

NSW ACADEMY OF GYMNASTICS

Newsletter 1st Term 2011

1st Term Commences – Monday 31st January

1st Term Finishes – Friday 8th April

(Sat classes finish Sat 9th April)



Gym

38-40 Kareena Rd Miranda
2228

Office

tel: 9525-6202
fax: 9540-4140

Please Note New

Mailing address

mail: 38-40 Kareena Road
Miranda NSW 2228

Email

nswacgym@bigpond.net.au

Website

www.nswacadgym.com.au

Emergency numbers

tel: 9526-1950
tel: 0408497779

Office hours

Wednesdays
9 am -12pm

Please phone 9525-6202

Welcome Everyone,

Firstly we personally would like to congratulate all gymnasts at the Academy on their fantastic improvement over the year not only in the competitive squads but also the Recreational & Kinda classes. Also to our wonderful morning children it is a pleasure to see their enthusiastic and smiling faces of a morning, it is a delight for all.

The Academy has achieved outstanding competition results again this year with champions at Regional, State and National Level. Congratulations to all our Boys and Girls on their outstanding results.

To our staff your dedication and commitment to the gymnasts and the Academy is hugely appreciated by all.

Thankyou to all who held positions on the Academy 1 Fundraising committee, your support has been greatly appreciated.

Good Luck to the team heading to Hawaii during January 2011 to compete in 2 international competitions. Coaches Bill, Josh, Chris and Moria will head a team of 24 gymnasts to represent the Academy. A huge thankyou to Anne Matthews for her organisation of the trip.

Fees due the week of Mon 29th November to Sat 4th December.

All fees paid by cash or cheque only.

Please note that late payment will attract an additional administration fee of \$22, and your child's place in their squad cannot be assured.

Wendy will be available to collect fee payments

Mon 29th Nov & Fri 3rd December between 4.30pm & 6.00pm, Monday & Thursday mornings 9.30am to 11.30am & on Saturday morning 4th 8.30am to 10.30am in the canteen.

Any other fees outside these times are to be handed to Bill only.

If your fees have not been paid then your child's position will not be held for Term 1 2011.

Newsletter

2010

Regional Champions

Level 2 & 3 Regional Champions

Level 2

Jaymi Aronowitz – 1st Overall

Krystal Truang – 3rd Overall

Level 3

Annabelle Young– 2nd Overall

Madison Daley – 3rd Overall

State Champions

Level 3

Tess Anderson – 3rd Overall

Level 5 Jnr

Olivia Wills – NSW Champion

Level 5 Int

Friyana Cooper–NSW Champion

Level 6 Int

Diane Culhane – 3rd Overall

Level 7 Junior

Piper Weeding – 2nd Overall

Saskia Anderson – 3rd Overall

Level 7 Senior

Lauren Heneghan – 3rd Overall

Level 8 Senior

Jacqui Rosenzweig –2nd Overall

Level 9 Senior

Georgia Devine – 3rd Overall

Level 10 Senior

Paige Tatum – 3rd Overall

Mens Level 5

Ben Leong – NSW Champion

National Champions

Level 7

**Saskia Anderson – 2nd
Overall in Australia**

Parents Week/Annual Presentation

We will be running the presentations over 3 weeks it is very important that you are aware of the times and week your child/children will be on. Please see further in the Newsletter.

Week day Classes Presentation Weeks:-

9.30-10.30 & 10.45-11.45 mornings: -

Mon 29th Nov to Fri 3rd Dec

4.30-5.30 – Mon 29th Nov to Fri 3rd Dec

5.30-7.30 – Mon 6th Dec to Fri 10th Dec

4.30-6.30 – Mon 13th Dec to Fri 17th Dec

Saturday Classes

8.30-9.30 – Saturday 4th December

9.30-10.30 – Saturday 4th December

8.30-10.30 – Saturday 11th December

Development/Comp classes

Mon 13th Dec to Fri 17th Dec

Presentation Night for Dev/Competition classes –Sun 28th November

January School Holiday Clinic Girls & Boys 6 yrs & older

The NSW Academy will be running one holiday clinic for all children 6 years and above. These are fun sessions in which the kids learn a lot more about gymnastics and develop new skills.

Clinic 1:- Mon 24th Jan to Fri 28th January.

Times:-8.30am to 1.00pm.

