



GYMNASTICS NOW@BTYC

ISSUE 2 • JUNE 2023

CELEBRATING 60 YEARS OF GYMNASTICS

As we finish term two for 2023 we see a shift within the gym. Most of our senior athletes have finished their competition season and now our juniors will be starting, our kinder and rec athletes have built their foundation skills to now further develop and look towards new ventures for the second half of the year and our adult program has grown to new levels of participation!



Term 2 has been a learning curve for many of our coaches with lots attending courses run by Gymnastics Victoria to obtain a higher and more advanced accreditation. These courses are not easy and it is a testament to our staff's tenacity to improve and deliver the best classes they can.



Over the holidays we will be making some small upgrades to the gym and student storage in an effort to streamline our venue. This term we have also seen equipment repairs to replace many of our soft equipment and it is now looking as good as new.



I hope everyone has a lovely winter holiday period and we look forward to seeing you all back for term 3.

Jes Larsen
General Manager



Celebrating our BTYC community

At BTYC, we are more than just a gymnastics club. We are a community that shares common interests, values, and goals. Over the past 60 years, we have played a crucial role in shaping the lives of our members, providing them with a sense of belonging, shared accomplishments, and opportunities to acquire new skills.

Many of our staff members have been actively involved in the club for numerous years. Cassie, Jess, Naomi and Scott share their cherished memories of their time within this wonderful community.

Cassie

How long have you been associated with BTYC and in what capacity?

I have been associated with BTYC for 20 years, I have been a coach for 7 of them and a gymnast for the rest so I must have started when I was like 5 or 6 years old.

What are your greatest memories of your time at BTYC?

My favorite memories at BTYC would be as an athlete, making lifelong friends who I still catch up with to this day. I was fortunate enough to go to Singapore and Hawaii to compete for BTYC. When we were in Hawaii, we actually met some people who we ended up flying over to visit in America a few years later. We stayed with them and competed in a couple of their competitions. I am very grateful for the opportunities that BTYC offered me as a gymnast and I will forever have those memories and experiences.

As a coach I have loved seeing my gymnasts grow up to be the people that they are today. I've loved seeing the success that my athletes have had at competitions and love the coach/gymnast relationships we have created.

What do you love about BTYC?

What I love most about BTYC is the community aspect of the club, I love that we aren't just colleagues, we are also friends and that BTYC value their members and employees. BTYC will always be home to me.





Celebrating our BTYC community

Jess

How long have you been associated with BTYC and in what capacity?

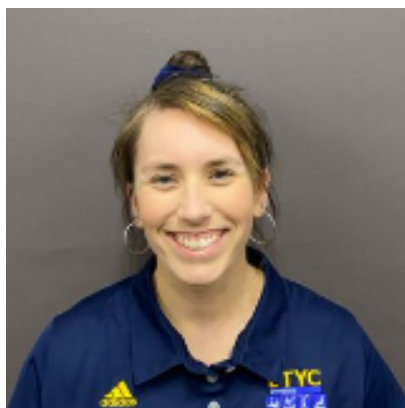
I started at BTYC in 1993 when I was 5 years old. I trained in various programs including recreational, WAG and Gymstar. At 16, I achieved my coaching qualification towards the end of the year and by the end of January had my own classes. There was no wonderful Junior Coach program back then and you were thrown in the deep end! I was a very quiet coach but passionate about the programs I worked in and this helped me find my voice and advocate for the recreational programs and recreational athletes at BTYC. This led to a Program Manager position for many years in various programs. Although I have coached nearly everything, my heart belongs to the Gymstar program.

What are your greatest memories of your time at BTYC?

My greatest memories at BTYC often involve laughter and having fun with staff and teammates while still working hard and achieving goals. I can still remember my first individual medal after doing the same level for 4 years and feeling so excited that everything was starting to click. I have many memories of pit cleans, display days, seeing my athletes progress and achieve their own goals, so many competitions, meetings and doing my own training. BTYC and gymnastics has been a big part of my life for a very long time and I can now enjoy introducing my own children to gymnastics as well.

