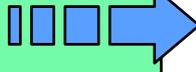




## Term 4, October 2015

### Club Update



Dear Families

Welcome to our new and returning members for the final term of gymnastics this year. We have managed to offer places to many of the families on our waiting list and we appreciate your patience.

As you will see on the following pages, our competitive gymnasts and coaches have been very busy preparing for and competing in competitions at home and away. These opportunities are possible through the hard work of staff, volunteers, fundraisers and the gymnasts themselves and we applaud everyone's efforts and congratulate each gymnast on their success.

To finish off the competition season for 2015, DGC MAG, WAG and Acro Competitive gymnasts will be participating in the NT Champs over the weekend of 23-25<sup>th</sup> October. Gymnastics NT are running this event at the Marrara Training Hall and **all classes on the 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> October are cancelled.** Everyone is welcome to come along to support gymnasts from our and other local clubs as well as gymnasts from Alice Springs clubs. DGC's Cheer leaders will display throughout the weekend, so keep an eye out for them also. DGC will be running a BBQ on the Friday night and Saturday morning so if you are able to assist, please let me know.

Over the last couple of months, our coaches have been busy attending courses to upgrade their skills, to accredit in new disciplines or begin their coaching journey. This year alone, we have added 6 newly accredited beginner coaches to our team, a couple of Intermediate coaches and many of our other coaches have added Acro, GfA and MAG to their list of accreditations. In addition to this, many of our coaches and volunteers have either upgraded or commenced their Judging 'career'. We are very grateful to have so many dedicated and skilled volunteers and coaches in our club- we thank you all.

Regards  
 Karen

### Inside this Issue

Club Update	1
In-House Tournament	2
National Clubs Bendigo	2
Amelia's Open Camp Experience	3
NT Championships	4

### What's ahead @ DGC

#### OCTOBER

- State Champs 23rd-25th  
 (Classes Cancelled, Office Closed)

#### NOVEMBER

- Term 4 Fees Discount Extended to 1/11/15  
 - DGC AGM 21st  
 - AASCF Cheer National Championships 26th-30th

#### DECEMBER

- Presentation Day 5th  
 - Last Day of Term 12th

### Gymnasts need to be collected on time!!

Please collect your children on time from their classes and ask them to wait inside the hall until you arrive. Please note that no children are to be left unaccompanied at the training at any time except for when they are participating in a class. Coaches who have to stay on after their shift to wait for parents to collect their children need to be paid for their time and this cost will be passed on in future.

Many thanks to our wonderful Sponsors ...  
 Please support these great Territory Buissnesses



The DGC In-House Tournament was a huge success, with 120 of our gymnasts competing. Feedback was that everyone had a positive experience, was able to show off their routines with pride and had a lot of fun!

We recognise that some of the sessions ran over schedule, and as this was our first ever in-house tournament, including all 5 gym sports, we will use it as a learning experience for the future!



## **NATIONAL CLUBS BENDIGO**

This years National Clubs Carnival Bendigo was a great opportunity for DGC's Senior WAG, ACRO and MAG gymnasts to compete on the National Stage. We left Bendigo with some exciting scores, memories, and with plenty of inspired motivation!



WAG & MAG Teams

## SPORTS ACRO Teams



# Amelia's Experience at Gymnastic Australia's AIS Open Camp

To: Darwin Gymnastic Club

Dear Karen,

I just want to thank DGC for letting me go to the GA Open Camp at the AIS in Canberra. It was amazing! I got to meet lots of gymnasts from levels 7 to 10 who came from all over Australia and also met the Australian team coaches. The highlight was meeting Ashleigh Brennan...who was really nice, friendly and supportive.

Every day we did a warm up with Stacey and strength and flexibility testing. We had two training sessions each day and in those training sessions we went around to each apparatus and worked on skills.

At training on the first day I was very tired as I had to catch the 1.30 am flight from Darwin. When we arrived at the AIS we were told where everything was, we got the key to our room and we unpacked our things and rested until training started. Siobhan had a hard time waking me up from my nap.....and that afternoon I was so tired and I had a bad training session . I was feeling a little bit negative, thinking that everyone else was better than I was.

The second day was better as I had a good night's sleep and I trained well. I got two new skills; a front layout off the high beam and back layout full twist off the trampoline onto hard mats . This made me feel a lot better and I started to realise that I was at the same level as the other gymnasts.

I met Peggy (the Australian team Coach), Stacey (the Australian team's choreographer), Bree (the Gymnastics Australia Manager), and Jo (another coach at the AIS).

Siobhan told me that Peggy said I had good tumbling! I think Siobhan was more excited that I was about that. I also met another international coach from Great Brittan that Siobhan knew.

