

Balance News April

Welcome Back for Term 2!!

Term 2 proves to be a busy term for us all!

December's storm damage caused some very long and hard days for the people at Balance. But finally, we have received the last of our new equipment, and flooring for the gym. Whilst being such a crazy and overwhelming task for us all, it has all been worth it. The gym is looking better than ever, and hopefully your children are enjoying themselves with our new equipment.

With the good, also comes the sad, as our fantastic Off Balance team did not make it to the semi final round of Australia's Got Talent as hoped. However, the team will continue to train together, and their coach Chris Downie is investigating opportunities for the boys to capitalise on their fantastic talents. Well done boys on your fantastic effort and the club is very proud of your achievements.

Due to the overwhelming popularity of our Off Balance team, our Extreme class has become full, and we are now offering a second Extreme class on Tuesday evenings. If you are interested in your child joining this class, please contact reception. Hurry, places are booking fast.

This month's newsletter includes an article about our Cheerleading program, competition results and a profile of our High Performance Coordinator and General Manager, Alicia Hayes

Finally, please note that Term 2 fees are due on Monday 30th April. Have a great month!



Balance Gymnastics
11 Candlebark Court, Research
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www.balancegymnastics.com.au

Office Hours
Weekdays: 9:30 - 6:30
Saturdays: 8:30 - 12:30

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Important Dates

30/4 Term 2 Tuition Fees Due
13/5 Mother's Day
11/6 Queen's Birthday
30/6 End of Term 2

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The Balance All-Stars! Cheerleading @ Balance

What a start!

The Balance All-Stars

have come a long way since beginning in 2011. Starting with only 6 girls, we have now grown into a team of 23! Training on Monday and Wednesday nights for 2 hours, the girls have achieved so much already. Debuting their talent at last year's display day, the girls have gained confidence and new friendships.

Our aim for this year is to make our way to competitions which occur near the end of July. This week we started to work on our routine, which is coming along really well. Uniforms have been ordered and very soon the Balance Gymnastics club will have their own professional looking cheerleading team!

Over the past year the girls have learnt many aspects of cheerleading, mainly the stunts! What is seen as the most frightening aspect of cheerleading, stunting is proven to be the most exciting. It teaches the girls to work together and trust each other as the bases hold one of the fellow team mates in the air. Their most challenging stunt yet was the pyramid, which was displayed at last year's Display Day – and they succeeded!

As this sport gets bigger around the country, the Balance All-Stars get bigger as a team. Each cheerleader has come a long way in strength, flexibility and endurance. We are all extremely proud of them and can't wait to see how far they go.



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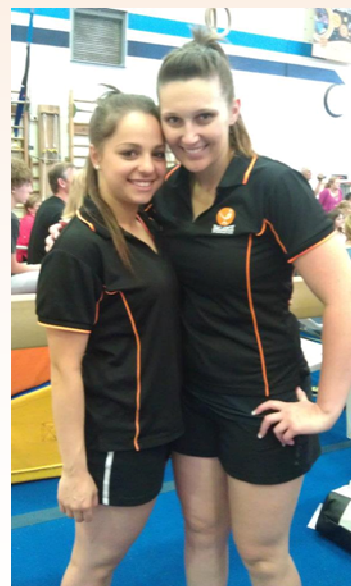
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Our coaches Jacinta and Sam

**Thank you for the great
update!**

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MG Competitive Program News

MG Trial 1 – 31st March—1st April 2012

The Balance boys had an outstanding competition over the weekend at BTYC, with all 12 competitive gymnasts qualifying for the 2012 Junior Victorian Championship which will take place in June. All the boys performed well improving on their own previous scores.

Level 4

Bo Danelutti	1 st P-Bars, 3 rd Rings	4 th Overall
Nathan Chan	2 nd P-Bars, 3 rd Pommel	5 th Overall
Max Brown		7 th Overall

Gaston Schmidt-Heron, Benson Harvey and Sinan Sorial also competed fantastically for the club improved on their previous scores and all received overall scores in the top 20 out of all of Victoria.

Level 3

Oliver Ryan	1 st Vault, 2 nd Pommel & High Bar	2 nd Overall
Jack Robertson	2 nd Vault	6 th Overall

Oscar Evans and Lachlan Evans also made a fantastic contribution to the teams scores. Well done boys!!

Level 2

Ranger Ferre-Watts	2 nd Pommel	13 th Overall
Jeremy Farmer		23 rd Overall

The boys results are fantastic as it is only their second competition ever, and these results are a very significant improvement from their previous competition. Well Done Boys!!



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NEW CLASS!

We are now running a Young Juniors/Juniors recreational class on a **Tuesday afternoon from 4:30-5:30pm.**

Families who live further away from Balance now have the opportunity for their children (aged 5-9) join in on the fun that our Recreational programs offer!

If you would like to book into this class, please contact the office.

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WG Competitive Program News

WG Trial 1 —International Development Level 10 & National Level 6

On Saturday 30th March and Sunday 1st April, Balance Gymnastics' International Development Program (IDP) Level 10 gymnast, Karla and National Development Program (NDP) Level 6 gymnasts, Rachel, Emma and Molly attended the WG Trial 1 competition in Prahran.

For Karla it was her first competition for the year.

Congratulations to Karla for placing 3rd on Vault, 3rd on Beam and 3rd overall.

The NDP 6 girls competed proudly with all girls achieving a personal best on one or more apparatus.

WG Trial 2 —National Level 6

Whilst most of you would have been enjoying your Easter break, our National 6 gymnast's trained tirelessly through the school holidays in preparation for the second Trial competition. On Sunday 15th April, Molly and Emma competed. The girls are continuing to up the anti with Emma so close to breaking into the top 10 overall. She achieved a 6th place on floor with her personal best performance.

Keep up the good work girls!



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Parents!

Please check your children's bags for other children's clothing. Many parents are finding that clothes are getting mixed up in other kids clothing and taken home by mistake. If you find another child's clothing, please place it in the lost property bin in the reception area.

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5 Minutes with... Alicia Hayes

What Do You Do At BALANCE?

I am the General Manager and Co-ordinator of the Women's High Performance program.

Favourites:

Favourite Apparatus to coach ~ Beam

Favourite Apparatus to compete ~ Vault

Favourite Body Part to Stretch ~ Upper back

Favourite Strength Exercise ~ Chin ups & Rope climb

Favourite Tumble ~ Front sault step out round off flip sault

Favourite Game to Play ~ Strength games

Favourite Colour ~ Green

Favourite Song/Band ~ Kelly Clarkson - "What Doesn't Kill You (Stronger)" & Van Morrison ~ "Days like this"

Favourite Food ~ Sushi

What Are You Passionate About?

Gymnastics, health and fitness. I enjoy challenging myself and others to achieve success.

Words of Wisdom?

"Today I will do what others won't, so tomorrow I can do what others can't"



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