What do you love about BTYC?

I love that there are so many different pathways for athletes and staff to develop themselves. I love that you learn not only about gymnastics and movement, but also important life skills. Confidence, determination, perseverance, listening, teamwork, organisation, communication, empathy, inclusiveness and courage are all things that I have developed in my time at BTYC. I hope to share all of these things and more with the athletes I coach and empower them to be the best they can be.





Celebrating our BTYC community

Naomi

How long have you been associated with BTYC and in what capacity?

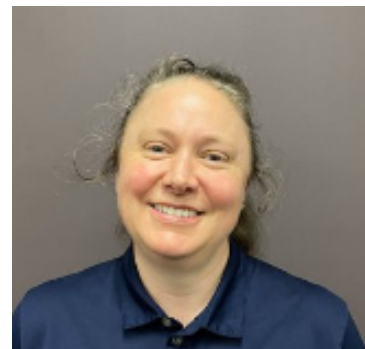
Since about 2009 as a parent and then since about 2019 in Kindergym.

What are your greatest memories of your time at BTYC?

Watching my own children gain skills and compete and seeing where it has taken them.

What do you love about BTYC?

It's a great gym to come to, both as a parent and a coach and I really enjoy the process of child development – which is what I do in my other jobs too. The biggest bonus is that children want to be there.



Scott

How long have you been associated with BTYC and in what capacity?

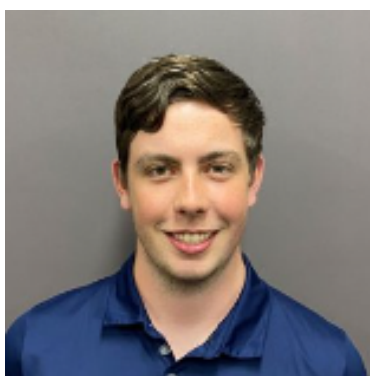
I've been at BTYC for about 15 years as a gymnast and now as a coach.

What are your greatest memories of your time at BTYC?

One of my favourite memories is the MAG sleepovers that happened quite a few years ago, eating pizza, playing games and sleeping in a sleeping bag on the trampoline or on the net over the pit. They were great fun.

What do you love about BTYC?

I really love that BTYC has programs that anyone can join, it makes gymnastics accessible for everyone, not just the young and athletic.



Training items for sale



Girls Leotard
\$66

Singlet
\$55



**Sizes range
from size 4 to
Adult**

**PURCHASE THROUGH THE
CUSTOMER PORTAL OR FRONT
OFFICE**



All Abilities

We are thrilled with the progress and sense of community in our All-Abilities program this Term 2. Our gymnasts have shown tremendous individual growth, and we are grateful for their dedication and enthusiasm.

Individual Growth: This term, our gymnasts have made impressive strides in their skills and abilities. Their commitment to their goals has resulted in significant progress and development. We are proud of their achievements and the hard work they have put in.

Fostering Community and Growth: Our All-Abilities program thrives on a sense of community and support. We are grateful to have such a welcoming and inclusive environment at our club. The support and encouragement from fellow participants and coaches have contributed to the growth and enjoyment of everyone involved.

Gratitude and Appreciation: We extend our sincere thanks to all our participants for being a part of our All-Abilities program. Your presence and dedication make our gymnastics club a special place. We value each and every one of you and are grateful for the positive impact you bring to our community.



Sports Nutrition Workshops

Hosted by Aaron from Roman Nutrition

BTYC 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.**

Girls & Boys 10 years and under
Wednesday 26th July 7 - 7.45pm

Girls 11 years and over
Wednesday 19th July 7 - 7.45pm

\$40 per ticket
Each ticket includes workshop entry for one athlete and one parent.

Workshops will be held in the front room at BTYC.



