



GYMNASTICS NOW@BTYC

ISSUE 3 • SEPTEMBER 2025

General Manager's Report

It has been a busy but incredibly rewarding few months since I commenced as BTYC's General Manager in July, and I would like to extend a huge thank you to everyone for the warm welcome. I have enjoyed getting to know our gymnasts, coaches, and staff, and I look forward to meeting many more of you and your families in the coming months.

For those of you I haven't had the pleasure of meeting yet, my name is Paula Hay.

I am a Chartered Accountant with over 30 years of strategic management experience, having worked with a range of sporting and not-for-profit organisations.

On a personal level, I have also been a parent of two gymnasts and actively involved in a number of gymnastics clubs in both Brisbane and Melbourne for more than 15 years. This background, combined with my professional experience, has made it rewarding to work collaboratively with our staff and the committee to ensure BTYC continues to provide the best possible experience for our members, families, and team - while operating with efficiency, integrity and care.

The second half of the year has been jam-packed with competitions, and it has been fantastic to see our athletes shine at the MAG, WAG and Aerobics Junior competitions, as well as at Regionals and the enormous Gymstar events. The hard work and commitment of our gymnasts, along with the efforts of our incredible coaches, have been truly inspiring. We also had a strong BTYC presence at the Gymnastics Australia National Clubs event in Queensland, and it was fantastic to see our club colours represented on the national stage.

Looking ahead, there are many exciting things to come. We have launched our 'Design a Hoodie' competition, with the winning design to be unveiled at our Awards Night. Please mark your calendars for this special evening as we celebrate the achievements of our squad gymnasts and the contributions of our wider community. In additions, we have a number of internal events planned, including photo days, Spook Fest, Christmas festivities, and our shop-and-drop days.

It is hard to believe we are already into the final term of the year, with less than 100 days until Christmas! Later in the term, our 2026 class offers will be released, be sure to secure your preferred class early. Finally, I would like to sincerely thank the committee and all the staff who have provided such invaluable support during my first months at BTYC. A very big thank you also goes out to our many volunteers and parents whose tireless efforts at competitions, BBQs, and events make all of this possible. Your commitment and generosity are what makes BTYC such a strong and vibrant community.

Paula Hay
General Manager



WELCOME TO THE JUNGLE!

YOU'RE INVITED TO A
WILD NIGHT

BTYC GYMNASTICS
AWARDS NIGHT 2025!

Saturday 1st November
Arrival 6pm

The Grand on Princes
2251 Princes Highway, MULGRAVE
Victoria 3170

TICKETS ON SALE VIA THE LINK IN TRYBOOKING

MENS ARTISTIC GYMNASTICS

The Highlight of Term three is the beginning and commencement of the junior MAG competition season!

Beginning with our very own invite, BTYC juniors started the season with a bang! Competition at inter club invites such as the SGC Invite and the Knox Invite, we achieved success in every level. But the season halfway mark saw us competing at the Victorian Championships Qualifier on the 14th of September.

This event not only qualified our athletes through to the Victorian Championships but also was the Victorian Team Final award.

It was fantastic to see all the boy showing improvement but, in particular, taking home the team flag in the level 3 under, open and level 4 under and open divisions.

A massive congratulations to athletes and coaches for this achievement and we wish them good luck in preparing for the Victorian championships.



This term also saw some work being done by our senior level athletes, who use their off season to prepare for 2026.

One of our senior athletes Carlos Lai was invited to partake on a training camp with Gymnastics Victoria.

This camp was held across several programs in Paris and the UK and showcased some of the best athletes at the Paris World Cup.

It was great to see Carlos embrace pushing himself out of his comfort zone and progression his training in this environment.

We look forward to seeing the progress made in 2026.



Lachlan Graham
MAG Head Coach

WOMENS ARTISTIC GYMNASTICS



What an exciting term we have had in the WAG program!

The Holidays saw many of our gymnasts compete at the Australian Gymnastics Championships and The Border Challenge Competition, Congratulations to our State Team representatives: Tahli, Bell, Eleanor, Sara, Leah and Arabelle.

The holidays ended with all of our WAG squads coming together for the July clinic where they pushed themselves to improve on a strength test and had the opportunity to train alongside girls from other classes. A big thank you to Lachie and Pierce for sharing their valuable knowledge with us.

