

Balance News July

Olympic Madness!



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

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

Inside this issue

Olympic Schedule.....	2
Dance: The 5th Apparatus.....	3
CYC Competition.....	4
Waverley Invitational Competition..	5
Balance Challenge Competition.....	6
Niddrie Invitational.....	7

Important Dates

TERM FEES ARE NOW DUE

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

July has been a busy month for Balance Gymnastics. Our state level gymnasts have commenced their competitions, and for some of them it is their first competition season. See results on pages 4-7.

We were lucky enough to have a workshop conducted by Stacey Umeh for our NDP and State level groups to learn about dance and its importance in gymnastics.

Balance is getting in the Olympic spirit, with our Australian gymnasts gracing our reception area, and country flags displayed around the gym. The Olympics are now underway and unfortunately our female gymnasts have not qualified as a team for the finals. However, Emily Little and Ashleigh Brennan have qualified for the Individual All Round final and Lauren Mitchell has qualified for the Floor final. Josh Jefferis is having a great Olympics as well (being our only male gymnast!) and has qualified for the Individual All Round final as well. We cannot wait to watch their fantastic talent and compete with the best gymnasts in the world! See page 2 for a full schedule for the rest of the artistic gymnastics at the Olympics.



Balance News July

The 2012 London Olympics

Artistic Gymnastics

Day 3— Team All Around (M): Final

Day 4— Team All Around (W): Final

Day 5— Ind. All-Around (M): Final

Day 6— Ind. All-Around (W): Final

Day 9— Floor (M) Final, Vault (W) Final, Pommel (M) Final

Day 10— Uneven Bars (W) Final, Rings Final (M), Vault Final (M)

Day 11— Beam and Floor (W) Finals, Parallel Bars & Horizontal Bars (M) Final



Balance Gymnastics

11 Candlebark Court, Research

Ph: 9437 0777

admin@balancegymnastics.com.au

www.balancegymnastics.com.au

Office Hours

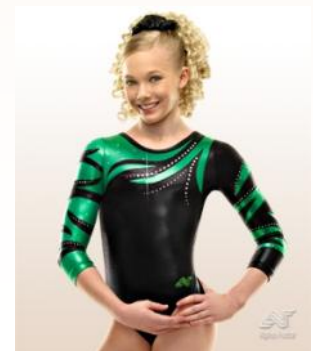
Weekdays: 9:30 - 6:30

Saturdays: 8:30 - 12:30

NEW Alpha Factor

Leotards!

Available in the
office NOW for a
limited time only!



Balance News July

Dance: The 5th Apparatus Workshop



On Sunday 22nd of July, Balance Gymnastics was lucky enough to have the Australian national team choreographer and Creative Movement Group director Stacey Umeh visit Balance for a unique coach and athlete educational experience for all of the Victorian NDP and State Level 4-10 gymnasts.

The three workshops combined theory based lectures with practical tips and tools. Stacey taught both the coaches and gymnasts how to entertain and excite an audience, reduce dance related deductions and exude the professionally polished look desired by all gymnasts and coaches.

The gymnasts were given a taste of the techniques and methods that Stacey choreographed for our Australian Olympic team. The girls that attended had a fantastic time learning how to refine their skills. Stacey used games to teach the girls choreography and expression for Beam and Floor routines. They also workshoped basic and advanced drills for turns, leaps and jumps.



The day was a success with coaches and gymnasts alike impressed with the dynamic nature of the event. They were also excited by the new repertoire discussed and demonstrated and Stacey's enthusiasm for the sport. In her words "have fun being yourself!"



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

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

Balance News July

WG Competition Results

Cheltenham Youth Club 1-3 Competition.

On the 1st of July our level 1-3 girls competed at Cheltenham Youth Club and did a fantastic job. For many of the girls it was their first competition outside of our club and despite the nerves the girls performed very well. The level 1-3 competitions awards are in teams only and we had some great results.

Balance entered three teams of NDP Prep 1 and results included 1st floor, 3rd and 4th on beam, 4th on bars and 2nd and 3rd on vault as well as 2nd 4th and 6th overall.

We also had two teams of NDP Prep 2 and results included 1st and 2nd on floor, 3rd on beam, 1st on bars and 2nd and 3rd on vault as well as 1st and 4th overall.

