

# Balance News

## November-December



### What a year!

A year that began with such awful circumstances for the club has turned out to be one of our greatest yet. The Christmas Day 2011 storm that lashed our gym turned out to be a blessing, with the introduction of all of our new equipment! We have had record numbers of members this year which has been fantastic.

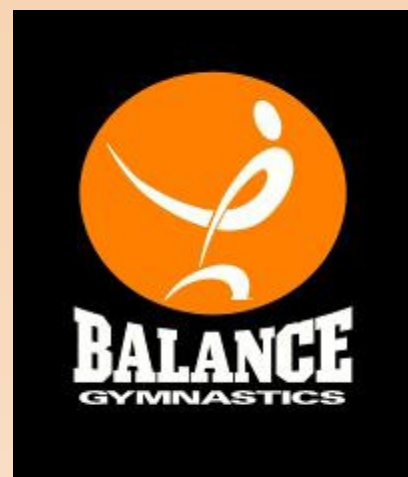
Our higher level recreational programs have gone through a major overhaul, which introduced our Girls Aerials program, and a more specialised Boys Extreme program both of which have been proven to be very popular.

We have had a very successful competition season across the board, with our MG Level 4 team travelling to Caloundra to attend the National Clubs competition for the first time with fantastic results placing 5th overall (not to mention placing 1st overall in Victoria!). Our IDP gymnasts have continued to represent Balance proudly at State and National training camps and competitions. Our State 5 girls had another fantastic season with Indigo McFadzean and Meg Watts placing 2nd and 3rd respectively in Victoria! **Our little level 1 gymnasts made it to the State Pennant Final competition where they placed 3rd overall in Victoria**. Our Cheerleaders—the Balance Tigers—competed in their first ever competitions and gave a fantastic effort at all of their competitions which will lead them to bigger and better things in 2013.

### End of Year Display

Our End of Year Display is THIS WEEKEND!! By now you should have received the times for your child's session/s and tickets are available at reception if you wish to purchase them beforehand, OR you can purchase them on the day. No one will miss out on tickets and everyone is welcome. For the Session One group, we will be selling breakfast and barista coffee at our BBQ and we will continue the BBQ throughout the day with hamburgers, sausages, sweets and drinks! There will be a raffle going on so make sure you buy a ticket to be in the draw to win some great prizes!!

We look forward to seeing you there!!



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Saturdays: 8:30 - 12:30

### Inside this issue

WG National Clubs & IDP camp..	2
WG Victorian Championships & Natimuk Invitational.....	3
Gymstar Results & School	4
Holiday Program	
Juniors Program Superstars!.....	5
Movember @ Balance.....	6
The Stampede.....	7
Holiday Program.....	8

### Important Dates

15/12—End of Year Display  
22/12—End of Term 4  
7/1—Holiday Programs Resume  
24/1—Holiday Programs End  
29/1—Term 1 2013 Begins

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### WG National Clubs and IDP Camp

On Thursday 15<sup>th</sup> November and Friday 16<sup>th</sup> November our International Development Program (IDP) Level 6 gymnasts Hannah Triantafillis and Sophie Hubball along with coaches Serghei Alexandrov and Alicia Hayes travelled to Geelong to compete at the Women's Gymnastics National Clubs competition. Clubs from Victoria, Western Australia, Queensland, New South Wales and New Zealand attended the event. This competition is a key event in the lead up to National Championships next year. Hannah and Sophie placed 13th and 15th overall respectively over the 2 days. On Day 1 of competition Hannah placed **2nd on beam** and on Day 2 of competition Sophie placed 8th overall.

Aside from the multiple PB performances by the girls a highlight of the competition would have to be when Peggy Liddick, Australian National Team coach, made a B line for the girls after the competition and congratulated them on their performance and progress in the last 6 months saying she is 'very happy with how they were going'. Go girls and Go Balance!

After 2 days of competition there was no rest for these girls as they had also qualified for the IDP National training camp from Sunday 18th November—Tuesday 20th November at the Victorian High Performance Centre in Prahran. Again, the girls impressed the National coaches with their skill development and quality of work.

Sophie Hubball was presented with a '**Team Future High Achiever Award**' placing her in the top 3 of her age group for her skill testing. She also placed 3rd in the strength testing and Hannah placed 7th in her age group. [Click here](#) for more results.

Congratulations girls!



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### WG Victorian Championships

#### State Level 5

Once again our State Level 5 girls qualified for the Victorian Championships with fantastic results. Indigo McFadzean and Meg Watts placed 2nd and 3rd overall respectively. Rena Ueda did a fantastic job and placed 12th overall out of a field of 34 gymnasts. Indigo placed 1st on bars and floor, Meg placed 4th on floor and vault, and 5th on bars, and Rena placed 9th on vault! A fantastic day for all of the girls!! You did your club proud!

#### State Level 6

Our State Level 6 girls also had a great day at the Victorian Championships. Teya Brown placed 8th overall, coming 5th on bars. Mirri Temby also had a great day placing 4th on beam. Kaitlyn Bryant and Allyra Van Zwienen also had a fantastic competition in a tough field of gymnasts. Well done girls!!

### Natimuk Invitational

Our State Level 4 and 5 girls made the long trip to Natimuk (past Horsham) to compete in the final competition of the year.

#### State Level 4

Eleanor Grosomanidis competed in her first competition with fantastic results, placing 1st on beam and 5th on floor!! Fantastic work Eleanor! Monique Evans also had a great day placing 2nd on beam, 3rd on floor and 9th on vault! A fantastic competition girls. Well done!!

