

Balance News June

Welcome to the Balance June Newsletter

What a month it has been!

The club has been busy with many competitions and arranging programs for next term.

Over the past month we have had the WG Level 1-3 Mini Olympics, Victorian Championships and IDP Training camp in Canberra.

Our MG Level 4 team are now Victorian Champions after a fantastic display at their final competition for the year—yet another flag for our club (more details on page 4).

Balance is opening up some new classes in our Recreational program for children aged 10+. Our Extreme program will cater for boys and our Aerials program will cater for girls. We are also asking for expressions of interest for new Kindergym classes. More information about the classes can be found on page 7.

We hope you all have a great Winter Break! Keep warm and have fun! See page 3 for our School Holiday Program details.

Term 3 resumes on the **16th of July** and we can't wait to see you all again next term!!



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

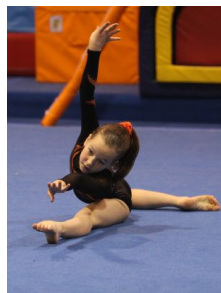
30/6 End of Term 2
16/7 Term 3 Commences
27/7 2012 Olympics Commence
28-29/7 Balance Challenge



Balance News June

Balance Mini Olympics!

On the 16th of June the WAG level 1-3 gymnasts competed in their first competition this year and for many of the girls it was their first competition ever. It was an in house competition where the girls were put into mixed teams made up of girls from Prep level 1, Prep level 2 and Level 2. These teams were the countries competing in our mini Olympics and the girls certainly made their country, coaches and club proud. With all the girls doing such a great job the results were close but the overall winners were England, a team made up of Georgia Hulett, Charlise Licorni, Abigail Stevens, Monika Theos, Brynne Timewell and Shiloh Ferre-Watts. A close second and third went to Russia and China respectively. This day was also a big day for some older gymnasts within the club who made their debut as judges helping out the qualified judges. It was a great learning experience for the girls. A big thank you goes out to everyone who helped on the day including the coaches, judges, scorers and the parents on the BBQ as well as everyone else who help with the setup, pack up and general running of the event. We look forward to your support at our next big event, the Balance Challenge.



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Winter School Holiday Program

Playgym

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.

For the first time ever, we will be running Playgym EVERYDAY on the first week of the holidays!!

Classes will run from 11:00am-1:00pm on the following dates:

Week 1: Monday 2nd July—Friday 6th July EVERYDAY!

Week 2: Monday 9th, Tuesday 10th, Thursday 12th July

Trampolining

Our holiday trampolining program will also be running more frequently than the autumn holidays. This session 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. The sessions will give the children a unique opportunity to work with our head coach, Serghei. The classes will

run from 1:00-3:00pm on the following days:

Week 1: Monday 2nd, Tuesday 3rd, Thursday 5th July

Week 2: Monday 9th, Tuesday 10th, Thursday 12th July

Places are booking fast! Please let us know ASAP if you would like your child to attend!



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For Sale

Second Hand

WG Competition Uniform

Balance Tracksuit

Size 14 jacket with

Size Small Adult pants

\$40.00

Balance T-Shirt—\$10.00

Comp Leotard—\$70.00

**Please see reception for
contact details**

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The Victorian Championships

MG Levels 2-4

MG Level 2

Jeremy Farmer and Ranger Ferre-Watts competed individually on the Saturday at their first Victorian Championships and 3rd competition of the year. They improved their scores yet again and are well on their way to even more impressive results in the future.



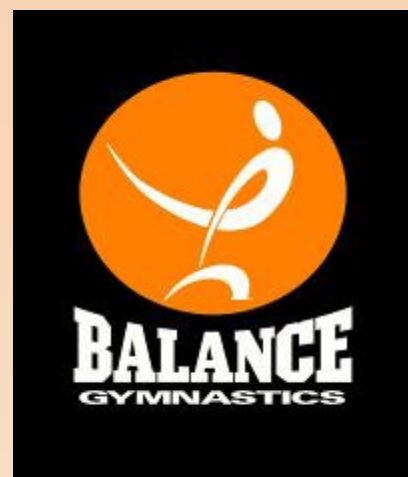
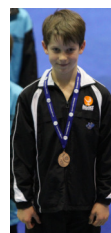
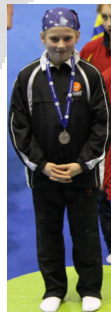
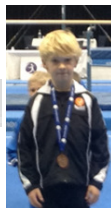
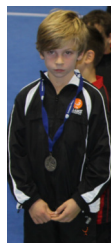
MG Level 3

Our MG Level 3 Team had a fantastic Vics competition placing 3rd Overall!!! Well done boys. Oliver Ryan absolutely outdid himself and placed

2nd Overall (out of 33 gymnasts) with scores of 2nd on Floor, Rings and High-bar! Well done Oliver! In our Level 3-Under division Jack Robertson and Oscar Evans also had a fantastic competition. Oscar placed 2nd on both High Bar and Floor and Jack placed 6th overall, including 3rd on Pommel. Lachlan Bowden also performed solidly throughout the sessions and achieved fantastic results that contributed to the team's score.

