

Balance News September & October

Welcome Back for Term 4!

These past two months have been very busy for the Balance team as it's our busiest time of year for competitions and this term promises to be even more exciting.



Our competitive boys squad made the long trip to Caloundra in Queensland to compete in the National Clubs competition and the trip was a fantastic success with the boys placing 5th out of 23 clubs in Australia! What an amazing effort!! More information on page 2.

Our State level female gymnasts have competed in a number of competitions with great success and both our State 5 and 6 gymnasts have qualified for the Victorian Finals! More information on pages 4 and 5.

Term 4 is a busy month with the preparation for our End of Year Display in December. For new members, the display is a fun filled day where every class has a group presentation/dance that shows off the skills that they have learned throughout the year. Each presentation is themed. There will be food, drinks, raffles and merchandise available for sale. More information about purchasing display tickets and specific times will be given out shortly. Please check your emails regularly! Additionally, if you would like to volunteer on the day (or the evening before) please contact reception. Any help would be greatly appreciated.

Our end of year presentation night for our competitive gymnasts is also coming up on Saturday 8th December. Our gymnasts are given rewards for their hard work whilst having a nice night out to celebrate the end of the long competition season. The event will be held at the Heidelberg Golf Club in Lower Plenty. Further information will be distributed shortly.



Balance Gymnastics
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Office Hours
Weekdays: 9:30 - 6:30
Saturdays: 8:30 - 12:30

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TERM 4 FEES ARE NOW OVERDUE

Please contact reception to arrange payment.

Important Dates

6/11— Melbourne Cup Day
NO RECREATIONAL/KINDERGYM CLASSES
8/12— Presentation Night
15/12—End of Year Display
22/12—End of Term 4

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Summer is coming!

Summer is well on it's way and we've already had quite a few warm days. It is now more than ever that we need to remember to remind children to re-hydrate as much as possible before, during and after their training sessions. Each child should bring a water bottle and rehydrate during every break.



Gymnasts that have food breaks in their classes should always have a healthy snack to have during their break. Snacks such as chocolate, chips or soft drinks can make the children lethargic and they will not be able to give their best in the second half of the class.

We have a number of healthy snack size drinks, and fruit cups for sale in the reception area for a maximum of \$2.50.

Club Updates!

The club has recently acquired some new equipment for the gym. We have a new floor bar near the foam pit area is used for all programs from Kindergym to Competitive. We are now in the middle of constructing uneven bars over the foam pit as well!

Balance is also happy to report that this is our biggest year for supporting the local community as we have contributed to many kindergartens, primary schools and charity groups fundraising efforts. Many parents have been able to bid on free terms of Kindergym or Juniors gymnastics at trivia nights and fete's around Nillumbik and Banuyle. All the money raised has certainly helped the groups be able to reach their fundraising goals!

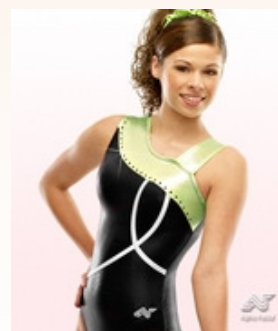
If your school or charity has an event that you would like us to support please contact reception.



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Alpha Factor Leotards are available for purchase at reception.



They make a fantastic Christmas present for your daughters.

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MG National Clubs Caloundra QLD

During the Spring Holidays Chris Downie and Kevin James travelled the 1,800 Km to Caloundra, with 5 of the Balance Boys and their families, to compete in the MG National Clubs competition.

The trip was a massive success with the Balance Team (Max Brown, Nathan Chan, Bo Danelutti, Benson Harvey and Oliver Ryan) finishing 5th overall out of 23 clubs across the country. The competition was extremely tough, but that didn't stop the boys coming 3rd on Pbars, 4th on Rings and 5th on Floor and High bar.

Out of 110 boys Oliver came 1st on Floor and 4th on Rings and P Bars. Nathan came 2nd on High Bar and 3rd on P Bars. The other boys weren't far behind. An incredible and well deserved result.

The boys also got to train alongside Prashanth Sellthurai, an International Pommel Star, and took part in some important team building exercises at the beach.

Massive thanks to the Balance Men's Team and their families for all of your hard work!



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WG Competition Results

State Level 's 4-5 BTYC Invitational

On the 8th and 9th of September we had two levels competing at BTYC gymnastics club. Our level 4 gymnasts Paige Ngawati and Monique Evans gave a solid effort against some very impressive competition. Monique was competing in her first competition in 2 years and gave a fantastic effort on the bars and beam with no falls.

Paige also had a great day on both vault and beam. Well done girls!



Our Level 5 gymnasts had a FANTASTIC day placing 2nd overall as a team. Indigo McFadzean placed 1st individually with a 1st on beam and floor, 3rd on bars and 4th on vault! Well done Indigo! Rena Ueda placed 6th on vault and Meg Watts placed 5th on Beam! All around a fantastic day for our Level 5 gymnasts!

National 4B and State Level 6 Dolphin Challenge Cup



On the 15th and 16th of September our National 4B and State Level 6 gymnasts competed at Dolphin Gymnastics in Carrum Downs. Our National 4B gymnasts gave their best effort in a tough field of gymnasts. The team consisting of Alice Caldwell, Natasha Bowden,

Jemima Dwyer, Darci Gale, Hannah Connor and Aiyana Ananiev gave their best effort in a tough field of gymnasts! Well done girls!