As the term began so too did the Junior competition season. Our level 3-7 gymnasts have represented our club proudly at the Judges Invitational, Niddrie Invitational, BTYC Invitational, and most recently the North Central Regional Championships.



For some of our youngest gymnasts, this is their first competition season, and we are proud of how they presented themselves. Competitions develop a completely different, yet equally important, set of gymnastic skills: performing to an audience, sportsmanship, how to win and lose gracefully, embracing nerves, performing under pressure, supporting teammates, being resilient in adversity and uncertainty....and the list goes on.

In fact, it is these 'soft skills' that are most important in shaping our young people into well rounded adults.

Whilst the scores, results and medals are of secondary importance, we congratulate the Level 5 Division 1, Level 5 Division 2, Level 6 Division 2, Level 6 Division 3 and Level 7 Division 1 teams that are Regional Champions for 2025.



While our Juniors have been working hard at routines, the Senior gymnasts have enjoyed upskilling in their off season. These gymnasts have been conquering fears and trying lots of new skills. The coaches are very proud of all the hard work they have put in, the value of these senior role models in the gym cannot be underestimated.

Some of our Level 9 gymnasts will be taking time out of their off season to compete at the National Clubs Carnival on the Gold Coast, we wish them the best of luck.

Wishing everyone a safe and relaxing September break and we look forward to a huge Term 4!

Sally Young
WAG Head Coach

GYMSTAR

Even though term 3 only had 9 weeks, it was packed full of competitions, excitement and success! This term we have already attended 5 competitions, including our annual practice comp involving athletes from Shooting Stars all the way up to Level 9. All our Gymstar athletes have been working super hard, with the coaches and myself being very proud of all the girls' efforts and determination that they showed at each and every comp.



Here is a recap of our Term 3:

- Competitions have been a massive success, a huge thank you to all our families for taking the gymnasts to and from comps and the support you have given throughout the whole year!
- Term 3 behavioural reports have been completed by coaches and are now live and accessible for you to view via the parent portal.
- Our House Team winners for this term are... BLUEBERRIES! Keep an eye out on your emails for more info regarding your prize.

This year we also introduced 'Shining Star' tokens. They could be earned by the gymnasts at competitions by displaying one of the following; respect and etiquette, encouragement or sportsmanship. The tokens are worth 5 points and go towards their house team point tally.





GYMSTAR

A few special shout outs from some of our Gymstar coaches for Term 3:

Over the course of this term the girls have mastered many of their fundamental shapes, always ensuring that they are completing them to the best of their ability. They are also always eager to give new skills a try and challenge themselves to improve!

-Tay, Shooting Stars

Shout out to my Gymstar 3s for being brave and trying new skills. I am very proud of them being brave and willing to try new things!

-Ebony, Level 3

Shoutout to my girls who shine each week, always accepting feedback with positivity and giving their all. Their teamwork, resilience and enthusiasm make them an inspiring group to coach!

-Madi, Level 3

Rachel and Imogen - A big shout out for vaulting over the table.

-Jazz, Level 4 Halos

Olivia - Always actively seeking feedback and ways to improve, especially while at competitions.

-Lily, Level 5 Titans

Teamwork & Leadership: Bianca has led core conditioning and organised "routine roulette" on floor, helping bring the squad together.

Inclusion & Community: Elaina and Bianca have built a great rapport with athletes from other Gymstar groups, fostering a sense of connection across the program.

Support & Growth: Jazz has been incredibly supportive of her teammates, providing leadership and encouragement. Her influence has helped the whole squad grow, not only in skills but also in confidence and positivity.

Respect & Positivity: Across the board, the squad consistently demonstrates respect and support for each other, their coaches, and other athletes in the gym.

-Chris, Senior

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

- Our final round of skill testing, completed in class over two weeks
- Our annual Awards Night will be held on the 1st of November, allowing our athletes and families to celebrate all gymnasts' accomplishments from throughout the year.
- Display Day! The girls will come up with a mini routine during class that will showcase some of the skills they have learnt this year, performing alongside their class mates.

Tayona Whitehead
Gymstar Assistant Program Manager

Bridget O'Donnell
Gymstar Program Manager



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. Their detailed lesson plans and energetic energy has been great to see through their coaching journey!

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!

