

Balance News November

End of Year Display!

Just a quick reminder about the End of Year Display! On the final Saturday of Term 4 (17 December) all of our enrolled students will have the opportunity to participate in our End of Year Display Event.

Prices are as follows:

Adults - \$7:50 Children - \$5.00
Family - \$20 (2 adults & 3 children)

On the day, there will be a BBQ, raffles and leotards for sale. **Tickets for the event are available to purchase at reception NOW! Please purchase tickets before the event to avoid long delays on the day!!**

Participating gymnasts are entered free of charge. We look forward to seeing you there!

Presentation Night

We are now taking bookings for our annual Presentation Night for competitive student families on Saturday 10th December. Tickets prices are as follows:

Adults: \$25.00 Children - \$20.00 Family - \$100 (2 adults & 3 children)

Please email your requests to admin@balancegymnastics.com.au or see Elida at reception. **Bookings must be made by Monday 5th December.** Places are limited!



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

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Important Dates

FEES ARE NOW OVERDUE!!
Please contact reception if you have yet to pay!

10/12	Presentation Night
17/12	End of Year Display
18/12	End of Term 4
6/2	Start of Term 1 2012

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The Importance of Hydration!

Hydration is of the utmost importance for all students at Balance, whether they be competitive or recreational students. During the summer months it becomes a crucial part of their training.

All gymnasts need to be made aware of how important hydration is in order for them to get the most out of their classes. Even being slightly dehydrated can cause a measurable and noticeable decline in performance. Parents should ensure that every child brings a water bottle with them to their class/training session. A drink before, during and after their session can ensure better endurance and a happier child!

Competitive gymnasts should ensure that they have a hydration schedule to ensure they are at their best. They should be drinking one to two hours before practice (if not possible, as soon as they can before practice). Drinking fluids prior to practice has been shown to help reduce and/or delay the negative effects of dehydration.



should drink on their regular basis. Once they are thirsty, the dehydration process has already begun.

Balance sells small bottles of water for \$1.20. See reception.

For more information about hydration for gymnasts, visit :

<http://gymnasticszone.com/sports-hydration-young-athletes-guide>



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Leotards and Skins for Sale!

Christmas is almost here and we have a number of leotards just waiting to be awesome Christmas presents for your girls. We also have skins that help with muscle repair and give gymnasts extra warmth. Please see us at reception for more details!

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Christmas Drop & Shop Program

Need some time to do your last minute **Christmas shopping without the kids?**

This year, Balance Gymnastics is offering sessions in the final week before Christmas for parents to drop their kids off for awhile while they shop. They will be entertained for up to 4 hours with supervised

quiet activities, movies and free play. Our program runs on the following days from 11am—3pm as follows:

- ♦ Monday 19th December
- ♦ Tuesday 20th December
- ♦ Wednesday 21st December (TBC)
- ♦ Thursday 22nd December

Prices are as follows:

\$30 per child, \$50 for 2 children and \$75 for 3 children.
Minimum age of children is 5 years old.

BYO Snacks and Drinks

Please contact reception via email or in person to book by Monday 12 December. Places are limited!



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**Just a reminder to please
wash your dirty cups
once you are done with
them in our kitchen!**



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Summer School Holiday Program



We will again be running our school holiday **Trampolining** program. It will run on a Tuesday and Thursday from 1:00—3:00pm, from Tuesday 10th January 2012 until Tuesday 24th January.

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

family discount applies.

We do require bookings and the deadlines are:

Bookings for week 1 of Trampolining will close on 15th December.
Bookings for week 2 of Trampolining will close on 12th January.
Bookings for week 3 of Trampolining will close on 19th January.

We will also be having our usual **Playgym** sessions running as per normal from the 9th of January.

Please note however that Playgym will not be running on Australia Day (Thursday 26th January), Monday 30th and Tuesday 31st of January.

Please contact reception for more details.



