

Term 2 - Issue 2

Date: 27th May 2022

Debit Payment Dates:

- Tuesday 7th June
(for classes Monday 23rd
May - Saturday 4th June)
- Tuesday 21st June
(for classes Monday 6th June
-Saturday 18th June)
- Tuesday 28th June
(for classes Monday 20th June
-Saturday 25th June)

Please note the following public
holidays

- Monday 13th June
Queens birthday

End of term Saturday 25th June

PLEASE make sure your
billing information is up to
date, including your card
number and expiry date.

PLEASE ensure you have
checked your parent
portal & have sufficient
funds in your account to
avoid a \$5.50 rejection
fee for credit/debit cards
& \$10.00 rejection fee for
bank accounts.

Club Details

Email: gymnastics.portland@outlook.com.au

Phone: 0488 658 819

WELCOME TO TERM 2

Welcome back to Term 2 and its great to see everyone back into the swing of training, especially our WAG & MAG classes who are busy learning their routines in readiness for our upcoming competition season which begins on 18th June with a practice competition in Warrnambool.

Competition assessments have been done & gone out to our gymnasts along with the approval letters for those who have been approved to compete this year. These gymnasts are now welcome to enrol in any of the upcoming competitions. For more details please reference the competition handbook or email the head coach on gymnastics.portland.headcoach@outlook.com.au

Get to
know our
coaches



Name: Liz

Age: 28

What classes do you coach?

I coach Mini-Gym, Kinder Gym & Schools Program. I am an Intermediate Coach

Why did you want to be a coach?

I became a coach because I love working with kids.

Tell us something about yourself

I'm a mum of 2 and dog. I did gymnastics for 3 months when I was 10, I also did dance for 24ish years.

TERM 2

FUNDRAISING

We held a last minute fundraiser which we held on election day (21st May) out the front of Woolworths.

Our President Shelley Irwin kindly donated not only her time on Saturday but also the awesome prize of a Tatts Scratchie wheel.

We would like to congratulate the winner who was very happy, and hopefully found a winning ticket amongst them.

Our fundraising group are busy putting together some exciting fundraisers for the remainder of the year so please watch this space along with our facebook page for details.

PRESIDENT REPORT

Wow June already!? Half the year gone and our gymnasts are braving the cold weather to train hard and work on their skills. We are simply delighted with the dedication & determination being shown by all our gymnasts on these chilly days and evenings at the Club!. It is also such a joy to have spectators back in the building, to be able to share with our families what we get up to at training. We have a lot coming up in the second half of the year, so keep an eye out in your inboxes for upcoming announcements.

Our competitive squad are all prepping hard for the competition season with our very first practice comp happening in a few short weeks!! We have some exciting plans in the works for our own Portland Invitational this year, which will be in October. We are looking for any enthusiastic people who might be keen to join our competition subcommittee and help make our biggest fundraising event for the year a memorable one & show the visiting clubs and coaches what we here at Portland Gymnastics Club are made of!!!! So let us know if you are keen to help out with that!

On behalf of the committee I would like to extend our thanks to all our coaches, gymnasts and families for coming in, working hard and participating in whatever way you do with our club. You have made the first half of the year an entertaining one & we know that the second half is going to be just as awesome. It is you guys who make The Portland Gymnastics Club the energetic and exciting place that it is!!



Our hard working President Shelley and family selling raffle tickets on election day

Competition Prep **Tips for Parents &** **Gymnasts**

Competitions can be nerve-racking even for the most seasoned competitors (and their parents too) so over the next few newsletters we thought we would give some tips and hints for a smooth competition day! Below is a list of comp prep tips for both gymnasts & parents to help make comp time as stress-free as possible.

1. Get Up Early & Have a Nutritious Breakfast.

Ensure both of you have a nutrient packed breakfast. Quick & easy breakfast that are filling & tasty include oats & weetbix, as well as smoothies & fibre packed cereals. Fresh fruit snacks are awesome for pick me ups during the comp.

2. Pack The Gym Bag The Night Before.

Use this as a checklist
Do you have:

- Comp leotard & uniform
- Spare hair ties & hairspray
- Water bottle
- Snacks
- Grips
- Strapping Tape
- Warm socks

Most of all remember to have fun out there too!

2022 COMPETITION SEASON

All our WAG's & MAG's should have received your competition handbook which contains all the information that our parents & gymnasts need to know what is required of our competition squads. All uniform requirements are also in the handbook. Gymnasts in need of competition uniform items are required to email the uniform officer at gymnastics.portland.uniforms@outlook.com.au to book in a time to be fitted and arrange payment.