MG Level 4

Our Level 4 boys outdid themselves yet again by becoming the Victorian Champions! Well done boys!!! Individually, in the Level 4-Under division, Nathan Chan placed 3rd overall, Max Brown placed 5th, and Gaston Schmidt-Heron placed 11th! Fantastic results boys! Unfortunately Bo Danelutti was not able to complete his rotations due to a back injury, but for the apparatus that he did compete on he did very well! In the Level 4-Over division, Benson Harvey placed 8th overall and Sinan Sorial placed 13th overall. Sinan gave an amazing effort on the Vault with a perfect 10!! A fantastic competition boys! We can't wait to see their results at National Clubs in Caloundra!



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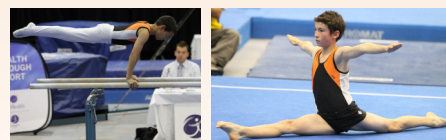
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FOR SALE

Second Hand MG Competition Uniforms.

1. Boys Longs—Size 8
Boys Leotard—Size 6
Boys Tracksuit—Size 8
\$40.00
2. Boys Comp Shorts—Size 10
Boys Tracksuit—Size 10
\$40.00

Please see reception for contact details

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The Victorian Championships

WG NDP 6 & IDP 3 and 5

WG IDP 3



Ali Canning, Annabella Geraghty, Tyla Davies and Elyssia Kenshole represented Balance at IDP level 3. It was the girls first time competing at the State Netball Hockey Centre and the girls took it all in their stride. The team placed 3rd overall, 3rd on bars and 3rd on beam.

WG IDP 5

Sophie Hubball and Hannah Triantafillis represented Balance at IDP level 5. After shaking off the jitters of being in a big stadium on Day 1 the girls performed a significant PB on Day 2 with Sophie placing 2nd overall, 2nd on Beam and 3rd on floor and Hannah 6th overall and 5th on Bars and Beam on Day 2. Great job girls!

WG NDP 6

Molly McCormack, Rachel Keane and Emma Hubball represented Balance at NDP level 6. It is the first time Balance had gymnasts representing that level and the girls did us proud. They presented their routines to the judges and were well received. As a team the girls came 1st on Beam on Day 1 and Rachel was sitting in 4th overall and 3rd on beam. Congratulations to Rachel and Emma for qualifying for Day 2. Stand out performances included Emma presenting a solid beam routine on Day 2 finishing 4th and after the 2 days of competition Rachel finished 11th overall. Well done girls!



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The Strongest Gymnasts in Australia!



On Tuesday 29th May—Thursday 31st May Sophie Hubball and Hannah Triantafyllis attended the International Development Program (IDP) training camp at the Australian Institute of Sport in Canberra. The girls were 2 of 100 gymnasts selected to attend, based on their skill testing results.

The girls trained with other girls from Australia under the instruction of master coaches; Peggy Liddick, National Coach, Jo Richards, Junior Development Co-ordinator, Stacey Umeh, National Team Choreographer, Jeb Silsbury, Vault Specialist and Dmitri Zorin, Tumbling Specialist and also under the supervision of their club coach Alicia Hayes.

As well as learning new skills, the girls were also run through a series of physical tests such as: chin ups, leg lifts, rope climb, handstand hold, press to handstands, long jump, 20m sprint, cast to handstands and kip cast to handstands.

Congratulations Sophie on coming 1st in her age group and Hannah for coming 2nd in her age group.
This is a massive achievement at a national event!

After their hard work the girls visited the AIS recovery centre where they used the plunge pools for a hot:cold recovery session. They were a bit apprehensive of the cold pool to begin with but by the 3rd round they were putting their head under!



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New Classes at Balance!

Girls Recreational Program Aerials!

Our Aerials class will allow girls to learn flips, saults, double saults, trampolining and more. They will also learn basic tumbling and acrobatic skills such as back walkovers, front walkovers, aerials, round offs, round off flips and much more! We will be introducing a new levels system to help the girls work towards achieving their goals. Amongst other benefits your child will also improve in strength and fitness leading to a healthier, happier lifestyle and greatly improving their performance in other sports.

Aerials is a class for girls 10 years old and above and will run on a Friday night from 5:30-7:00pm

Boys Recreational Program Juniors and Intermediate Extreme!

The new Extreme programs offer boys the opportunity to develop the exciting extreme skills that they view on the internet and at the Olympics in a safe environment with our qualified coaches. They learn front and back saults, back flips, and even double and triple saults! Additionally, extreme gives the boys the opportunity to utilise our trampolines to perform extreme skills. Each child will be monitored with our streamlined levels system which gives them the opportunity to make the most of the classes. Extreme runs on both a Tuesday and Thursday night with different classes for different levels and ages. Contact reception for more information.

To celebrate the launch of our new extreme program we are having a **"BALANCE EXTREME SOCIAL NIGHT"** on Saturday 7th of July. All gymnasts that are in the Extreme program that are 11yrs+ are welcome to attend. Please contact reception for further information.



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Expressions of Interest!

Due to popular demand we will be opening some new Kindergym classes. If you are interested in changing days, or have some friends that want to join, here are some days/times that are available:

**Tuesday: 9:40-10:40am
Wednesday: 9:40—10:40am
AND 10:40-11:40am
Friday: 10:40-11:40am**

If you want to join one of these classes, please contact reception!