BOOK NOW

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





MENS ARTISTIC GYMNASTICS

Term 2 for our MAG athletes has been a huge success for all involved and is setting up for an exciting Term 3 also.

The main highlight of Term 2 for MAG was some of our Senior Athletes competing at the Australian National Championships, representing Victoria. This Championships were a huge success for our boys and they came away with medals, memories and experience. A huge shout-out must go to all those who competed:

- Dante (7th all around, 3rd on Rings, 2nd place team medal)
- Torin (2nd place team medal)
- Zane (3rd All around, 3rd P-Bars)
- Carlos (12th all around, 2nd place team medal)
- William (6th all around).

A special mention must go to Carlos Lai who was originally announced as a reserve for the Senior International Victorian Team, however gained the opportunity to compete in the team and as a result came away with his 2nd place medal, in his first Nationals as a Senior! Congratulations to Carlos and all those who attended Nationals!

Term 2 has also seen one of our Senior athletes, Elvin, be selected to represent Victoria at the Broder Challenge event in Queensland at the end of June. Elvin has worked incredibly hard this year in preparation for this and the hard work is paying off. Coaches Gordon and Declan have also been selected as part of the delegation, with Gordon being nominated as Head Coach, and Declan as a Team Coach! Well done to all 3 of you, we look forward to hearing about the event at the end of the month!

Term 2 has been used as a preparation period for our Intermediate and Junior athletes, as they get ready for their competition season starting next month. The boys will vary from Levels 1-4, competing across metro Melbourne, aiming for success and gaining experience in their categories. Good luck to everyone competing in the Junior season!

I'd like to finish by thanking all the families, gymnasts and coaches for their ongoing support of BTYC and here's to a successful remainder of 2023!



WOMENS ARTISTIC GYMNASTICS

Where do I begin with WAG in Term 2? This has been such a prosperous term for the WAG program and we are only getting started!

In May we saw senior athletes, Bronte O'Dell and Sienna Forrest, head up to Queensland, to compete as part of Team Victoria's Level 9 athletes. This experience was second-to-none for the girls as they came away with smiles and amazing results - what more could you ask for?

- Bronte - 1st Vault (Australian Level 9 Champion!!)
- Sienna - 2nd All Around, 2nd Bars, 3rd Floor!

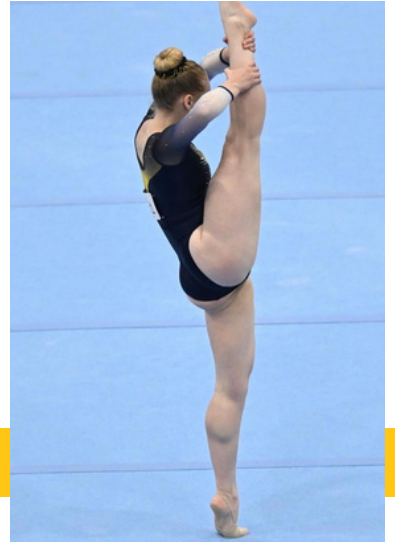
Congratulations to Bronte, Sienna and their extremely dedicated team of coaches!

May also saw two more of our Senior athletes selected to represent Victoria, this time at the Border Challenge Event, also hosted in Queensland at the end of June. Caitlyn Forrest and Chloe Fua went through a 2-day selection process and have been selected to be a part of the Level 7 Victorian Teams. Along with this we also saw coach Brooke be selected as Team coach for one of the Teams which will be a tremendous opportunity. Well done to Caitlyn, Chloe and Brooke, best of luck for the competition!

As I am writing this we have just completed our WAG Junior Practice competition, which was a great day for all involved. This saw the girls perform in front of judges for the first time this year and everyone involved should be immensely proud of their routines - your coaches and I were very happy to see how you are getting on in a competition setting and it made us very excited for the season ahead!

Finally, this term has seen the onboarding of our new WAG Head Coach, Brooke. Brooke has been with the club for around 4 years and knows the program incredibly well. She will be stepping up into this role as an interim position for now and will be assisting in the smooth running of the program. She brings with her a wealth of knowledge and passion which will be extremely advantageous to everyone in the program!

