

# Balance News March

## The month so far...

March is proving to be a very busy month at Balance Gymnastics.

With Term 1 ending this week, we are busy re-enrolling students for next term. Parents of children who have been recommended for new classes will be contacted within the next week.

Our MG (male gymnasts) and WG (female gymnasts) competitive gymnasts have begun their competition season, with some of the boys competing in their first competitions.

Our Off Balance team are busy preparing for a hopeful semi-final in Australia's Got Talent. We will keep you up to date with their progress.

The team at Balance would also like to thank all of the parents and children for their words of encouragement about the new gym. It makes all of the hard work put in over the holidays worth it!

Enjoy the March Edition of the Balance News!

## REBOOKING FOR TERM 2 HAS NOW COMMENCED!

At the end of each term, we re-book every child into their classes for another term. This is to ensure that every child has a place in the class they wish to be in. If you have decided not to commence gymnastics next term, please let us know as soon as possible!

**Families who have not paid their term fees will not be re-enrolled for the next term.** All tuition and membership payments must be made by the end of term 1 to secure their spot in their class. Please contact management to discuss any queries.



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

Aaron Thanas Visits Balance.....	2
MG HPC Invitational Comp .....	3
WG Competitive Program News 4	
Off Balance Update.....	5
School Holiday Program.....	6

### Important Dates

30/3 End of Term 1  
6/4 Good Friday  
9/4 Easter Monday  
16/4 Term 2 Commences  
25/4 Anzac Day (No classes)

# Balance News March

## MG Competition Preparation

### Aaron Thanas Visits Balance

On Saturday the 25th of February, Aaron Thanas (former National Australian Gymnast and HPC coach) visited Balance to assess our MG Competitive boys routines in preparation for the competition season.

All the Level 2, 3 and 4 boys received comprehensive feedback on their routines.

Chris Downie noted that the boys really benefited from his visit which showed in their results at the subsequent competition at HPC (see page 3).



Balance Gymnastics

11 Candlebark Court, Research

Ph: 9437 0777

[admin@balancegymnastics.com.au](mailto:admin@balancegymnastics.com.au)

[www.balancegymnastics.com.au](http://www.balancegymnastics.com.au)

#### Office Hours

Weekdays: 9:30 - 6:30

Saturdays: 8:30 - 12:30

### NEW CLASS!

We will now be 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.

# Balance News March

## Competition Results

### MG Level 3 and 4 HPC Invitational

On the 3rd and 4th of March, two levels of our MG competitive program competed in the HPC Invitational in Prahran.

#### Level 4

The Level 4 boys had a very strong competition with a 1st place team finish overall!! Individually, the boys also gave a great effort with Nathan Chan placing 4th, Bo Danelutti finishing 5th and Max Brown finishing 6th.

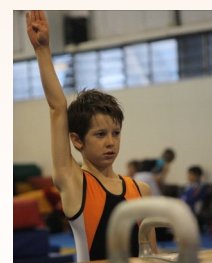
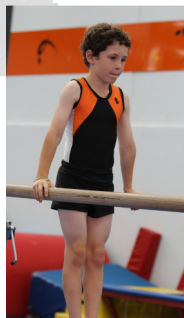
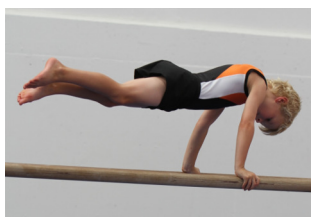
Individual apparatus results placed Sinan Sorial 2nd on Floor, Nathan Chan 1st on Pommel, Gaston Schmidt-Heron 3rd on Pommel, Bo Danelutti 3rd on Rings and Benson Harvey finishing 3rd on Floor, 4th on Rings and 5th on High Bar. What a fantastic effort! Great job boys!!

#### Level 3

The level 3 boys also competed well with Jack Robertson placing 4th overall, and a great effort finishing 2nd on the Pommel.

Oscar Evans placed 5th overall and came 3rd on Vault. Lachlan Bowden competed in his very first competition and gave a fantastic effort!

Well done boys!!



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 March

## WG Competitive Program News

### IDP Level 3-10 VIS/GV Training Camp

On February 23<sup>rd</sup> – 25<sup>th</sup>, Balance Gymnastics International Development Program (IDP) Level 3-10 gymnasts attended the VIS/GV training camp in Prahran. The girls' new skills were assessed by Jo Richards, the National Junior Development Co-ordinator.

These testing sessions enable:

- A comparison of athletes of the same age or developmental level from across Australia.
- Gymnast's problem areas can be identified and noted for more in-depth analysis.
- Gymnasts will be rewarded and acknowledged through the development of the GA Team Future program.

For some girls it was their first assessment; Ali, Tyla, Annabella & Elyssia. The girls put in a great effort and coped extremely well under pressure. Old timers Karla & Sophie showed a number of skill upgrades.

### WG Judges Invitational—National Level 6-10

On Sunday 18<sup>th</sup> March, Balance Gymnastics National Development Program (NDP) Level 6 gymnasts attended the Judges Invitational competition in Diamond Creek. For all the girls, Rachel, Emma & Molly, it was their first competition for the season. The girls competed solidly with all of them passing their Level Awards Test (LAT). It was a strong competition with over 40 gymnasts competing. Congratulations to Emma Hubball for placing in the top 10 overall and 2nd on Beam!

Good luck girls for the rest of the season.



From Left: Serghei Alexandrov, Emma Hubball, Rachel Keane, Molly McCormack and Alicia Hayes



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

Keep our new gym  
looking shiny and new!

Remember to wash up  
your dirty cups and dishes  
in our kitchen when you  
are done!



# Balance News March

## Australia's Got Talent Update

We are still yet to hear if the boys have officially made it through to the semi finals of Australia's Got Talent.

However, they still need to prepare routines in the hope that they make it through. We should hear from the AGT producers in April-May if we have made it through.

The boys have been training hard 3 days a week (9 hours).

In preparation for the routines, Balance welcomed visitors from Flip for Fun acrobatic club to teach the boys new skills and master others. See images below.



Balance Gymnastics

11 Candlebark Court, Research

Ph: 9437 0777

[admin@balancegymnastics.com.au](mailto:admin@balancegymnastics.com.au)

[www.balancegymnastics.com.au](http://www.balancegymnastics.com.au)

Office Hours

Weekdays: 9:30 - 6:30

Saturdays: 8:30 - 12:30

Additionally, Adrian Raso and Shamus Geraghty from Warrandyte Secondary School managed to get our AGT team into the Warrandyte Daily Newspaper. A copy will be uploaded to our website to read. Well done boys!



# Balance News March

## Autumn School Holiday Program

During the school holidays, our Holiday Trampolining and Playgym programs will be running as usual.

Playgym will be running from 11:00am-1:00pm on the following days:

Monday 2nd April  
Tuesday 3rd April  
Thursday 5th April  
Tuesday 10th April



Trampolining will be running from 1:00-3:00pm on the following days:

Monday 2nd April  
Tuesday 10th April

**For trampolining, you must call to book by Friday 29th March.**

**Please see our website for more information.**

**No classes will be operating on Easter Monday.**

We would like to take this opportunity to wish all of our members and their families a very safe and Happy Easter!

We look forward to seeing you all again in Term 2!



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