\$40.50 per day or \$158.00 a week

(non members \$45 per day or \$202.50 a week)

(Please pack morning tea and a drink of water)

Girls & Boys 4 to 6 year olds

We are also offering a special Fun Gymnastics clinic for children aged 4-6. This clinic can be booked for single days or the whole week and is also open to friends of the Academy who are non-members.

One clinic only Mon 24th - Fri 28th January

Time: 10.30am to 12.30pm.

Cost of clinic: \$150.00 or \$30.00 per day

Non members: \$175.00 or \$35.00 per day

See the attached enrolment forms for details and book your spot. **Forms and payment are due the week of Mon 29th to Sat 4th December.**

All fees paid by cash or cheque only. All cheques to be made payable to The NSW Academy of Gymnastics.

Parents please remember:- PARKING

The drive through area of the outside car park is for cars driving through. Also please be aware no cars are to be parked across our neighbours driveways. **NO parking on the grass footpath outside the factory complexes. We ask that all families only park in the Academy Parking area at the front of the complex or in the street please keep the surrounding car park areas free.**

Changing classes

If you wish to change classes for next term, now is the time to select it. Write your preferred day and time on the return form. Please see our classes available for 2011 at the back of the newsletter.

You may change to any class on any day. If you have any concerns about whether your child is being adequately challenged, please phone Bill during office hours to discuss this. While your child is doing gymnastics come and do a workout for yourself.

Term Dates:-

January 2011 Holiday Gym Clinic:-
Mon 24th January to Fri 28th January

1st Term 2011:-

Mon 31st January - Fri 8th April
(Saturday Rec finish Sat 9th April)
Holiday Gymnastics Clinic-
Week 1 – 11th – 15th April
Week 2 – 18th – 22nd April
(4-6 years clinic – Week 2 only)

2nd Term 2011:-

Tue 26th April – Fri 1st July
(Saturday Rec finish Sat 2nd July)
Holiday Gymnastics Clinic:-
One Week only – all children
Week 1 – 4th – 8th July
(4-6 years clinic – Week 1 only)

3rd Term 2011:-

Mon 18th July – Fri 23rd September
(Saturday Rec finish Sat 24th Sept)
Holiday Gymnastics Clinic:-
Week 1 – Mon 26th Sept – Fri 30th Sept
Week 2 – Mon 3rd Oct – Fri 7th Oct.
(4-6 years clinic – Week 2 only)

4th Term 2011: –

Mon 10th October – Fri 16th December
(Saturday Rec finish Sat 17th Dec)

Please Note: Rebel sport is no longer running the discount through your sporting clubs to get the discount please sign up direct with Rebel Sports.

Newsletter

General Reminders

If you are not returning next term could you please have the courtesy to return the form. We have waiting lists for all squads and this simple procedure assists us greatly in squad placements. We would also like to know if your child has been unhappy with his/her class and whether this can be rectified. Thank you!

500 Club

Tickets for the 1st term's 500 club will be handed out from Monday 31st January 2011. Please assist us by returning all money and tickets by Saturday 12th February 2011. Either place them in the letter box in the office door opposite the front glass door on the right hand side or hand them to Bill or Wendy. Remember: you can't win if you don't get them in! The first draw will take place on Mon 14th February 2011. The first seven weekly winners will receive \$100. The eighth week's winner will receive \$200.

The Academy 1 Fundraising Committee

The Academy 1 Fundraising Committee is a not-for-profit organisation comprising parents that raise funds on behalf of gymnasts who train at, and compete on behalf of, The NSW Academy of Gymnastics.

We are proud to announce the launch of our new website at

<http://academyonefundraising.org.au>. The website is aimed at parents and gymnasts attending The Academy of Gymnastics. It currently contains the following types of information: -

Competition Results, Fundraising activities, Trading Post for those in search of pre-loved gymnastic equipment and clothing, useful links. Please visit the website, and subscribe to our newsletter to find out more about what we do.

Insurance

Brunzel Pty Ltd A.C.N. 092 445 175 as Trustee for The Parsons Gym Academy Trust T/as The NSW Academy of Gymnastics ABN 99 900 540 649 is **not responsible** for any insurance claims, where the parent has not submitted or asked for in writing, or sent a claim form in within 30 days of the injury.

Gymnastics is a dangerous sport and accidents can happen at any time through no fault of the coaches. Insuring children against any injury sustained during training is the responsibility of the gymnasts' parents.

