@BTYCGYMNASTICS.ORG.AU)

PHONE: 9841 4773

WEBSITE: [HTTPS://WWW.BTYCGYMNASTICS.ORG.AU](https://www.btycgymnastics.org.au)

BTYC Gymnastics has been delivering gymnastics programs **to schools** for over 20 years. We are continually refining the program to ensure the highest quality is maintained.

All classes are run by our fully qualified Gymnastics Coaches who have completed Gymnastics Victoria Coaching Courses and run their own classes in our after-school sessions and squads.

Students will learn the basic ideas and mechanics of Gymnastics through fun and engaging lessons, with many of our regular schools having personal Gymnastics Program developed for consistency and extension over numerous years. BTYC offers 2 kinds of Schools Programs: 'At Club' and 'At School'. Whether schools wish to have an 'At Club', 'At Schools' or a mix of both programs; being able to run Gymnastics at multiple locations allows schools to have the flexibility to work around a school's busy timetable.



# KINDERGYM

Our Kindergym program has started the year off with a BANG! We have had so many new families this year and it has been so great to see so many full classes in the gym enjoying our themes, fine motor skills and gymnastics fun!

This term we introduced the Five Fundamentals into our Kindergym Program. Each fortnight, the lessons explore 5 fundamental skills and shapes for gymnastics and the kids then get to tick it off on their very own sticker sheet to take home at the end of term. Term 1 Fundamentals were: Motorbike Landing, Rocket, Star, Tuck-Sit and L-Sit. We also got to pretend to go to the beach, practice our shapes and colours, go to space, visit some fantasy creatures and celebrate Easter!

Easter week was a big success – have a look at some of our Kindergym gymnasts with their Easter themed dress ups:



Quick reminder to all families – to ensure the safety of all our little gymnasts, please adhere to the following rules:

- 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 parents MUST supervise their gymnast in the free play period at the start of class. This includes children in the KG4 Kangaroo classes.
- All gymnasts and families must wait upstairs at the start of their class until they are called down by their coach. This is also during class. KG4 Kangaroo families need to go upstairs after the parent assisted free play.
- No phones/food/coffee are to be taken on the floor.





# Meet our Kindergym Coaches of 2023!



LET'S GET TO KNOW THE DIFFERENT COACHES!

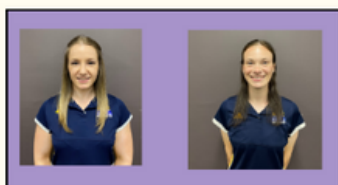
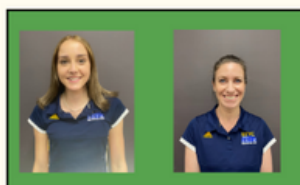


## MONDAY

Naomi and Tiffany

## TUESDAY

Katie and Tiffany

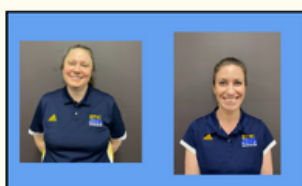


## WEDNESDAY

Bridget and Jo

## THURSDAY

Jess and Tiffany

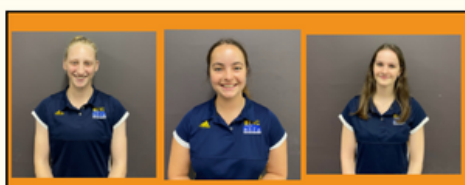
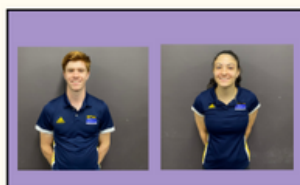


## FRIDAY

Naomi and Tiffany

## SATURDAY

Ben M and Claire

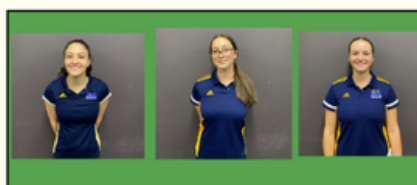


## SATURDAY

Bronte, Hannah and Tayona

## SUNDAY

Claire, Sofia and Ruby L





# ADULT GYMNASTICS

Term 1 has been a great success, with a significant increase in membership and a warm welcome to many new and returning members.

We're thrilled to see so many new faces in the gym, and we're grateful to our existing members who have helped to create a friendly and welcoming environment for everyone. Our coaches have been working hard to provide expert guidance and support, and we're proud of the progress that our members have made in their gymnastics skills, strength, and flexibility.

