

ST BERNADETTE'S



GYMNASTICS CLUB

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## WHAT'S HAPPENING TERM 2

Welcome to all our new members!! We have had quiet a few join us in Term 1. We actually now have a waiting list! Last term we received our GYMNOVA Bar and Beam, a huge thankyou goes out to everybody who came along to help set these up. All the gymnasts are raving about them!!

Term 2 looks to be a busy one. Competition season starts with OUR Junior comp on MAY 20th, please email the above address if you can help out in any way. **The canteen during this competition is our main fundraiser this term** and DONATIONS are now being accepted for the canteen. Please leave these in the box at gym. Fresh items will need to be brought in on the Saturday or morning of 20th. Please let us know and fill in the form on donation box if you are bringing in "FRESH" Items.

This year you have the option of **opting out on Cleaning** the gym. This will incur a **\$5 charge** per term per family. If you wish to take a turn at cleaning this please contact Ang Stewart , [angron92@gmail.com](mailto:angron92@gmail.com)

See you all in the gym  
St Bernadette's Gymnastics Club Committee

## IMPORTANT DATES

**May 20th—OUR JUNIOR  
GIRLS COMPETITION**

**May 28th AGM 730pm in  
ROOM 206 at gym**

**June 9/10 DGA 1st Junior  
Comp Girls Steps 1-4  
Boys Level 1**

**June 16/17 Invercargill  
competition  
Girls Steps 4-7  
Boys Level 1**

**July 28/29 Otago Champs  
Girls Steps 4-7  
Boys Level 1**





**Well Done Meg,  
Our Facebook  
Competition winner**



**Committee Corner:**

AGM is set for the 28th May at 7.30 pm in our competition warm up and canteen room which is in the main King Edward Court building past the RASA studios, through the double doors and along the corridor - come to the gym door and follow the signs on the night. More details to follow. It has been a great start to the year, our new Gymnova equipment has been delivered and installed, the gymnasts are all loving using the new beam and bars.

Our fundraising for this term is the canteen at our competition on the 20th May. An email has been sent out requesting food items to be donated. We appreciate your support on this fundraiser as it means we can maximize our profits on canteen sales.

Cara  
PRESIDENT

**THANK YOUS:**

Warren Daniels, Kelvin Abernathy, David Allnatt for giving up their time to set up the new beam and bars.

Kelvin and Warren for making the roll bars, and general maintenance around the gym.

Amanda Pearson for hand sewing a few mats around the gym

And a **ADVANCED** Thankyou for Everyone involved with the competition!!

**WISH LIST**

- ◇ Gym Tidy Fairies in our Rec classes, (spot clean where needed)
- ◇ Parent help in Rec classes, Monday Tuesday Wednesday and Thursdays

**REMINDERS**

- ◇ **TERM 2 FEES ARE NOW DUE, Please pay these ASAP**
- ◇ **Donation for the Canteen are now being accepted. Please leave these in the gym. Thank you for those who donate.**

**FIREWOOD FOR SALE**

**CALL Graeme at Reid Logging  
0274901933  
Dry seasoned Pine and Gum  
Pine is \$90/m  
Gum is \$110/m  
Delivered  
min 2 metres in Mosgiel/  
Taieri, 4 metres to town**



## RECREATIONAL CLASSES REPORT AND RESULTS

Well done to the gymnasts this term. The girls have been working hard on their trampoline badges with the help of Tony, Hayley and JJ. Hoping to get them tested sometime next term.

Kiwi Gym Fun— Level 1 – Zyanalee Parata-McIntosh, Alice Haines, Nikita Biggs, Ella McCabe, Matilda Phillips, Evah Vorgers, Paige Biggs, Lewis Richards, Sophie Cromb van Delden, Alicia van Delden, Level 2 – Anika Boereboom, Kyra, Byers, Chloe McCarthy, Cleo Racz, Scarlett Gillanders, Level 3 – Brooke Loughrey, Luciana Francisconi Simoes-Peris. Level 4 – Shanyka Harris. Level 5 – Millie Quinn, Aleeyah Dean-Ford. Ryder Jefferies. Level 6 – Cohen Daniels, Jayden Burgess.

Artistic Level 1 – Ryder Jefferies, Libby Ralston, Jula-May Taylor, Olivia Simmons, Chloe Lo, Asyrah McLay, Aleeya Dean-Ford. Level 2 – Cohen Daniels, Jayden Burgess, Catherine McLeod. Level 3 Xanthe Clydesdale-Hastie, Level 4 – Zara Kleinlangevelsloo, Ella McRobie, Sophie Thorburn, Level 6 – Jess Abernethy. Level 7 – Jess Abernethy

Aerobics - Level 1 Aleeya Dean-Ford



## JUNIOR COMPETITION REPORT

Welcome to our new step 1s this year. We all have been working hard to learn our routines and perfect them gearing up for our first competition in May.

We welcome Haylee to our Coaching team this year working with Steph alongside the Step1s as well as Anna when she is able to come along.

Looking forward to a good year!

Dyan, Steph and Charlotte.



## SENIOR COMPETITION REPORT

Senior are working hard this year, and making good progress. They are all looking forward to the competition season starting. We have had extra help from Kirsten Roughan, Jess Clydesdale, and Kirsten Carter last term. While some other Coaches, have been to some courses this last couple of months, so they are busy trying to finish off the course assignments.

Mrs Broad, Aimee, Angela, Cara and Jackie.



## COMPETITION BOYS REPORT

The two boys Jayden and Cohen have had some time away from competitions. So we have been using the time to introduce a full body strength training program. The aim has been to improve the strength of all the muscles so that when we start working on the routines they find it is easier to hold the shape of the body with tension while performing but also so that they find they can complete some of the tougher movements when moving the full body's weight. We have just finished that and are now onto putting together the routines on the apparatus in a much sharper way than our last competition. The boys have been focused and working hard and I am proud of them but we have also made time for some fun games and just kicking the ball around for cooldowns, which we all enjoy.