Our State 6 gymnasts had an amazing day placing 3rd overall! Allyra Van Zwienen placed 4th overall, Teya Brown placed 7th and Mirri Temby placed 8th overall. Kaitlyn Bryant also had a great competition. Mirri Temby did especially well on beam placing 1st overall, one of her best results ever! Fantastic work Mirri! A fantastic competition for all!



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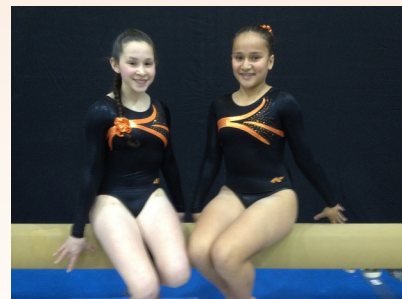
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National 4B and State Level's 4-6 Waverley Invitational

On the 22nd and 23rd of September our State Level's 4-6's competed at Waverley Gymnastics with fantastic results.

Our State Level 4 gymnasts Monique Evans and Paige Ngawati competed well in tough competition with Monique scoring 5th on beam and a 10th on floor. Well done Monique! Our National 4B squad, Alice, Hannah, Natasha, Jemima, Aiyana and Darci also competed well against a very tough field and in this competition season they have all received their LAT's! Well done girls!

The State 5 gymnasts had a fantastic day placing 2nd as a team! Indigo again had a fantastic day and placed 1st overall, placing 1st on both beam and floor. Well done Indigo! Meg placed 5th overall with a placing of 2nd on floor and 5th on both beam and bars! Rena also had a great day placing 4th on floor!

The State Level 6's had a great day placing 3rd as a team and Allyra and Teya both placed equal 10th overall. Allyra placed 5th on beam, and 6th on floor. Teya placed 5th on vault. Kaitlyn placed equal 7th on vault and 9th on floor with a PB score of 14.00. Mirri placed equal 7th on vault with a PB of 13:80. A great event for all. Well done girls.

Level 6 State Qualifiers at Maffra

On Saturday 6th of October our State level 6's competed in the Victorian State Qualifiers at Maffra Gymnastics in Gippsland. They placed 4th overall and qualified for the Victorian Finals! Well done girls!! Allyra placed 1st on beam!! Well done Allyra. Kaitlyn had a great day and placed 4th on beam and floor, and Teya had a great

score of 14.20 on bars. Mirri also gave her best effort in a tough field. Fantastic work girls and we can't wait to see your results at the Finals! Good luck!!



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Level 5 State Qualifiers at Geelong

On the 20th of October our State 5 team competed at the State Qualifiers. They placed 5th overall which qualifies them for the Victorian Finals! Well done girls! Indigo had a good day placing 1st on floor and 4th on beam! Well done! Meg also placed 1st on floor and Rena placed 8th on Vault! A great day, and we wish you all the best for the finals!!



Gymstar

On the 9th September at Eastern Gymnastics our Gymstar squads competed in their first competition of the season with great results!

Level 4

What a day for our Level 4 Gymstar girls. Lucy Ennis placed 2nd on floor, 7th on vault and 9th on bars. Jacqui Campbell placed 2nd on bars and 9th on floor. Shannon Bowkett placed 4th on vault. Taylah Costa placed 4th on bars and 7th on vault. Katia Minelli placed 5th on vault, 6th on bars and 10th on floor. Jacinta Swift also had a great day! Well done to all!



Level 5

Our Level 5 squad also had a great day! Emily Butler placed 7th on vault. Jemma MacFarlane placed 2nd on vault and 9th on beam. Evie Acott placed 3rd on vault, 6th on bars and 8th on rings. Amy Beanland placed 9th on rings. Fantastic work girls!



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Balance is represented at the GA Women's Junior Camp, Canberra

August 31 - September 4

At the AIS in Canberra, Gymnastics Australia held the first training camp for the 2013-2016 Olympic Cycle.

24 of the best, keen, young female gymnasts and their coaches flew into Canberra for 5 days of everything gymnastics. It was a great few days filled with plenty of skill development, video education, mentoring, hot and cold spas, very cold mornings (it got down to -6.8° one morning!) and new friendships – everyone enthusiastically working together with a common goal - improving the standard of Australian Gymnastics.

While the coaches talked about preferred techniques and planned for the future; the gymnasts were busy impressing National Coach Peggy Liddick with their skills.

Karla Danelutti (Balance) received a special mention for performing her Tkatchev on Bars without the assistance of a bungee for the first time.

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 to Karla Danelutti (Balance) who was the fastest at the rope climb and can also jump a whopping 2m 32cm!



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Balance gymnasts attend the VIS/GV Women's IDP Camp

September 24—September 26

Whilst most of us were enjoying a 2 week break, Balance's International Development Program (IDP) level 3-10 gymnasts; Karla Danelutti, Hannah Triantafillis, Sophie Hubball, Elyssia Kenshole, Ali Canning, Annabella Geraghty, Tyla Davies and Taylah Salib attended the VIS/GV camp where they showcased their skills to be assessed by Jo Richards, Gymnastics Australia's Women's National Junior Development Co-ordinator. As well as their skill development, the girls also impressed Jo with their professionalism and efficiency when being tested.

In addition to being assessed at the High Performance Centre in Prahran, Jo also came out and visited us at Balance to continue her testing and offer advice on all things gymnastics. She was impressed with our newly made over facility and was pleased we are following the national direction when preparing our gymnasts.



Once the results were collated, Jo invited the top 100 IDP 3-8 gymnasts in Australia to attend the November National IDP training camp.

Congratulations to Hannah Triantafillis and Sophie Hubball for being selected again to attend this camp!



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