SQUAD JUNIOR COACH PROGRAM

The Squad JCP this term have stepped up and learnt so many new things during competition season. It has been great seeing them with their classes at comps and experiencing this all together. They have been working on how competitions run, scoring, performances, as well as practical spotting sessions and lesson planning workshops.

Now they are finalising their Advanced coaching modules and working hard for their final term of the year!

Bridget O'Donnell
Junior Coach/ Squad JCP Program Manager

RECREATION

What a term! With only 9 weeks in term 3 it was definitely jam packed and busy every week.

This term we had new games being introduced into warmups like roll the dice, musical shapes, and turtle tag which all proved to be very fun games! We had Yellow week in week 8 where all gymnasts and coaches were encouraged to wear yellow to support are you ok day, staff appreciation week, and national child protection week which are all very important things to us at BTYC.

The boys and girls recreational program have also been learning new routines that have been incorporated into their lesson to get ready for our Recreational friendly competition happening in week 2 of term 4.



General Reminders:

- No photos or videos in the gym
- Only gymnasts and coaches are allowed past the gate into the gym from 3:45pm onwards (this is for insurance and safety reasons)
- Make sure to use the pit exit at 5pm
- If you need help please ask the office, the coaches are there for the children and are not trained to help parent queries. Even something as simple as a drink bottle, please take it to the office and they will pass it to the child or coach.
- **Most importantly please remember to respect our staff members.** We are doing our best to help you and your children, we understand things may not always work out or go the way you would like it too but our staff are just following their instructions and BTYC policies so there is no reason to take frustration or aggression out on them. Please remember our staff are people too and a lot of them are still minors themselves.

RECREATION

What to look forward to in term 4:

In term 4 we have a few things coming up that are very exciting!

In week 2 on Sunday the 19th of October, we are holding a Recreational Friendly competition. The children have been learning routines for this and will continue to do so in the first 2 weeks of term.

At this event all the children will be put into groups and will present their routines to our coaches who will be judging (children will also be given the option to a practice and have the routines read out to them as they compete in case they don't have it memorised). Each child will receive a banded bronze, silver, or gold medal on the day based on their performances. The day will also include time for free play, a balloon to take home, and a certificate with their individual scores.

We will be doing testing again starting in week 3. This will determine your child's skill level to help with enrolment for 2026. After testing is complete, I will be going through and reallocating/ allocating a level attached to each child's profile. They will have a bronze, silver, or gold level. More information will be published about this in term 4, but this will be very important for their class choices for 2026.

As always, we have the BTYC Display day at the end of term 4 on Sunday the 14th of December. The recreational program will have a big group dance/performance which they will learn during warm up and Display on the day to show their skills.

And my personal favourite in term 4 we have Spookfest in week 4 and Tinseltown in week 10 to celebrate Halloween and Christmas! We encourage everyone to come dressed up/ in the spirit for both these weeks.

Ebony Mactier
Recreational Program Manager

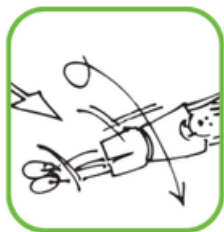
KINDERGYM

Wow, what a fun filled term 3 our Kinder gymnasts have had. This term they have done lots of activities focused on their different DMPs

– Dominant movement patterns.



Statics



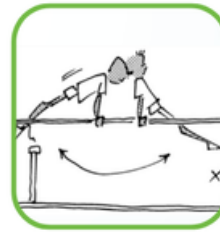
Rotation



Spring



Locomotion



Swing

Throughout the term our tiny gymnasts have learnt all about farm animals, they have participated in some sport themed activities, stomped around like dinosaurs, practiced their letters and numbers and have finished the term off showing off their superhero skills.

We have lots of fun planned for next term, take a look at the themes we will be doing:

Week 1+2	Week 3+4	Week 5+6	Week 7 + 8	Week 9+10
				
Under the sea	When I grow up	Wild West	Disney	Christmas

On the 14th of December BTYC will be hosting their annual display day and our Kindergym 4 athletes will once again be invited to perform.

Finally just some quick reminders to help keep everyone safe and make sure our classes run as smoothly as possible:

- 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.

Johanna Godfrey
Kindergym Program Manager

AEROBICS

Congratulations to our junior aerobics athletes for their first competition for the season! They had an awesome day with some fantastic results, and also debuted our new competition leotard!



