



GYMNASTICS NOW@BTYC

ISSUE 3 • SEPTEMBER 2023

Dear BTYC Gymnastics Members,

I hope you're all well and enjoying a moment of relaxation after another fantastic term. I'm thrilled to congratulate you on your outstanding accomplishments during Term 3.

Your dedication and hard work in the gym have been truly inspiring. Your passion for gymnastics shines brightly, and I couldn't be prouder of your achievements.

I want to extend my heartfelt thanks to our dedicated coaches who have played a pivotal role in nurturing our athletes. Your unwavering support is the bedrock of our success.

A special shout-out goes to Cassie for her exceptional work in organising and running our events this term. Cassie, your dedication has created unforgettable memories for our BTYC community and we're truly grateful.

Also a very big thank you to all our families and staff who assisted at the Pit Clean. The pit is full once again and looking very inviting!!

Looking forward to Term 4, I'm excited about the journey ahead. Together, with our staff and dedication we'll continue to achieve greatness.

SAVE THE DATE

- 10th Dec for our annual display and 60th birthday party!
- 18th November Squad Awards Night - Tickets now on sale for squad athletes and their families

Congratulations once again on a fantastic Term 3. Let's carry this energy into Term 4!

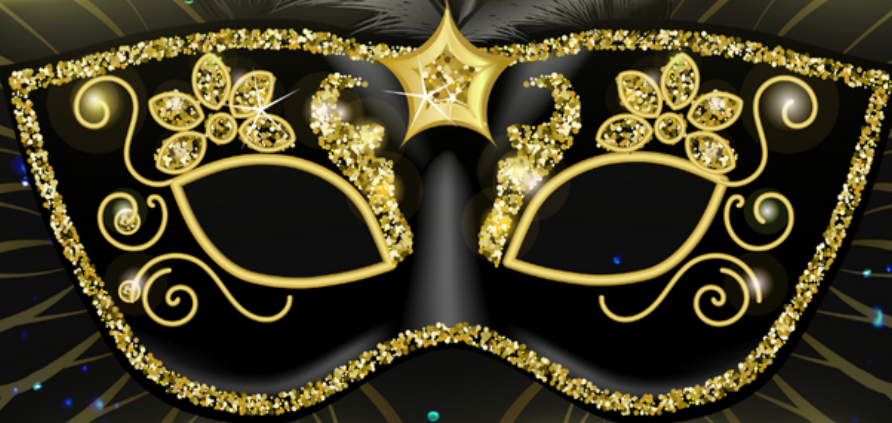
Warm regards,

Jes Larsen
General Manager

JOIN US AND CELEBRATE

2023

BTYC



AWARDS
Night

MASQUERADE CARNIVAL

18TH
NOV. 2023

ALL SQUAD ATHLETES &
THEIR FAMILIES ARE
INVITED TO JOIN US FOR
A NIGHT OF
CELEBRATIONS

DRESS TO IMPRESS, AND DON'T FORGET YOUR MASK!
PRIZES FOR BEST MASK ON THE NIGHT

VENUE - THE GRAND ON PRINCES (MULGRAVE)

TICKETS ON SALE NOW
Scan barcode to book





ALL ABILITIES

All Abilities Program: Embracing Gymnastics Routines

In an exciting development, a group of our All Abilities gymnasts actively sought new challenges and expressed eagerness to learn gymnastics routines. Guided by our dedicated coaches and the Special Olympics Gymnastics Handbook, they're on a journey of structured skill development.

This initiative reflects our commitment to inclusion and empowerment. It's about pushing boundaries and achieving more together. We're thrilled to witness our gymnasts' progress as they take on these routines with enthusiasm.

Stay tuned as we follow the inspiring journey of our athletes in the All Abilities Program. Their determination and passion exemplify the belief that everyone can rise to new heights.



All Abilities (Athletes with Disability) Gymnastic classes

Fun inclusive gymnastics for children with an intellectual disability aged 5 - 18 years of age

Supportive social network for children and parents/carers

Classes run for 45 minutes from 3:00pm to 3:45pm

- Monday, Tuesday, Thursday (high school)
- Wednesday and Friday (primary school)
- Sunday from **8:00am - 8:45am** (All ages)

Fees

45 minute class: \$17.50 each class invoiced monthly
2023 Membership fee: \$65 (includes insurance and T shirt) *\$40 from Term 4





MENS ARTISTIC GYMNASTICS

BTYC's MAG program has had an incredibly successful Junior Competition so far. The boys have shown off their skills and routines at 3 competitions thus far and each one has come away with more smiles, memories, lessons and success. At present they are preparing for the Junior Victorian Championships Trial which will be held in October and the boys are looking strong. The coaches are all very pleased with their results and attitudes toward training and have high hopes for the remainder of the comp season.