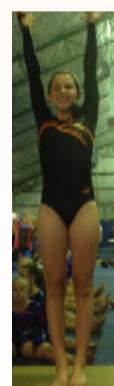
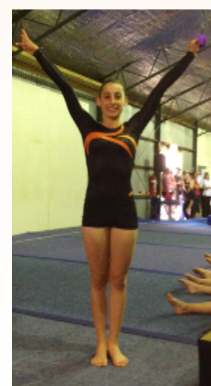
#### State Level 5

Meg Watts had an awesome competition placing 1st overall, placing 2nd on vault, beam and floor, and 3rd on bars!! Well done Meg! Indigo McFadzean also had a great day placing 3rd overall with scores of 1st on floor and bars, 5th on beam and 6th on vault! What an awesome effort from both of the girls! Well done!



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### Gymstar Results

Our Gymstar squad had another fantastic competition with all of the girls receiving placings in the top 5 for at least 1 apparatus. Katia Minnelli had a great day placing 2nd on rings, 4th on vault and 5th on beam. Evie Acott placed 1st on rings. Jacqui Campbell and Shannon Bowkett placed equal 4th on floor. Lucy Ennis and Jacinta Swift also had a great competition! Well done girls!!

### School Holiday Program

Our School Holiday Program will be running over January in our air conditioned gym!

Our casual Playgym program for children aged 18 months—6 years will be resuming on Monday the 7th of January and will be running on the normal days of Monday, Tuesday and Thursday from 11:00am-1:00pm.

We will now be running a Casual School Aged Playgym Session on Wednesdays from 11:00am-1:00pm on the following dates:

**Wednesday 16th January and Wednesday 23rd January**

No Bookings required!

If you would like to learn some tricks, our trampolining program will be running from 1.00 –3.00pm on:

**Monday 14th January**

**Monday 21st January**

Bookings are essential for trampolining so please call to book for trampolining by Friday 11th January.



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### Juniors Program Superstars!

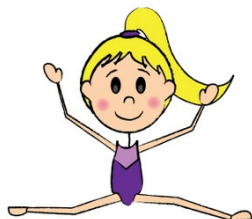
Every month we will now be celebrating any of our Young Juniors or Juniors who achieve their "Sticker Sheet". They receive a sticker every week that celebrates their consistency and dedication to the class. Once they have received 8 stickers their sheet is full and they receive a small prize! Our superstars this month are:



**Hannah Lingard**  
**Dakota Floberg**  
**Dylan Di Salvo**  
**Holly Frieberg**  
**Zara Marriott**  
**Lily Owen**

**Grace Gooley**  
**Lily Hellier**  
**Isabella Falla**  
**Lillie Chivers**  
**Joshua Eyre**  
**Charlie Edwards**

**Mason Grech**



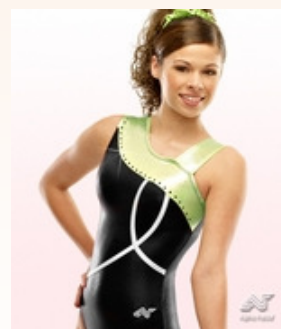
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**Alpha Factor Leotards & merchandise is available for purchase at reception.**



**They make a fantastic Christmas present for your daughters.**

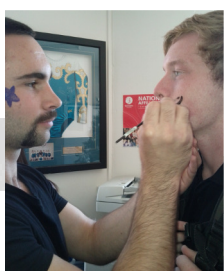
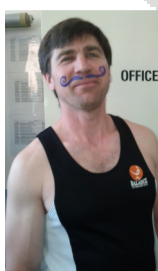
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### MOVEMBER!

As you may have noticed, two of our coaches, Chris Downie and Darren Bush have been doing their bit for men's health research by growing their 'mo'! We had some fundraising fun giving our gymnasts and coaches either a 'mo' or a star painted on their face! It was lots of fun for all! Thank you for everyone who generously donated to this worthy cause and well done Darren and Chris!!



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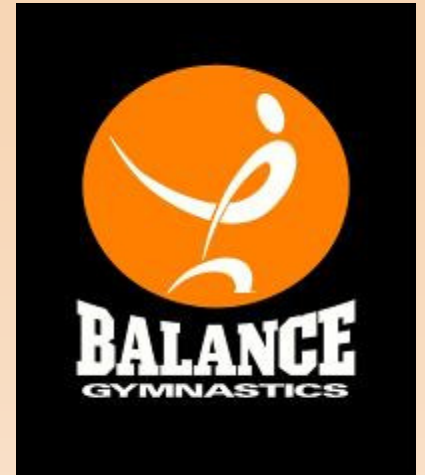
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### The STAMPEDE!

On the 27th of October, a number of Balance staff and gymnasts competed in the Stampede Mud Run in Wandin North. In either a 5km or 10km run everyone did their best to run through the mud, slide down the slip and slide hill, leap over fire, and try their best not to get zapped by the electrical volts!! Nice work everyone!!

Thank you to the Hernandez family for the photos.



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**The Staff and Coaches of Balance  
Gymnastics would like to wish  
everyone a Merry Christmas and a  
Happy New Year!**

**We hope that the holidays  
are a relaxing one for you  
all and we can't wait to see  
you all back here in 2013!**



**Term 1 Begins on Tuesday 29th January.**



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