I'd like to finish by thanking all the families, gymnasts and coaches for their ongoing support of BTYC and here's to a successful remainder of 2023!



PHOTOS FROM MAG & WAG TERM 2





GYMSTAR

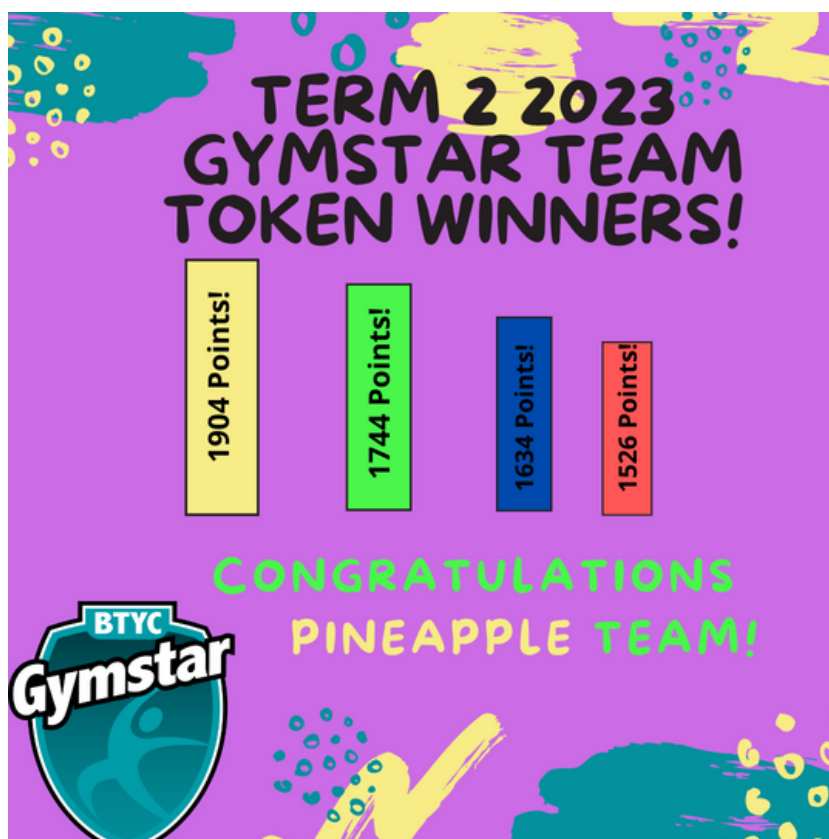
Term 2 for 2023 has absolutely flown by, and we have been so excited to see our Gymstar gymnasts working so hard throughout the term as always!

Here is a recap of our Term 2:

- We completed our skills testing for term 2! You can see this on your customer portal under My account -> Students -> Evaluations
- Gymnasts started learning all their routines for competitions – this was the most exciting part of the term. Each class has been working on their foundations of these routines throughout the year, and putting them all together has been great to watch. This year we also introduced BRAND NEW floor routines, which has been a refreshing change for our Gymstar coaches and athletes.
- Our winning House Team for Term 2 is..... PINEAPPLE! Keep an eye out on your emails for more info on your special reward free play session

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

- Competition season is here! We have multiple comps coming up for all levels, including our full program Practice Competition right here at BTYC on Sunday 9th July. Don't forget to book in to attend!
- Term 3 also brings our next round of reports for families





BTYC 2023 Gymstar Competition List

Please see below the Events that the BTYC Gymstar program will be attending this year.
It is an expectation that as a part of a squad your daughter will compete in all the competitions listed.
Please see the **teal squares** below indicating which competition each level **WILL** be attending.