Our MAG Senior boys are currently in their off-season and working relentlessly on upgrades and refinement of new skills. As they have no competitions until the beginning of next year, this is the perfect time to try some new skills and combinations and so far things are looking promising.

We are pleased to see the numbers in the program are around 10% higher than they were at the beginning of the year and we hope to see this trend continue.



With only one more term of the year left, our Junior season boys will attend their last few competitions where we wish them the best of luck! Whatever the outcome, we know that our coaches and parents will be pleased with the progress and improvements made throughout the course of this year.

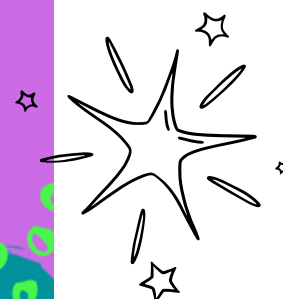
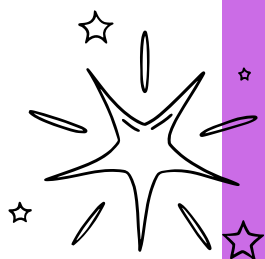
I'd like to take a moment to thank everyone who makes the MAG program at BTYC a success - the gymnasts, coaches and all of the parents who bring your gymnasts along week in, week out. Without you all the program would not be where it is now.



GYMSTAR

Term 3 for 2023 has been a super exciting one having our competition season well and truly underway! So far, we have attended 6 competitions this term involving all athletes from level 2 through to level 7. Our Gymstar athletes have been working hard in and out of the gym and here are a few highlights from the term:

- Competitions were a smashing success! We had practice comps, external comps and our Gymstar 1-4 and 5-10 Invitational where we hosted over 750 athletes from 32 clubs across the two days! This also included having a club from New Zealand travel all the way over to us to compete in our competition.
- We have had a lot of our coaches on placement this term, but the teamwork and willingness to work together and help each other out has shown just how amazing our coaching team is at BTYC
- Term 3 behavioural reports were completed by all coaches and are now live on your portal for you to read
- Our winning House Team for Term 3 is..... LIMES! Keep an eye out on your emails for more info on your prize.





WOMENS ARTISTIC GYMNASTICS

WAG at BTYC is storming through competition season! At the point of writing this there has been 11 junior season competitions, each with more and more experience and success gained! Our young Beginner girls had their first experience of competitions and they did so incredibly well- they are a credit to our club and the future is looking very bright for them all! Huge well done is in order for all of them and our super beginner coaches, Amy and Hannah!

Our Junior, intermediate and Level 7 Senior girls have also had a tremendous competition season which has seen routine upgrades, wonderful new floor routines and smiles all around! The coaches have been so impressed by all the effort put into making 2023 a great season.



As we move into the final term of the year, our Junior season gymnasts have a couple of competitions still to go. As I am writing this, we are entering the last couple of days of preparation before the WAG Regionals Championships which are used as the Qualifier for the Victorian Championships in October. I can see all of the hard work going on in the gym and all the excited energy buzzing around the squads. It is infectious! I wish all the girls competing at the upcoming events the best of luck!

Our senior season girls are pushing harder than ever these days to gain their upgrades for 2024 and we can see the skill and quality level shooting through the sky during training.

Thank you to all of the gymnasts and coaches for pushing yourselves to be the best you can be. And a huge thank you to all of the parents who taxi your gymnasts to and from the gym multiple times each week. BTYC appreciates your efforts massively and we thank you deeply for it! Let's round up the year in style and have a wonderful Term 4!



Next term – the FINAL term of the year – has some exciting things up and coming:

- The final competitions for our Gymstar 2-8 athletes are right around the corner
- Our Pit Clean is coming and we need all hands on deck! If you have time to spare and help out, this is your chance.
- Term 4 also brings our next round of skill testing for our athletes
- Our Annual Awards Night will be a great night of celebrating the year that was for our Gymstar athletes in style – November 18th
- Display day! The final day of the year and a fun event for all – December 10th



JUNIOR COACH PROGRAM

BTYC'S Junior Coach Program have powered through term 3! They have been coaching our recreational kids under the supervision of their mentor coaches and have been doing a fantastic job, running a lot of the sessions by themselves and showing great leadership and enthusiasm in all their classes.