We did a recovery session. In this we had to swim around in room temperature water for five minutes, then we went in water that was 15°C for 2 minutes, and then in water that was 38°C for 2 minutes – we repeated this 3 times. The cold felt freezing, but after the recovery session my muscles felt very relaxed.

On the third day we went to a self-massage session where we learnt how to massage sore muscles all over the body. This was very helpful and I now use the techniques as part of injury prevention during training sessions.

We also met Ashleigh Brennan (a Gymnastics Olympian). She showed us a warm up that she used to do on floor, and a complex that she did on beam. Ashleigh showed me a drill for the skill hiccup! She presented a slid show to everyone about what she was thinking when she did her skills and what is was like at the Olympics.

Thank you to DGC and Siobhan for this amazing experience – I really appreciate it and learned a lot from it.

From: Amelia Pollon



Amelia with Ashleigh Brennan





## ANNUAL CLUB FUNDRAISER – PARK LANE JEWELLERY

Saturday October 31 from 3.30-5.30pm at DGC

Pop in, check out the jewellery and discuss items or place an order with Coach Sharon



Park Lane Jewellery

- \* Comes with a lifetime warranty
  - \* Has no nickel
  - \* Comes in gold, silver, black and rose gold.
- Fantastic Christmas presents!!!

All benefits go to the Darwin Gymnastic Club

Online orders can be placed

<https://parklanejewellery.com.au/store/start/id/357196>



**Gymnastics**  
Northern Territory

Northern Territory Championships  
2015

FRIDAY 23 <sup>RD</sup> OCTOBER	SATURDAY 24 <sup>TH</sup> OCTOBER	SUNDAY 25 <sup>TH</sup> OCTOBER
<b>SESSION 1</b>  <b>WAG Levels 5-7</b> <b>MAG Levels 3-4</b>  Warm up: Wag 4:00 pm Mag 4:30pm Competition: 5:00pm  Presentation: 8:30pm (approximately)	<b>SESSION 1</b>  <b>WAG Level 1</b>  Warm Up: 8:30am Competition: 8:45am  Presentation: 11:00am (approximately)	<b>SESSION 1</b>  <b>ACRO</b> <b>MAG level 1</b>  Warm Up: 8:30am Competition: 9:00am  Presentation: 12:00pm (approximately)
	<b>SESSION 2</b>  <b>WAG Level 2</b>  Warm Up: 11:30am Competition: 11:45am  Presentation: 2:00pm (approximately)	<b>SESSION 2</b>  <b>WAG Level 3</b> <b>MAG Level 2</b>  Warm Up: 12:30pm Competition: 1:00pm  Presentation: 4:00pm (approximately)
	<b>SESSION 3</b>  <b>WAG Level 4</b>  Warm Up: 2:30pm Competition: 3:30pm  Presentation: 7:30pm (approximately)	SMC Awards Overall Presentation awards <b>GNT Board of Management</b> <b>presenting</b>  Commence Packing up equipment

### **Spectator Entry Fee**

Entry fee for spectators to the event is \$2.00 per session per day. Competing gymnasts and officials will be admitted free with proof of technical membership or gymnast's pass.



Want cheap movie tickets?? At DGC's homepage follow the link to [voucherfundraising.com.au](http://voucherfundraising.com.au) to purchase movie vouchers at reduced price as shown below. Each sold through DGC link will earn us \$1.00, and they can be purchased 24/7 - vouchers will be delivered to the nominated e-mail address within minutes. They can be printed and/or presented on a smartphone. Anyone can purchase through DGC - so spread the word!

Visit us on-line @ [www.darwingymnastic.org.au](http://www.darwingymnastic.org.au)

## Dropping Off and Picking Up Members @ Training Hall



**Marrara Management** has arranged for line marking in the car park to make it a safer space for all our members. It is illegal to park/stop on the yellow lines. Therefore please note that you cannot stop and drop off or pick up directly outside the hall door. Please proceed to the carpark and walk your child to and from the hall for training!!

# AMART SPORTS

## Darwin Gymnastic Club

You are now a part of Amart Sports  
Community Kickbacks program

**5% of every purchase**

made in store will go towards supporting your club

**It's Easy !!!!!**

When in store ask one of friendly team members to sign you up to Team Amart and let them know you're a part of Darwin Gymnastics Club.

Great way to fundraise for your club



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darwingymadmin@gmail.com  
[www.darwingymnastic.org.au](http://www.darwingymnastic.org.au)



## Useful Resources:

**Nutrition Guidelines for Gymnasts:**

[https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/SDA\\_Junior-Gymnast\\_FINAL.pdf](https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/SDA_Junior-Gymnast_FINAL.pdf)

<http://www.ausport.gov.au/ais/nutrition/factsheets/sports/gymnastics>