Date	Event	Levels entered into the competition									
		Gymstar 2	Gymstar 3	Gymstar 4	Gymstar 4 CH	Gymstar 5	Gymstar 5 CH	Gymstar 6	Gymstar 6 CH	Gymstar 7	Gymstar 8
9th July	BTYC Practice Comp	OPTIONAL									
30th July	Highett Youth Club										
6th August	Casey Endeavour Hills										
12th/13th August	Aerodynamix										
3rd September	Knox Gymnastics										
10th September	Eastern Gymnastics										
17th September	BTYC Gymnastics										
18th September	BTYC Gymnastics										
1st October	Casey Cranbourne										
8th October	Eastern Gymnastics										
8th October	Knox Gymnastics										
22nd October	Bayside										
28th/29th October	Casey Endeavour Hills										

In accordance with our Fee's and Payment's Policy, members with outstanding fees will not be permitted to compete at competitions until those fees have been paid (unless authorised with a formal payment plan prior to the competition).

As always, feel free to email bridget@btycgymnastics.org.au if you have any questions regarding the Gymstar program



JUNIOR COACH PROGRAM

BTYC'S Junior Coach Program have been working super hard this term – they have begun running their own activities with the supervision of their mentor coaches – our Rec kids are loving having them in their classes!

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 focused on some fundamental ways of teaching gymnastics as well as planning their own lessons.



RECREATION

Hi families!

What an amazing term 2! It has been great to see everyone learning new skills and bonding with their classmates.

This term, we held our Annual Rec Challenge Day, and what a huge success! It was very impressive to see the great strength that our recreation athletes held and that they had fun at the same time. Check out some of the photos from the day, including our 2023 REC Challenge Masters!



Next term we will conduct our bi-annual testing, so you can watch your child's progression in our recreational program. This is also a great opportunity for your gymnasts to show to their coaches the progression that they have made over the year.

I hope you all have a great holiday and can't wait to see you all back in the gym in Term 3!



TERM 3 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

ALL SESSIONS RUNNING FROM 9AM-12.30PM

- TUESDAY 27TH JUNE
- WEDNESDAY 28TH JUNE
- THURSDAY 29TH JUNE

\$60 a session

- TUESDAY 4TH JULY
- WEDNESDAY 5TH JULY
- THURSDAY 6TH JULY



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



KINDERGYM

This term we explored rolls, jumps, balance and pretended to be at the circus, fly like an aeroplane and even have the gym decorated in our different seasons.

PJ week was a big success – have a look at some of our KG kids in their snazziest PJ's!

We will also be holding our Kindergym Freeplay session again these coming holidays, so if you haven't booked in already have a look on our Customer Portal and bring your kids down for some unstructured exploration. Guardians must be present at all times.

Finally, just a 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 gymnasts and families must wait upstairs at the start of their class until they are called down by their coach.
- All parents **MUST** supervise their gymnast in the free play period at the start of class. This includes children in the Kangaroo classes.
- No phones are to be taken on the floor.

Check out our upcoming Kindergym themes for Term 3!



KINDERGYM FREE PLAY SESSION

\$20

SOUNDS FUN!

LET'S PLAY!

10am - 11am
30th June

*Pre School aged athletes

**Book via Customer Portal



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

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 Programs 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.

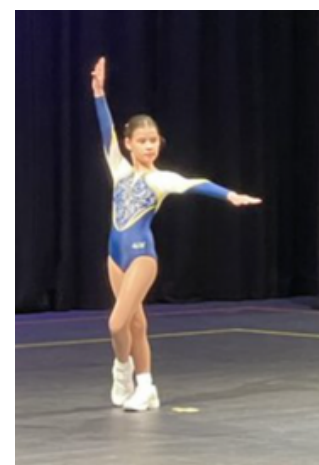
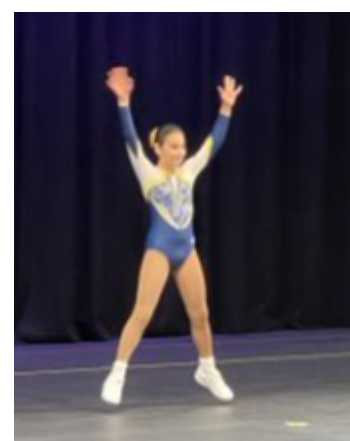
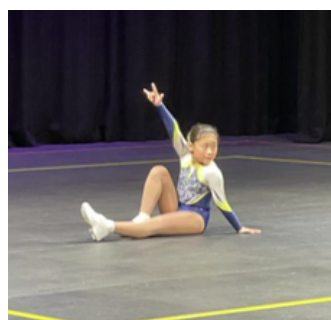


