

Balance News May

Welcome to the Balance May Newsletter.

This month's newsletter includes an in depth article by our Juniors Coordinator, BJ Heywood, about the Juniors program and its advantages for your children. Our Winter School Holiday Program has now been released. Book early for our Trampolining classes to avoid disappointment! There is also an article by Cameron Blewett about the advantages of massage to improve flexibility. Additionally, our MG Head Coach Chris Downie gives us an insight to his life!

NUTRITION

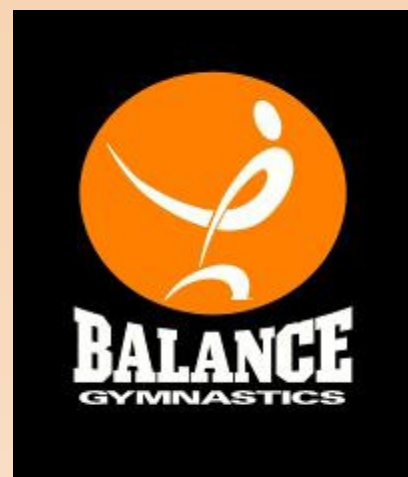
Some classes allow children to have a short food/drink break between their session. Please provide **healthy and nutritious snacks** and water for your children so they can be refreshed for the second half of their lesson. Junk food and soft drinks can be detrimental to your child's ability to give their full attention to the class.

LOST PROPERTY

We have a large amount of lost property in the basket in reception, and it keeps on piling up! At the end of Term 2 we will be giving the remainder of the property to St Vincent De Paul's so if you are missing any of your property please check the basket now!!

THE STAMPEDE

On October 27 2012 some of the Balance team will be taking part in The Stampede which is a 5 or 10km obstacle course held in Wandin (near Lilydale). Please click [here](#) to visit the website for more information. If you would like to join us please contact reception by the 4th of June. Costs are detailed on the website.



Balance Gymnastics
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admin@balancegymnastics.com.au
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Office Hours
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Saturdays: 8:30 - 12:30

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Important Dates

11/6 Queen's Birthday
30/6 End of Term 2
16/7 Term 3 Commences
27/7 2012 Olympics Commence

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The Balance Juniors Program

Article by BJ Heywood



Our Juniors program at Balance

Gymnastics is not only about learning skills and increasing flexibility and strength, it's about having awesome fun with people who share the same interests.

Children love to do activities that are fun and challenging. Through gymnastics, they learn how to set goals and achieve them. This teaches them invaluable skills in coping with challenges, learning patience and consequently builds self esteem.

Gymnastics also helps children to achieve and maintain a healthy body weight and also builds the important social skills that are needed in everyday life.

Our Young Juniors program is designed for school aged children aged 5-7 and our Juniors program is designed for children aged 7-9 years old.

Recommendations to move into a new class (either in our recreational or competitive program) will generally happen at the end of each term. The coaches base their recommendations on the child's skill development and age. If a child turns 7 (Young Juniors) or 9 (Juniors) during the middle of a term, they will generally be recommended to move up the next term, not mid-term. The office will then contact the parent and let them know what class their child has been recommended for.

It has been fantastic to see so many of our Juniors move into more advanced classes. At the end of the day, we want the gymnast and parent to be happy with the experience and opportunities they are receiving at Balance Gymnastics.

Personally, I love working with the Juniors. Watching young children grow, achieve and enjoy the experiences they get from gymnastics gives me great pleasure. Over the past couple of years I have watched this program grow to what it is today and through the parents continued support we can only make it bigger and better. I encourage any input you may have towards making our Junior program the best we can.



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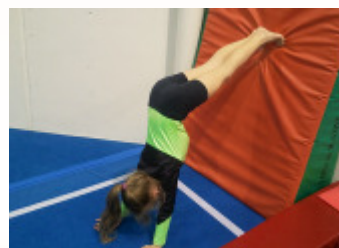
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Winter School Holiday Program

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

You must book in advance for Trampolining by the 29th June.



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Birthday Parties

We will be running additional birthday parties in winter holidays. There will be Wednesday and Friday parties from 1:00-3:00pm and additional Saturday parties, as well as our regular Sunday parties.

**OUR PARTY TIMES
BOOK UP VERY
QUICKLY SO PLEASE
BOOK UP TO 3
MONTHS IN
ADVANCE TO AVOID
DISAPPOINTMENT!**



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MG Competitive Program News

PIT Invitational at Mill Park—Levels 2-4

On the 29th April, our Level 2-4 boys competed in their 4th competition of the year at PIT Mill Park.

