

Balance News August

This month has certainly been full of new and exciting events! Some lucky kindergartens and primary schools in our local area enjoyed some Olympic themed excursions to celebrate the 2012 Olympics. Our cheerleading team the Balance All-Star Tigers competed in their very first competitions for the club with fantastic results.

We also had numerous competitions at different levels with our State Level 5 team placing 1st overall at their competition at Eclipse Gymnastics. Well done girls! All results are detailed on page 5. Our State Level 1 girls had a team qualify for the State Pennant and did a fantastic job placing 3rd overall in Victoria! Great Work Girls!

The school holidays are fast approaching! Our spring holiday program is now available. More details on page 5.

Please be aware that term fees are now overdue. If you have not arranged a payment plan, you will be charged a \$50 late fee. If you wish to avoid the fee please contact us immediately.

PARKING AT 12 Candlebark Court

Please be aware that parking at 12 Candlebark Court (on the right of Balance) is NOT allowed, even for drop-off's.

It is private parking for workers and clients of that building only. We understand that it is very hard to park around the area but please try to utilise our car-park as much as possible. Parking on the nature strip is permitted (for no longer than 1 hour) but do not park on the road.

We thank you for your cooperation.



Balance Gymnastics
11 Candlebark Court, Research
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Office Hours
Weekdays: 9:30 - 6:30
Saturdays: 8:30 - 12:30

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Important Dates

TERM FEES ARE NOW DUE

- 22/9— End of Term 3
- 24/9— School Holiday Program Commences
- 8/10— Term 4 Commences
- 8/12— Presentation Night

Balance News August

The Cheerleading Comp Season Begins!

Article by Samantha Wike, Jacinta Misevski and Sierra Sutherland-Brown

Over the last 6 months the Balance Gymnastics cheerleading team have been working on perfecting their stunts, hitting their dance moves and landing all of their tumblers. Each and every one of our cheerleaders have put in an amazing effort, training 2hrs on Mondays and Wednesdays, to ensure they will be able to perform to the best of their ability at competitions. The girls have worked their way up from basic thighstands to much harder stunts such as teddy's, extensions and libs!! Having limited dance experience between our three cheer coaches we had one of the gym coaches, Bec, choreograph one of our dance sequences. Our cheerleaders stayed strong when changes had to be made to the routine, practicing at home, school and anywhere else they could find!!!!

All of the training paid off on August 19th at the Balance Tigers Cheerleading teams FIRST EVER competition, the World Cup Cheerleading at MSAC. Our girls worked as hard as ever on the day going over their counts right up to competition time. Standing behind the entrance curtain, lined up with the cup they were using as a centre point of the floor, the girls nervously waited for their turn to perform!! Hugging each other they repeatedly asked what if we forget, what if we forget?

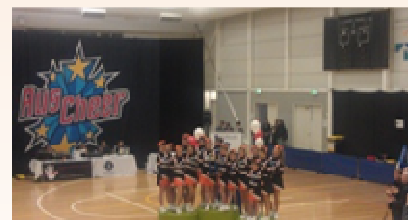
Next on the floor is 'Tigers All Star Cheerleading'!! Wooooooooo!!!! Watching our girls walking onto the floor at their first competition with pride and cheer grace we roared our lungs out in support. Standing in clean, they waited for their music to begin..And off they went!!!! The Tigers cheer group danced, stunted and cheered their way through the routine. Watching from the front I was in awe of how AMAZING our girls were. They hit all their dance moves, went for all their stunts and grooved through the "timewarp".

TBC on next page....



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The Cheerleading Comp Season Begins!

Nervously sitting on the competition floor, awaiting presentations, the team held hands hoping for the best. Once awards began our girls showed class and excellent sportsmanship by cheering and clapping for all the winners! Finally it was their division. In their first competition not only of the year but EVER our girls came 4th!!!!!! The gym and we as coaches could not possibly be any prouder of our amazing cheerleading team and the effort that they have all put in throughout the last 6 months and the effort they are willing to put in for the upcoming competition. The best was yet to come.