Aerobics

We have had great success this term in the Aerobics Program! Our senior Level 9 athlete, Amy, was selected to be on the State Team to represent Victoria at the Australian Gymnastics Championships. She received a fantastic score of 16.000, placing 2nd all around. Well done!

For our Inters and Juniors, we have continued to work on routines to prepare for our competitions. So far, we have competed at AeroChallenge, which was held at Nazareth College. The team did an amazing job! Here are the results:

- Angelina, Level 1, 6+ yrs - 1st place
- Elli, Level 3, 6-8yrs - 2nd place
- Sophie, Level 3, 6-8yrs - 4th place
- Cleo, Level 3, 9-11yrs - 4th place
- Jade, Level 3, 9-11yrs - 5th place
- Savni, Level 3, 9-11yrs - 7th place
- Amaya, Level 4, 6-8yrs, 1st place
- Molly, Level 4, 9-11yrs - 2nd place
- Farah, Level 4, 12-15yrs, 7th place
- Emilija, Level 5, 9-11yrs - 3rd place
- Stefania, Level 5, 12-15yrs - 4th place
- Lauren, Level 5, 12-15yrs - 5th place
- Nikita and Mykayla, Level 7, 12+ yrs - 2nd place
- Elli and Bella, Level 3, 6-14yrs - 3rd place
- Myrah and Sophie, Level 3, 6-14yrs - 5th place
- Cleo, Jade and Sarah, Level 3, 6-14yrs - 8th place
- Eliza, Alessandra and Eva, Level 3, 6-14yrs - 10th place





Trampoline & Tumbling

Celebrating Trapolining and Tumbling Success!

Dear Gymnastics Club Members,

As we wrap up another fantastic term at our gymnastics club, we want to take a moment to recognise the incredible achievements and progress made by our athletes in trampolining and tumbling. The dedication, hard work, and enthusiasm displayed by all our recreational and squad athletes have truly made this term a memorable one. Let's dive right into the highlights!

Squad Athletes Shine at Australian Championships

Our squad athletes had an outstanding senior season, culminating in a remarkable performance at the Australian Championships. We couldn't be prouder of the achievements made by each and every one of you. A special congratulations goes out to Dakota, Heidi, and Olivia for their exceptional performance at their first nationals in National Tumbling Level 5. Your dedication and skill were truly remarkable!

Additionally, we want to recognise Chelsea, Chloe, and Henry for their impressive performances at nationals. Your hard work and commitment paid off, and we're thrilled to see you shine on such a big stage.

A special mention goes to Edith Penman for her outstanding achievement in placing first in the Junior Under 22 Tumbling category. Congratulations, Edith! Your perseverance and talent are truly inspiring.

Junior Season Kick off at EKGA

Our junior season has just begun, and what an exciting start it has been! Our BTYC tumbling athletes showcased incredible routines at the EKGA competition and brought home numerous medals. We couldn't be prouder of our juniors intermediate high performance and foundation performances and can't wait to witness more amazing routines in the upcoming events.

Recreational Trampoline and Tumbling Athletes

Not to be forgotten, our recreational trampoline and tumbling athletes have been a joy to work with. Throughout this term, we have witnessed your enthusiasm and growth as you tackle new skills and overcome challenges. Each of you has made impressive progress, and we're excited to continue this journey together.



Trampoline & Tumbling

Thank You and Keep Soaring!