Finally balance entered a team of NDP 2's and these girls came 1st on vault and 2nd on all other apparatus as well as all around.

The gym club and coaches are very proud of these girls and their fantastic efforts. Keep up the good work girls!!



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

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

Balance News July

WG Competition Results

Waverley

Invitational (WG 1-3)

On the 22nd of July our level 1-3 girls competed at Waverley Gymnastics club and despite some late changes to teams and the very high level of competition the girls put in a great performance. As with all the level 1-3 comps there are no individual awards and all apparatus and overall results are done as teams.



Balance had 4 teams of NDP Prep 1's entered over 2 sessions and results included 3rd and 4th on vault, 3rd and 5th on bars, 6th on beam and 4th on floor. Well done girls.

We also entered 2 teams of NDP Prep 2's with results including 4th on vault, 6th on beam and 7th and 8th overall.

Finally we entered 1 team of NDP 2's who despite tough competition were awarded 4th on beam and 5th on vault.

The club would like to congratulate all the girls who competed. Keep up the good work!



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

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

What's to come in our August Newsletter??

Our Olympic Themed Kinder Group Sessions!

WG Competition Results

Cheerleading Comp Preparations and Results

Do you have an idea for an article? Let us know!

Email us at
admin@balancegymnastics.com.au

Balance News July

WG Competition News

Balance Challenge (WG 1-3) - Day 2

On the weekend of the 28th and 29th of July Balance Gymnastics held a level 1-3 competition and we are happy to report it was a great success for the club and the gymnasts who competed. A big thank you goes out to everyone involved!

Balance had girls competing in NDP Prep 1, NDP Prep 2 and NDP 2 as well as IDP 1. All the girls put in a fantastic effort and enjoyed competing at their home club.

The results for NDP Prep 1 included 1st, 2nd and 3rd and 4th on vault, 1st and 2nd on bars, 2nd and 4th on beam and floor as well as 1st and 3rd overall.

The efforts from the NDP Prep 2's left them with 2nd and 3rd on vault, 3rd and 4th on bars, 1st and 4th on beam and 4th on floor as well as 2nd and 3rd overall.

The NDP 2's came 1st on beam, 2nd on floor and 3rd on vault, bars and overall.

Finally the IDP 1's competed in their first competition and despite their nerves showed us some quality gymnastics. These girls were the only girls competing in their division and were awarded a gold medal for their efforts. For more results and photos see the Balance website. Well done girls!!



Balance News July

WG Competition News

Niddrie Invitational 28th-29th July

National 4B

Our Level 4 girls competed in their first competition for the year with a fantastic result of 3rd overall!! Alice Caldwell had a great day finishing 1st on Floor and 7th on Bars. Darci Gale placed 6th of Floor, and Natasha Bowden placed 6th on Vault. Aiyana Ananiev and Hannah Connor also had a fantastic competition. Congratulations also goes to the girls who completed their LAT's. Well done!!



State Level 4

After the disappointing injuries faced by her teammates Eleanor Grosomanidis and Monique Evans, Paige Ngawati had a great competition all by herself representing Balance. She placed 2nd on beam, and 4th on both floor and vault. A fantastic day for Paige! Well done!



State Level 5

On Sunday, Samantha Shute, Rena Ueda, Meg Watts and Indigo McFadzean competed in their first competition for the year, and had a fantastic day out! On beam Rena placed 5th with a fantastic routine. On floor, Meg placed 6th, Samantha placed 8th and Indigo placed a fantastic 1st!!! On bars, Indigo again placed 1st, Meg placed 6th and Rena placed 9th. Overall, the girls placed very well with Indigo 3rd, Meg 4th and Rena 8th. Samantha had a fantastic competition despite an injury on vault. The girls placed 2nd overall!!

State Level 6

The Level 6 girls had a great start to the competition season! Teya Brown placed 7th on bars, 3rd on floor and 6th on vault! Kaitlyn Bryant also had a fantastic day placing 2nd on floor and 7th on beam. Allyra Van Zwienen placed 10th on both beam and bars. Mirri Temby placed 8th on floor! Overall, the girls placed 5th overall. A great competition for them all!! Well done girls!!



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

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

