

Term 3 - Issue 3

Date: 8th August 2022

Debit Payment Dates:

- Tuesday 9th August
(for classes Monday 25th
July - Saturday 6th August)
- Tuesday 23rd August
(for classes Monday 8th August
- Saturday 20th August)
- Tuesday 6th September
(for classes Monday 22nd
August - Saturday 3rd
September)
- Tuesday 20th September
(for classes Monday 5th
September - Saturday 17th
September)

End of term Saturday 17th
September

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 3

Welcome back to term 3!!!. I can't believe we have started our competition season with our level 1's & 2's and our boys, with the Level 3+'s heading to their 1st competition this weekend.

Our ninja's, mini & kinder gymnasts and rec classes are busy running, jumping and climbing throughout the week. You guys are rocking it!!!!.

Remember to check out our website its full of information & photos www.portlandgymnasticsclub.com

Get to
know our
coaches



Name: Zarina

Age: 15

What classes do you coach?

i coach a Ninja Warrior class & a WAG development class

Why did you want to be a coach?

I decided to become a coach because I wanted to pass on the fun of gym to others

Tell us something about yourself

i am an ex gymnast of 6 years and was a level 5 WAG.

TERM 2

FUNDRAISING

We would like to thank everyone who helped make our Sockable fundraiser a huge success!!!

We raised a total of \$531.

We can't wait to see all those awesome socks at training and around town and we are anticipating the order will arrive over the next 3 weeks. We will update you all on our facebook page once our order has arrived to arrange pick up days and times.

Our fundraising team has some exciting ideas in the works so keep an eye out in your gymnasts bag & our facebook page.

PRESIDENT REPORT

Did someone say term 3? How can this year have flown so fast? We here at Portland Gymnastics Club are looking forward to an action packed second part of the year.

I would firstly like to thank Quest Portland for once again coming on board as our principle sponsor for the Portland Gymnastics Club Invitational 2022! We have so many exciting ideas in the mix for this competition and we are so grateful to Quest Portland for helping us make our biggest event of the year a memorable one!

Port of Portland also need a huge thank you for awarding us a Grant to get a very much needed new springboard. The gymnasts have been absolutely flipping when they have been using it.

Just whilst I am thanking everyone..... I would very much like to thank all our families for getting behind our Sockable fundraiser!! We were absolutely gobsmacked by how many socks that were purchased (Over 300 pairs!!!) which not only means our club will have the most colourful feet in Portland.....but it has been a huge help to our club's fundraising efforts! So well done everyone!!

Please, allow me to encourage you all to check out the Portland Gymnastics Club website (www.portlandgymnasticsclub.com). It is full of useful information, FAQ's and our latest timetable. We are hoping to increase its use over time so any feedback you have about it would be much appreciated!

On a final note, I am yet again left in awe of the hard work and dedication shown by the team here at Portland Gymnastics Club. From our inspiring gymnasts, to their enthusiastic coaches and the hard working admin and management team behind the scenes. I thank you for all your efforts and hope that you all have a wonderful and rewarding term!!!

i look forward to seeing what you all get up to!



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. **Leave enough time to do your gymnast hair & arrive at the venue.**

Ensure that you are styling your gymnasts hair to suit the comp handbook. Please check the handbook for ideas on how best to style their hair & have a practice a few days beforehand. Also when going to the venue, consider distance, traffic & parking. Aim to arrive at the venue at least 15 mins before the warm up session begins

4. **For the coffee lovers!!!**

- This is an absolute essential..... Get a coffee on the way.
- Caffeinated parents=happy parents xox.

Most of all remember to have fun out there too!

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2022 COMPETITION NEWS

On Saturday 18th of June 10 of our ALP 3+ gymnasts traveled to Warrnambool to compete at a practice competition.

The aim of this event was to perform their routines under competition conditions & receive scores from the judges to help place them in a competitive division for 2022.

The girls competed really well & showed off the hard work they have been putting in during training.

It was impressive to see hardly any nerves considering the very limited competition experience over the last 2 years!

We look forward to seeing the improvements everyone makes at their next competition

WARRNAMBOOL LEVEL 1-2 & MAGS INVITATIONAL

What a fantastic effort from our WAG lv 1 & 2 & our MAG lv 1's. We had our 1st competition of the season in Warrnambool & for some of these gymnasts their 1st competition ever! Also a big thank you to Coach Teagan & Coach Eliza for taking these kids around & a massive shout out to Eliza as this was also her 1st competition as well!

WAG Level 1

Sienna was our only competitor from Portland in this session & did a marvellous job bringing home all second place ribbons for each apparatus & 1st team overall. This was amazing as this was her first competition.

WAG Level 2

Emily, Bella, Ivy & Erin made a debut representing Portland with Emily & Erin enjoying their 1st competition ever. All 4 girls brought home a variety of first & second place ribbons for each apparatus. Excellent work shown throughout their session.

MAG Level 1

Our 3 boys representing Portland shown off all their hard work from training at this competition.

Ayden looked like he was having a blast as it was his 1st competition ever!

Ashton: 2nd vault, high bar, floor, rings pommel, 3rd p-bars & 2nd overall

Ayden: 1st vault, high bar, floor & rings 2nd p-bars, 3rd pommel & All Around Champion

Jake: 3rd pommel, 4th p-bars, 5th vault, high bar, floor & rings & 5th overall

COMPETITION GALLERY

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.



PORTLAND

Principle Sponsor 2022 Portland Invitational



OUR WAG 3+ Girls at Warrnambool Control Comp

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

Level 1



Level 2 & MAG's



Warrnambool WAG Level 1 & 2 and MAG Invitational

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

MEET OUR GYMNASTS



AURORA

Aurora is 12 & currently one of our Level 3 gymnasts
Aurora has been doing gymnastics for 5 years and loves the bars.

I have made lots of new friends through gymnastics and is looking forward to the upcoming competitions where she will be competing at Level 3 for the first time.
Good luck Aurora for your competition season.

If your gymnast would like to feature in our newsletter please send an email to our secretary at gymnastics.portland.secretary@outlook.com.au

A MESSAGE FROM THE COACHES:

Our coaches would like to remind our gymnasts to dress for the weather when coming to training.

If your gymnast feels the cold, maybe try wearing a long sleeve leotards, thermals and leggings.

Please try not to wear hoodies, oodies and summer clothing to training in these colder months.

They also would like to remind the gymnasts to not wear loose fitting clothes as it can be a hazard on the equipment but also hinders coaches seeing the correct form and techniques.

We have also noticed over the past few weeks, some of the gymnasts are also wearing their competition jacket to training. We would like to kindly remind our competition squad that our competition pants and jacket are NOT allowed at training, they are for Competitions Only.