We're also happy to remind everyone that our Adult Gymnastics program will continue through the Easter holidays. Whether you're looking to stay active and engaged during the break, or you're eager to continue building on your progress from Term 1.

Looking ahead to Term 2, we're excited to build on the momentum of Term 1 and continue to grow and improve our Adult Gymnastics program. We're always looking for feedback and suggestions from our members, so please don't hesitate to reach out to us with any ideas or concerns that you may have.

Thank you all for your continued support and enthusiasm for our Adult Gymnastics program. We look forward to seeing you in the gym soon!

## ADULT GYM



**Tuesday & Thursday**

**8:30pm - 10:00pm**

**Book through the Customer Portal**

**\$15.00 a class**

**18 years +**



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







# Aerobics

We have had a fantastic start to the term our Seniors trialling for the Victorian State Team, achieving some great results at Trials!

Amy: 1st Level 9 Individual

Iliana: 5th Level 7 Individual

Johanna: 7th Level 7 Individual

Mykayla and Nikita: 7th Level 7 Multiple

Junior Aerodance – Stefania, Amy, Iliana, Mykayla and Nikita: 1st

This is the first year that BTYC has competed an aerodance, so we were very excited to see it at competitions. We now eagerly wait for the state team announcements!

For our Inters and Juniors, we have begun our brand-new routines to prepare for our competitions later in the year. We have made awesome progress in our routines and general strength, and we can't wait to see the routines once they are done!





# Trampoline & Tumbling

What an amazing start to 2023 for our Recreational Trampoline & Tumbling Program, with our Recreational athletes settling in and starting to learn some new skills,

We would like to introduce one of our new Trampoline & Tumbling Rec coaches Pierce, Pierce will be taking classes next term on Tuesdays and Saturdays; Pierce is an ex-athlete from BTYC and is always showing off his amazing skills on the trampoline.

We still have some slots open for term 2 for our trampoline and tumbling program so make sure to enrol or enquire about our classes.

BTYC is coming in hot with an amazing start to **2023's competitive tumbling and trampoline** season with a total of 10 athletes competing at multiple events,

With 8 tumbling athletes competing at BTYC Trial 1 - BTYC Invite and Victorian Championships

And 2 trampoline athletes competing at CYC Trial 1 - Victorian Championships

Congratulations for Tommy & Gabriel for their outstanding efforts at these trampoline comps

Plenty of medals and amazing achievements within our group, BTYC is very proud of the work they have all put in.

We would also like to congratulate the following tumbling athletes for making the Victorian State Team,

- Edith Penman
- Henry Noble
- Skyler Kah
- Chloe Kahaduwa-Pooddwage
- Chelsea Iki
- Dakota Markuljia
- Heidi Ikin
- Olivia Mitchell

We wish the best of luck for all these athletes for the Australian National Championships.

Congratulations to all these athletes for this amazing achievement.







# JUNIOR COACH PROGRAM



BTYC'S Junior Coach Program is one of our most successful programs in giving opportunities for people who wish to become coaches and giving them the education they need.

Successful candidates go through a 12 month learning process, designed to ease them into the world of coaching, alongside encouraging and experienced mentor coaches. This year we even have some of our current cohort being fast-tracked to be completely qualified by the end of this month!

During the year, the JCP coaches will meet once a month on a Saturday afternoon to receive guidance on completing necessary online work, skills required for coaching and the BTYC values and coaching philosophy.

This term, we had 2 different meetings which focussed on Communication and the different Movement Patterns used in gymnastics.





## HOW TO BOOK A CLASS

To book into a 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

For further information:

Phone: 9841 4773

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

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

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**RJ** LEGAL

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## CONTACT DETAILS

DO YOU HAVE A QUESTION FOR OUR PROGRAM MANAGERS

**Aerobics Program Manager** - [ella@btycgymnastics.org.au](mailto:ella@btycgymnastics.org.au)

**All Abilities and Adult Program Manager** - [chris@btycgymnastics.org.au](mailto:chris@btycgymnastics.org.au)

**Boys and Girls Program Manager** - [amy@btycgymnastics.org.au](mailto:amy@btycgymnastics.org.au)

**Gymstar, Junior Coach Program and kindergym Program Manager** - [bridget@btycgymnastics.org.au](mailto:bridget@btycgymnastics.org.au)

**MAG and WAG Program Manager** - [ross@btycgymnastics.org.au](mailto:ross@btycgymnastics.org.au)

**Trampoline and Tumbling Program Manager** - [jordan@btycgymnastics.org.au](mailto:jordan@btycgymnastics.org.au)