During our monthly meetings, our JCP coaches have been focussing on communication, what to do in an emergency, coaching fundamentals and working together to finish their coaching workbooks. We are so excited for them to complete their intermediate Coaching courses in Term 4!

This term, we also had some of our Junior Coaches get their Intermediate Qualification, so let's say a big congratulations to them and welcome them onto the coaching floor!



RECREATION



This term all our REC classes took part in testing, this allowed the gymnast to demonstrate how far they have come since the start of the year. Keep a look out for the results that will go live at the end of week 10 for REC families to view.

As always, week 10 will be Games Week for all our REC classes, this will allow athletes from different classes to work together and enjoy fun activities, celebrating the end of a successful term!

We are excited to be holding our 10 Activity recreational competition in November. We invite all our REC gymnasts to get involved. The day will consist of mini routines that the athletes will perform on all apparatus to highlight the skills they have learnt throughout the year.

I hope that you have a great holiday and can't wait to see you back for Term 4!





KINDERGYM



Our Kindergym kids have been flying, jumping, skipping, rolling and hopping their way around this gym this term. We got to practice our Alphabet and Numbers, stomp around like dinosaurs and pretend to be super heroes!



As always, our Kindergym Program is constantly having new families, so here are a few reminders for you all 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. Once Free play is over, all parents in our Kangaroo KG4 classes must go back upstairs.
- 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 4!



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)

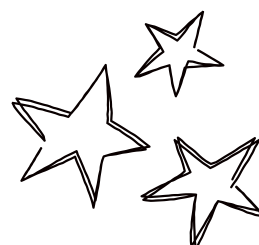
BTYC Gymnastics has been delivering gymnastics programs to schools for over 20 years. We are continually refining the program to ensure the highest quality is maintained.

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

During Term 3, our Aerobics athletes have continued to develop and refine their routines for the MGS Invitational Competition and the Spring AeroChallenge Competition. We achieved some fantastic results and you can have a sneak peak of those routines on the BTYC Gymnastics Instagram page!



We also look forward to seeing Alessandra (Level 3), Stefania (Level 5) and our Level 7 athletes Nikita and Mykayla, compete at the National Clubs Carnival on the Gold Coast during the holidays. This is the first inter-state competition for Alessandra, so we give her and the rest of the athletes the best of luck!



AEROBICS



Interested in Aerobics?! We offer beginner to advanced aerobics classes on a Tuesday, Friday and Saturday for all ages and abilities! Aerobics involves strength-based skills, jumps, turns, basic acrobatics and dancing, all in the one routine! There are opportunities to perform a routine as an individual or perform in a group of people and work collaboratively.

We are currently looking for new athletes, both experienced and beginner, and we would love for you to try aerobics out! Check out the customer portal for availability, or email amy@btycgymnastics.org.au for more information.



TRAMPOLINE & TUMBLING

What an amazing Term 3 we have had at BTYC within the T&T program!

Our Rec athletes have had an amazing term 3 and we are excited to announce we will be doing a 10-bounce challenge for our athletes, so look out for the white board near the trampoline as the athletes try to set their highest score.



T&T Competitive Program

August 13th: CYC Invite

On August 13th we got to see our levels' kids smash it at the CYC levels invite in Mornington. We are so proud to see the girls show off their routines after working so hard towards them this year. Our level 1 girls did amazing with Rosie taking home 1st place, Charlotte taking 2nd, Ashley taking 3rd and Chelsea coming 4th. We are so proud of them and everything they achieved, especially since this was their second tumble comp this year.

Our level 2A girls also did amazing with Grace coming first overall! A big congratulations to Alba, Teleah, and Ara for completing their routines and having beautiful skills on the day.

Our level 3 girls also smashed it with Isabella coming 3rd and Ivana coming 9th. Nice work girls, it was lovely to see your hard work out on the floor.

The level 3S girls were stunning with BTYC sweeping out the podiums. Congratulations to Arkie, Sara and Sami for taking home medals and Summer, Amelie, Charlotte and Lucy for their determination and skill.