As stated in the handbook, competition uniform is NOT to be worn to training. This includes leotard, jacket & pants. If your gymnast has outgrown their competition uniform please make contact with the uniform officer to arrange a swap or sale of these items.

Please note 2022 is the final year that gymnasts will be able to wear the yellow & navy tracksuit design at competitions. We do have limited stock of this design and no new orders will be placed



MEET OUR GYMNASTS

Ruby

Ruby is currently a Level 5 WAG & hopes to achieve her skills to compete at that level for next year. Her fav apparatus is Floor. Ruby started in 2015 & loves to learn & try new skills. Pictured is Ruby at Natimuk last year.



Jensen

Jensen is a Ninja Master & joined this class this year & is loving it. We do lots of climbing, obstacles, swinging, running, bouncing & fun games. My little brother is a MAG & two of my sisters are senior WAG's with my other sister a coach so we spend a lot of time at gymnastics!

REMINDER

If your gymnast will not be attending class due to illness, injury, isolation family holiday or school commitments then your first step should be to email the club on gymnastics.portland@outlook.com.au

You do not need to contact your child's coach as our Admin staff will pass on your message.

Please check the club's credits policy on JackRabbit for more information on obtaining a credit for missed classes.

STAY UP TO DATE

Stay up to date with club news and announcements on our facebook pages

-Portland
Gymnastics Club

-WAG Pre &
Competitive
Squads

-Portland
Gymnastics Club
items for sale

Club Details

Email: gymnastics.portland@outlook.com.au

Phone: 0488 658 819

CONGRATULATIONS

Portland Gymnastics Club would like to congratulate our newest coaches who completed and passed their beginners coaching course on Sunday 10th April. Annalyse, Zarina, Jess, Rebecca, Tully, Teresa & Zach who are now Beginner coaches, We would also like to congratulate Alexander from Warrnambool who also passed his Beginners course
A big thank you to BGS's Don Pennell who travelled to Portland for the coaching course.



Congratulations!



To all the coaches in training who passed their beginner face to face course on Sunday!!

Pictured here with Trainer Don Pennell and Head Coach Teagan Barrington

We would also like to send our congratulations to our club sponsors Quest Portland & South Coast Pest Solutions who recently won awards at the 2022 Glenelg Shire Business & Tourism Awards on 7th May.

Quest Apartments Portland won in the category of Tourism Accomodation

South Coast Pest Solutions won in the category of Micro Business. Both these businesses have supported our club for the past few years.

COMPETITIONS

If you have any thoughts or ideas for the club and wish for them to be discussed with the committee, please email our secretary on

gymnastics.portland.secretary@outlook.com.au

If you would like to help out on a sub-committee

-Fundraising
-Portland Invitational Competition

please feel free to also email the secretary on the above email address

Check out our club's new website

www.portlandgymnasticsclub.com

LOCATION	DATE	COST	LEVELS	PARENTS TO ENROL BY
Warrnambool <i>Control Test</i> <i>(Practice Competition)</i>	Saturday 18th June	\$40	WAG 3-7	23rd May 2022
Warrnambool Warrnambool Gymnastics 32 Hyland St, Warrnambool	Saturday 30 th July	\$55	WAG 1 & 2 MAG 1 – 6 LAT	25th June 2022
Stawell Stawell Gymnastics Club 42 Sloane St, Stawell	13 th – 14 th Aug	\$45	WAG 1 – 7	25th June 2022
Warrnambool Warrnambool Gymnastics 32 Hyland St, Warrnambool	3 rd – 4 th September	\$55	WAG 3 – 10 LAT	25th July 2022
WAG West Regional Championships		\$93		
Hamilton Hamilton & District Gym Club 266 Mt Baimbridge Rd, Hamilton	Saturday 8 th October	\$50	WAG 1 – 4	5th September 2022
Geelong (WAG Victorian Championships Wk 1)	15 th – 16 th October		WAG 5 – 7	MUST QUALIFY
110 Victoria Street North Geelong				
Geelong (WAG Victorian Championships Wk 2)	22 nd – 23 rd October		WAG 3 – 4	MUST QUALIFY
110 Victoria Street North Geelong				
Portland Yarraman Park 134 Madeira Packet Rd Portland	29 th – 30 th October	\$50	WAG 1 – 6 MAG 1 – 3	17th September 2022
Natimuk Natimuk & District Gym Club 1 Sudholz St, Natimuk	12 th – 13 th November	\$65 - \$75	WAG 1 – 10 LAT MAG 1 – 7	7th October 2022