On Saturday 25th of August, our All Star Tigers cheerleading team competed in their second competition at MSAC in Albert Park. With only a week's difference from the first competition, our team did fantastic with the result of... Drum roll please... **FIRST!!** The girls did extremely well, now that they were all familiar with the running of a competition. In the lead up to last week's competition, the team turned up to their Monday and Wednesday night training sessions with enthusiasm and confidence for the competition to come.

On the day, the team arrived at 4pm with plenty of time to warm up, stretch and relax before the 6.35pm showcase. All girls were excited and confident that this week, they would nail their routine. And that they did. Unfortunately, a couple minutes before they were due to go on, one of our girls' hurt her wrist and was unable to perform. With quick thinking and a few changes here and there, the girls ran out onto the floor cheering, smiles painted across their faces and the team was able to continue with the routine.

To make the day even more special, it was Sam's (one of our talented coaches) birthday! The team surprised her with a gift followed by a big team hug. In the end, we couldn't be more proud of the girls and how far they have come. Our next competition is 4 weeks away, so we have plenty of time to practice, practice, and practice!

CONGRATULATIONS GIRLS! WE ARE EXTREMELY PROUD OF YOU ALL!!!



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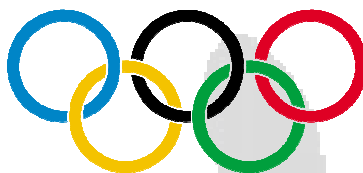
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Olympic Themed Kindergarten Visits



Throughout the Olympic fortnight Balance Gymnastics invited some local kindergartens to the gym for some Olympic themed gymnastics sessions. The sessions concentrated on taking our regular Kindergym classes and integrating Olympic sports such as shot-put, tennis, basketball, cycling, long jump and even running with the Olympic torch!

All of our Kindergym coaches went out of their way to include special activities for the children even incorporating a ceremony in which each child received a 1st place ribbon and showbag full of goodies for the children to go away with. Each kindergarten very much enjoyed their excursions with lots of little kids walking away with big smiles on their faces or sad because they didn't want to leave!

Balance Gymnastics offers kindergartens and primary schools the opportunity to bring classes along for excursions for one off visits or weekly visits in the early afternoon throughout a term. For more information please contact Elida at reception.



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Spring School Holiday Program

Playgym



Over the Spring school holidays, Balance Gymnastics and Fitness Centre will be running play gym sessions. Play gym involves active discovery playtime for children aged 18 months-6 years of age. Children are free to climb, jump, roll, balance, hang and slide down and around our fully set up gym. Our qualified staff will be on the floor, however, we do ask that parents supervise their own children at all times.

Every Monday, Tuesday and Thursday : 11.00am – 1.00pm from the 24th September until the 4th October.

Cash preferred: \$8.00 per child, \$15 for 2 children. No bookings required for play gym sessions.

Trampolining

This is a structured session for school aged children consisting of free play, games and trampolining. The children have the opportunity to use all the trampolines, landing mats, and the two HUGE foam pits! No experience required. Sessions will run on the following days from 1:00-3:00pm:

Thursday 27th September Thursday 4th October

Cost (Cash preferred): \$15 per day per child for Balance members, \$20 per day per child for non-members, 5% family discount applies.

Bookings close: Monday 24th September. Late bookings may be available upon request if numbers permit.



Birthday Parties

During the holidays we will be opening up additional timeslots for children's/teen's birthday parties. Birthday parties at Balance Gymnastics are a terrific way to keep your kids absolutely entertained and captivated in a safe, stimulating environment. For more information and to book, please contact reception. Times get booked up to 3 months in advance so get in early!