We want to express our heartfelt gratitude to all the athletes, coaches, and parents who have contributed to the success of our gymnastics club. Your unwavering support, dedication, and enthusiasm have created a vibrant and thriving community.

Reminder to enrol into your correct holiday programs or make up classes,

Wishing you all a fantastic break, filled with rest, rejuvenation, and excitement for the upcoming term. We can't wait to see you back in action for Term 3!





ADULT GYMNASTICS



Our Adults Program at BTYC Gymnastics Club is thriving in Term 2 with impressive attendance on both Tuesday and Thursday nights. The positive culture and remarkable individual progressions have contributed to its success.

Positive Culture and Returning Members: Our Adults Program has cultivated a welcoming and inclusive environment. Participants have built camaraderie and friendship, fostering a supportive culture. We're delighted to have many returning members who are dedicated to the program.

Remarkable Individual Progression: During Term 2, our adult gymnasts have shown outstanding personal growth. They have achieved new skills and fitness milestones, demonstrating their dedication. Our experienced coaches have provided crucial guidance and support.

Impressive Attendance: We've experienced a significant increase in attendance for both Tuesday and Thursday nights. The growing numbers reflect the program's popularity and success, providing enjoyable experiences for participants. We appreciate their continued support.

Looking Ahead: In Term 3, we will continue delivering a dynamic and rewarding experience for our Adults Program. We remain committed to targeted skill development sessions and fostering camaraderie. Together, we'll inspire and empower each other on our gymnastics journey.

We appreciate the commitment and dedication of all our participants. With the momentum gained in Term 2, we anticipate further growth and success in our Adults Program at BTYC Gymnastics Club.

ADULT GYM



**Tuesday & Thursday
8:30pm - 10:00pm**

**Book through the Customer Portal
\$15.00 a class
18 years +**



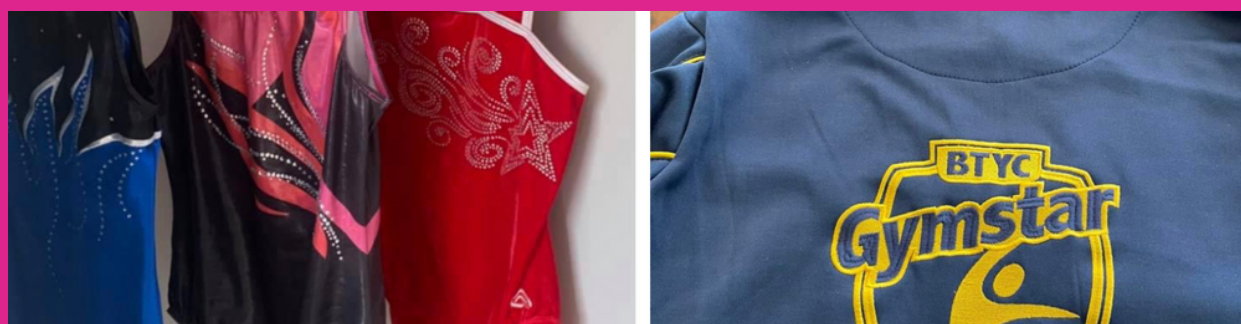
Free trial for new members
Create an account and contact the office to
book a trial



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, DISPLAY DAY 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

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FACEBOOK PAGE

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

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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



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

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RJ LEGAL

Thank you to our sponsors

CONTACT DETAILS

DO YOU HAVE A QUESTION FOR OUR PROGRAM MANAGERS

Aerobics Program Manager - amy@btycgymnastics.org.au

All Abilities and Adult Program Manager - chris@btycgymnastics.org.au

Boys and Girls Recreation Program Manager - amy@btycgymnastics.org.au

Gymstar, Junior Coach Program and kindergym Program Manager -
bridget@btycgymnastics.org.au

MAG and WAG Program Manager - ross@btycgymnastics.org.au

Trampoline and Tumbling Program Manager - jordan@btycgymnastics.org.au