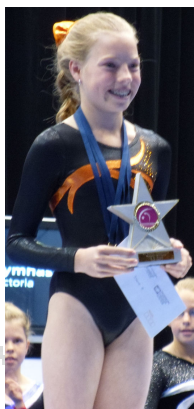
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Competition Results

State 4 Victorian Championships



Also on the 5th and 6th of November, our State 4 girls competed for the individual Victorian Championships. In a fantastic effort, Indigo McFadzean came 1st overall, with scores of 1st on bars, 1st on floor, 3rd on beam and 6th on vault. Two awesome competition results in a row. Well done Indigo!! Meg Watts also competed with scores of 5th on floor and 6th on beam and a final placing of 7th overall. A great effort was also given by Samantha Shute who placed 5th on floor. Well done girls!

What a fantastic weekend for the girls. You did yourselves and your club very proud!

State 5 Victorian Championships

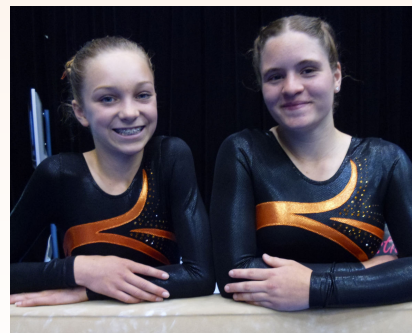
On the 5th and 6th of November, our State 5 girls competed in the Victorian Championships at the Geelong Arena.

Janan Ngawati and Allyra Van Zwienen competed against a strong contingent of 33 girls. Both girls competed solidly with Janan finishing 14th overall, and Allyra achieved a fantastic 8th on beam. A great day for the girls overall!



State 6 Victorian Championships.

Teya Brown and Morgan Evans gave a solid effort on the day with Morgan coming 10th on beam and Teya finishing 12th on bars. Great effort girls!

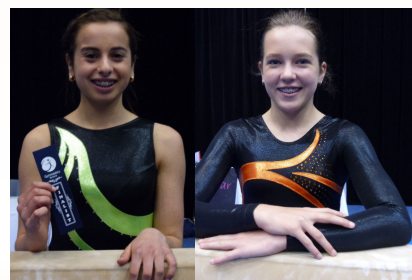


State 8 Victorian Championships

Carly O'Brien gave a fantastic effort finishing 7th on vault and 7th on the floor. Well done Carly!

State 10 Victorian Championships

Christina Gioffre also gave a solid effort and came 9th on beam. Well done Christina!



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Run for the Furies



On the 16th of October the MG Bounder Boys took part in the annual Run for the Furies. The run is to help raise funds for the Research and Kangaroo Ground CFA brigades. Shamus Geraghty took part in the 4k run, whilst Corey Chubb, Dean Matthew, Anthony Hopkins, Talen Pettie, Adrian Raso and Chris Downie took part in the 10k run. Everyone had a great run, with Talen Pettie winning the under 16 category, running 10k in an amazing 42.57 minutes. It was a great day which all of the boys enjoyed. They hope to go back next year and beat all of their times!



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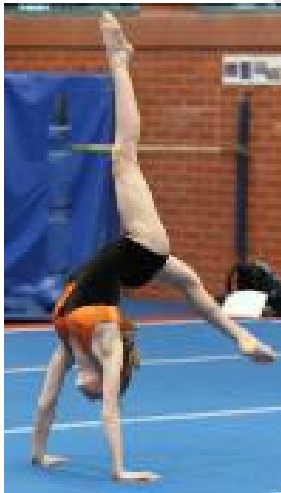
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**If you have any ideas
for articles or
feedback about our
newsletter, we'd love
to hear it. Please
email us or give us a
call!**

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An Insight into Tumblers 4

The Tumblers program has made excellent progression throughout the year. This recreational program has its focus on developing maximum potential within an optional number of training hours. It is set up so that children can develop as great gymnasts without having to do the number of hours that a competitive program must do. However, this is an advanced program that gymnasts can only be selected for from other classes after a number of terms spent progressing towards achievable goals.



In Tumblers 4, if the gymnasts show that they are able, they are given the option of competing in Gymstar. The Gymstar program is set up so that gymnasts can compete at varying levels without the need to train a vast number of hours. The girls that choose to do competitions have an amazing time and learn a number of vital life skills while doing so. Our girls this year have worked extremely hard and this was shown when they competed. As well as a number of other placing's, our team came

first overall in both competitions that we entered showing that hard work and positive training is key to success.



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