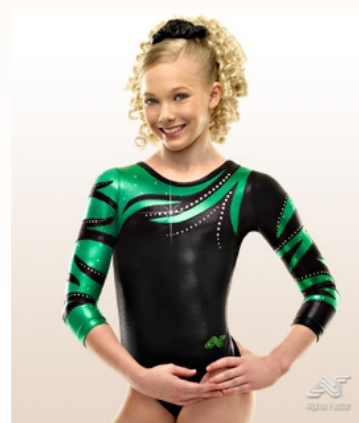


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NEW Alpha Factor Leotards!

Available in the
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WG Competition Results

Eclipse Invitational (State Level 5-6)

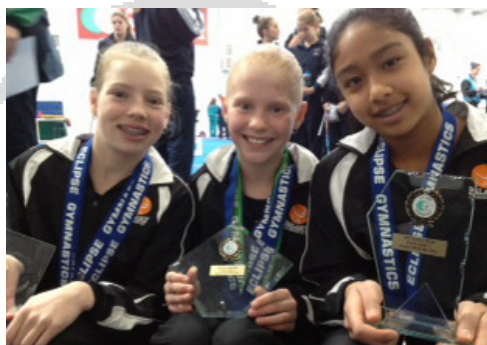
State Level 6

On Saturday 18th August our State Level 6 team competed in their second competition for the year at Eclipse Gymnastics. The team consisting of Kaitlyn Bryant, Téya Brown, Mirri Temby and Allyra Van Zwenien put in a solid effort with Kaitlyn placing 8th on Vault, Allyra placing 2nd on Floor and Téya placing 2nd on Bars. Their fantastic individual placing resulted in them achieving 3rd place overall as a team and all girls achieved personal best scores on their apparatus'. Great work girls!!



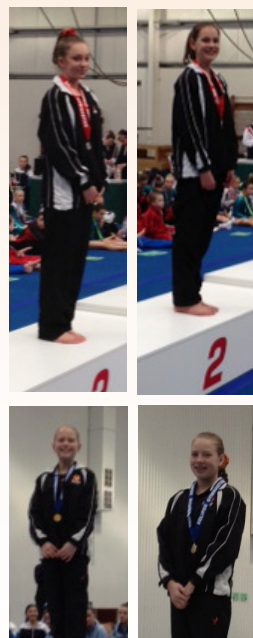
State Level 5

On Sunday 19th August our State Level 5 team also competed in their second competition for the year with fantastic results. Indigo McFadzean had a brilliant day out placing 1st on Beam, Floor and Bars, as well as 5th on Vault, to place 1st overall!! Fantastic effort Indigo! Meg Watts and Rena Ueda also had a fantastic day out with Meg placing 1st on Vault, 3rd on Beam and Floor, and 6th on Bars; and Rena placing 6th on Bars, 8th on Beam and 9th on Floor. What an amazing day for all of the girls. Their fantastic individual placings resulted them achieving 1st place overall! Amazing work girls!!



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WG Competition News

State Pennant Qualifiers and Finals

On the 11th and 12th of August two teams of our Level 1 girls were entered into the State Pennant Qualifiers and put in a magnificent effort. Through hard work and sheer determination one of the teams came 3rd overall and made it through to the State Pennant Finals. Essentially, in the whole of Victoria there are 2 regions which compete in the qualifiers and out of those, only the top 3 teams from each region get to compete in the Finals. So for these girls to get through was absolutely fantastic.



In the finals on the 26th August we were truly the underdogs, coming from a smaller gym and a smaller community. The girls (Georgia, Abbie, Tara, Ashley and Rosie) knew what they had to do and performed to the best of their abilities. A great performance was given all round and as a result of their hard work some fantastic results were achieved. They came equal 1st on vault, 4th on bars and beam, 3rd on floor and an amazing 3rd overall! To place in the top 3 in the State Pennant Finals is a truly remarkable achievement and that means that they are the 3rd best team in ALL of Victoria in State Level 1 this year.

Well done to all the girls who competed at all of the Level 1 competitions this year including the qualifiers and the finals. They should all be proud of the way they competed in their very first competition season. Well done girls!



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