The BTYCs Aerobics team also touched down in Queensland to compete at the 2025 National Clubs Carnival at the end of September!



TRAMPOLINE AND TUMBLING



Recreational Program Success

Our recreational athletes have been smashing their goals this term! From building confidence on new skills to refining the fundamentals, it has been inspiring to watch the progress across all classes. A big congratulations to every gymnast for their hard work and determination – the energy in the gym has been incredible, and the future looks very bright for our family.

If you or someone you know is interested in joining our recreational program, please reach out to ross@btycgymnastics.org.au – we'd love to welcome you into the family!



Competitive Program Update – National Clubs

The recent National Clubs Carnival was a huge success for BTYC! We are so proud of all our athletes who competed, especially those experiencing their very first national competition. Stepping out on the big stage is no easy task, and every routine was performed with pride, courage, and commitment. You have all done BTYC proud!

A very special congratulations goes to Edith Penman, who delivered outstanding performances to place 1st in Senior Tumbling at National Clubs – a fantastic achievement at the highest level.



TRAMPOLINE AND TUMBLING

World Championships Announcement

We are thrilled to share some incredible news with our BTYC community – Edith Penman has been selected to represent Australia at the Senior World Championships for Tumbling in Spain this November! Alongside her, BTYC's own Head Coach Jordan has been selected as part of the Australian Coaching Team. This is a truly amazing achievement and recognition of years of dedication, passion, and hard work. Congratulations Edith and Jordan – the whole BTYC community is behind you as you take on the world stage!



T&T Bonanza – Starting Term 4

We're kicking off Term 4 with our exciting T&T Bonanza – a fantastic opportunity for all our squad athletes to come together, showcase their skills, and celebrate their routines. It promises to be a great day of fun, performance, and BTYC spirit!

Jordan Mitilineos-Janicke
Trampoline & Tumbling Head Coach

ADULT GYMNASTICS



Term 3 has been another fantastic term at Adult Gym, with plenty of energy, new skills, and lots of familiar faces continuing to build our community. It's been amazing to see so many gymnasts making the most of training each week.

I'm especially excited to share some news as we move into Term 4. From the start of Term 4, **Adult Gym and Teen Gym will run five nights a week—Monday through Friday, 8:30–10:00pm.** This means even more opportunities to train, learn new skills, and connect with others in the gym.

To make this happen, we're welcoming two new coaches to the Friday night team: Declan and Molly. Both are familiar faces in the Adult Gym community.



Declan has been a familiar face to Adult Gym, either training, or as a cover coach, always ready to share his expertise in MAG and support others on the floor.

Molly has been one of the most consistent Adult Gym participants, training almost every night. We're thrilled to see her step into the coaching role, bringing her WAG experience and her great energy to Friday nights.

Declan and Molly join our award-winning coaching team, and I'm confident they'll keep building the fun, welcoming, and supportive environment that makes Adult Gym so special.

I can't wait to see what Term 4 brings—and **with five nights of training now available, there's never been a better time to join in.**

Chris Ciemcioch
Adult Program Manager

2025 Term Dates

Term 1	Tuesday 28th January	Sunday 6th April
	Mon 27th Jan Australia Day, Mon 10th March Labour Day, Fri 18th April Good Friday, Sat 19th, Sun 20th, Mon 21st April Easter holidays	
Term 2	Tuesday 22nd April	Sunday 6th July
	Friday 25th April ANZAC Day, King's Birthday Mon 9th June	
Term 3	Monday 21st July	Sunday 21st September
	Friday before AFL grand final TBC	
Term 4	Monday 6th October	Saturday 13th December
	Mon 3rd and Tues 4th Nov Melbourne Cup Day, DISPLAY DAY Sunday 14th Dec, Thurs 25th Dec Xmas day, Frid 26th Dec Boxing day	

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

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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

Training items for sale



Girls Leotard
\$66

Singlet
\$55



Sizes range
from size 4 to
Adult

PURCHASE THROUGH THE
CUSTOMER PORTAL OR FRONT
OFFICE

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

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Kindergym Program Manager – Jo@btycgymnastics.org.au

MAG Program Manager - Ross@btycgymnastics.org.au

Trampoline and Tumbling Program Manager – Ross@btycgymnastics.org.au

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