A special thank you to our coaches Alex, Jordan and Sofia for making the day run so smoothly and encouraging our athletes throughout the day.

It was lovely to see the girls having fun and cheering on the others when they were not competing. Nice work girls and we hope to see the same enthusiasm and dedication in your future competitions.



TRAMPOLINE & TUMBLING

Up and Coming: October 22nd Tumbling Championships

The BTYC Tumble Program is excited to announce that we will be holding a Tumbling Championships on October 22nd. This is an amazing opportunity for all tumble athletes to acquire competition experience and show parents their hard work throughout the year.

The competition will consist of all BTYC squad tumbling athletes, with our younger kids being able to watch our older kids compete and learn how the Senior and High Performance athletes tumble. This competition will feature some of our best athletes including the 2023 Under 22 National Champion Edith Penman and our senior athletes who all competed for Victoria in the Australian National Championships 2023.

This competition will be followed by our very own social day where the squad kids will be able to get to know the senior athletes better and play games and challenges. Parents will also be able to come down onto the comp floor to take pictures and talk to our senior athletes and coaches. We hope to see you all our athletes there showing off the BTYC uniform.





ADULT GYMNASTICS

Tuesday Night Spotlight: The Tramp Crew

We couldn't be more thrilled to spotlight an incredible group of individuals who have been bringing boundless energy and enthusiasm to our Adult Gym nights on Tuesdays. The Tramp Crew, led under the watchful eye of Coach Jordan, has been a true embodiment of camaraderie and support within our gym community.

These dedicated individuals not only defy gravity on the trampolines but also uplift each other with unwavering encouragement. Their commitment to helping one another achieve their personal best has led to remarkable skill improvements and a sense of unity that's truly infectious.

The Tramp Crew has demonstrated that our gym is not just a place to work out; it's a place to connect, grow, and build lasting friendships. Their positive attitude and community spirit are a testament to the inclusive and welcoming atmosphere we strive to create here.

So, a big round of applause to the Tramp Crew for their exceptional contribution to our Tuesday Night Adult Program. You're an inspiration to us all, and we look forward to many more exciting moments and achievements together!

Keep bouncing higher, reaching farther, and building this incredible community within our community.



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



Training items for sale



Girls Leotard
\$66

Singlet
\$55



**Sizes range
from size 4 to
Adult**

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

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
admin@btycgymnastics.org.au

ALL SESSIONS RUNNING FROM 9AM-12.30PM

- TUESDAY 19TH SEP
- WEDNESDAY 20TH SEP
- THURSDAY 21ST SEP

- TUESDAY 26TH SEP
- WEDNESDAY 27TH SEP
- THURSDAY 28TH SEP



Cancellation Policy:

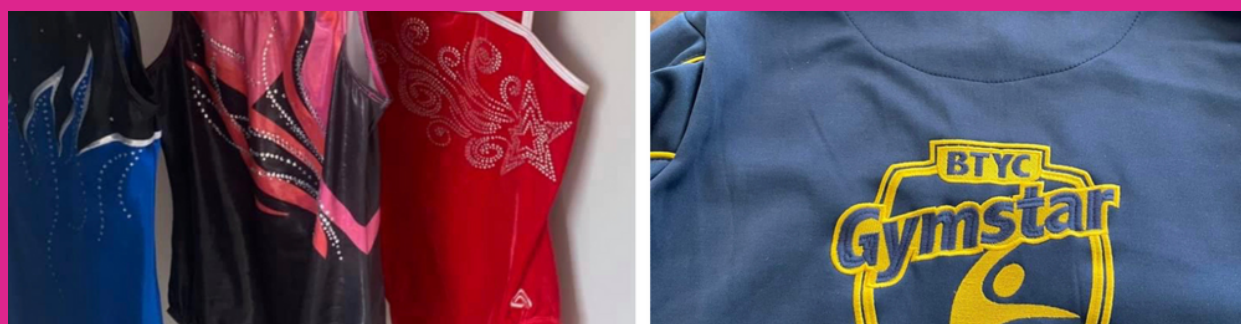
If cancelling

- 24 hours or more, prior to the session a refund or transfer can be requested.
- Cancelling within 24 hours notice, a 50% refund can be requested or 100% with a medical certificate covering the date missed.

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

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](#)



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

Follow us on Facebook and Instagram

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