Birthday Parties at the Academy – Saturdays & Sundays available

The NSW Academy of Gymnastics conducts birthday parties that are safe, fun and enjoyable. We use a range of equipment from circuits on floor, 15m tumble track, and not forgetting our foam pit which all the children are guaranteed to love. All activities and games are fully supervised by qualified and accredited staff. We offer a selection of menu's for your to choose from ranging from fully catered to self catering. Parties run for approximately 1 hour 45 minutes. Minimum age of children attending a party is 5 years. Minimum number of children attending party is 12. If you do have less then payment for 12 is still required. If interested get in early please contact us on 9525-6202 to ask for a party booklet with further details.

On behalf of Bill, Wendy and Staff we would like to wish everyone a Happy Christmas and best wishes for 2011.

Annual Presentation and Parents Week

We will be running the presentations over 3 weeks it is very important that you are aware of the times and week your child/children will be on. Please read carefully below: -

Parking:- We ask that all families only park in the street, do not park across neighbours driveways or in surrounding factory complex car parks.

Weekday Classes Presentation Weeks:-

9.30–10.30 Classes – Mon 29th Nov to Fri 3rd Dec

10.45–11.45 Classes – Mon 29th Nov to Fri 3rd Dec

4.30-5.30 Classes – Mon 29th Nov to Fri 3rd Dec

5.30-7.30 Classes – Mon 6th Dec to Fri 10th Dec

4.30-6.30 Classes – Mon 13th Dec to Fri 17th Dec

Saturday Classes Presentation Days

8.30-9.30 Classes – Saturday 4th December

9.30-10.30 Classes – Saturday 4th December

8.30-10.30 Classes – Saturday 11th December

Development/Competition Boys & Girls classes

Parents Week - Mon 13th Dec to Fri 17th Dec

Presentation Night for Dev/Competition classes

–Sun 28th November

During these weeks the children come at their usual times parents and grandparents are able to come along to the gym to watch their children train & ALSO THE LAST 15 MINUTES IN EACH CLASS WILL BE THE ACADEMY PRESENTATION NIGHT/DAY FOR EACH CLASS.

NO siblings will be able to be in the gym during classes so please try to book your babysitters early.

Please remember no food, drink or chewing gum is allowed inside the training complex. Also, as the parents will be walking on the sprung floor we ask that the PARENTS DO NOT WEAR HIGH HEELED SHOES as this damage's the floor. (only white sole shoes are allowed, please remove your shoes before entering if you do not have the required shoes)

Absolutely No Smoking anywhere on Academy grounds, including the car park. We thank you for your co-operation.

Every child will receive a medal and 3 awards will be given to each class.

Most Outstanding, Most Improved and Most Conscientious Gymnast for 2010.

Parents please explain to your children about awards and be supportive of them whether they get a medal or trophy. Every child has improved in their own way and we congratulate every child on their efforts.

NO OTHER CHILDREN IN THE GYM EXCEPT THOSE TRAINING.

The awards are based on the squad the children are in the most for the year if your child has changed classes for 4th term if they receive an award from their other class it will be given to them in their current class.

2011

Gymnastics Programs Offered at the NSW Academy of Gymnastics.

Tiny Tots Kindergym:

Morning programs for children from 18 months to 5 years old.

Developing Gross and Motor skills in programmed classes with lots of discovery and exploring for young ones.



Kindagym:

Afternoon classes for children from 4 to 7 years old.

Classes are divided into suitable age groups for the best development of children's body and mind with lots of fun and fitness.



Recreational Gymnastics:

2 hour afternoon classes for children 6 years old to teenagers. Learn the basics of gymnastics correct from the start and add lots of enjoyment in challenging ways to combat the exciting skills which are learnt along the way.

Development Programs:

Levels training for both male and female are available. Starting from a development level excelling to level 10.

Junior Development Girls and boys: -
Developing body structure, strength and basic skill training. 3- 8 hours a week

Competition classes for girls & boys training 8 hours + per week.



School Programs:

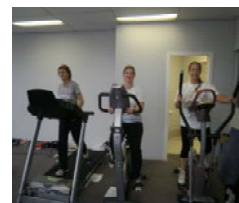
Classes are available at gymnasium, or our staff will attend the school if there are facilities.

Our Programs are disciplined and run for an 1 hour, teaching basic body fitness and development in an enjoyable way.

Birthday Parties

Saturday & Sundays. For all enquiries please contact Bill on 9525-6202.

Personal Training for Adults. For all enquiries please contact Leah Monks 0424988837.



Fitness Classes for Adults For all enquiries please contact Leah Monks 0424988837.