The level 2 boys Jeremy Farmer and Ranger Ferre-Watts both competed in a tough competition and although they didn't place, they both put in an outstanding performance.

Our level 3 team came 3rd overall! All boys had a fantastic competition. Oliver Ryan placed 1st overall (1st on floor, 2nd on High Bar and 3rd on Pommel and Rings). Jack Robertson placed 3rd overall (1st on Pommel and 3rd on P-Bars) Oscar Evans placed 2nd on Floor and 3rd on Vault and Lachlan Bowden had a fantastic competition.

WELL DONE BOYS!!

The level 4 boys had an outstanding competition placing 1st overall! Nathan Chan placed 1st Overall (1st on Vault and High Bar, 3rd on Floor and 3rd on Pommel). Bo Danelutti placed 6th overall and Max Brown placed 2nd on Pommel. Gaston Schmidt-Heron, Benson Harvey and Sinan Sorial also had a great competition which contributed to their 1st placing overall.

FANTASTIC WORK BOYS!!



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**Our MG Level 4 boys
will be competing in the National
Clubs event in Caloundra, Queensland
on the 21st-25th September.
Management are in the process of
finalising the team and are
looking forward to the boys being
able to compete on a
National level.**

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WG Competitive Program News

WG Apparatus Challenge — National Level 6

On Saturday 28th April, Balance Gymnastics' Level 6 gymnasts, Emma and Molly attended the WG Apparatus Challenge in Diamond Creek. Emma performed consistently on all apparatus and was excited in break into the top 10 overall and Molly achieved a PB on every apparatus! The girls are now preparing for the Victorian Championships at the Netball Hockey Centre. Good luck girls!



WG Judges Invitational — International Development Level 3 & 5

On Saturday 12th May, Balance Gymnastics' IDP Level 3 & 5 gymnasts had their first competition for the season. Many personal goals were achieved as well as our IDP level 3 team (Ali, Elyssia, Annabella and Tyla) placed **3rd overall**. No individual awards were presented but all girls received prizes for stand out performances. Well done Sophie and Hannah for achieving personal best performances on all apparatus!



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5 Minutes with... Chris Downie

What do you do at Balance?

MG and Events Co-ordinator

Favourites:

Favourite apparatus to coach? - Pommel
Favourite apparatus to compete? - Floor
Favourite body part to stretch? - Side Splits
Favourite strength exercise? - Cross - once I can do it...!
Favourite tumble? - Lay Outs
Favourite game to play? - Tails
Favourite colour? - Barbados Blue
Favourite Song/Band? - Elton John
Favourite Food? Impossible to answer. I LOVE all food!

What are you passionate about?

Other than gymnastics, my family and friends, travel, any activity that gets the adrenaline pumping, exercise, food and having as much fun as possible!!

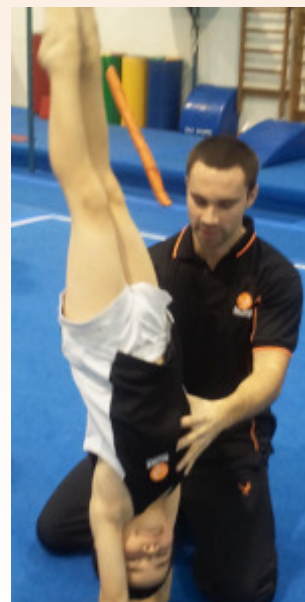
Words of Wisdom?

Be positive. Keep smiling. Try Harder and Keep your Toes Pointed!!



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Improving Flexibility Through Massage

Remedial massage and myotherapy is a great way of improving joint flexibility and increasing muscle length. By massaging the muscles associated with a particular joint it allows the muscle to lengthen and increase its stretch. The limb can then move further around the joint, resulting in an increase in joint range of motion and flexibility.

Massage also helps to improve muscle recovery after training sessions. By increasing blood flow to the muscle, massage aids in the removal of lactic acid, toxins and decreases blood pooling.

It is also useful for decreasing muscle tension that may build up due to a tough training schedule. Delayed onset muscles soreness (DOMS) is the painful and stiffness felt in muscles 24-48 hours post training. Massage can decrease the likelihood of this and help athletes muscles relax.

Call Cameron on 0439 356 195 for bookings & enquires



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June Newsletter...

**Victorian
Championships
&
Mini Olympics
Results**