



WINTER 2011 Newsletter

Recreational gymnasts and trampolining the last day of training is Saturday 9th July for the holiday break and resume on Monday 25th July 2011.

Recreation athletes you should have received a re-enrolment form from your child's coach, with this newsletter.

Please return the re-enrolment form completed, as we have had instances of new mobiles or emails we have not been previously notified of.

The last day for re-enrolments is Saturday 25th June to reserve your place and receive your discount, of \$10 per athlete. Competitive classes please see your coach for your holiday times. .

Fees for insurance: There are still GWA fees outstanding these must be paid immediately. These fees are due annually from January for 2011.

The GWA fee is an insurance, which must be paid by all athletes. The fee for all athletes, recreational or competitive is \$50 per year.

Please see

www.gymnasticswa.asn.au/default.asp?Page=3830&MenuID=Member_Services/20114/0 for details of the benefits of the insurance scheme.

Welcome packs: All new members receive a tee shirt and a drinks voucher for the cafe as long as they have paid their one off joining fee (\$25 per family).

Please see reception if you have not received one. Also if the tee shirt is the wrong size please see reception to swap it over, preferably unworn.

If any members, who were in the club before Jan 2011, wish to purchase a tee shirt they are \$10 per shirt.

Please also make sure you have collected your child's GWA card from reception if you have not already.

Gymnastics News: All recreational groups are going well and competitive gymnasts gearing up for the competition season which is in full swing.

Good luck to all.

Parents please keep an eye on the GWA website for updated timetables etc for competitions see:

www.gymnasticswa.asn.au/calendar/default.asp?display=list&fromYear=current&MenuID=Events_%40_Results%2F20117%2F0

Competitions: There are some major gymnastic and trampoline competitions coming up in June and July.

Anyone with a GWA card can get in free to the state run competitions to watch. June 25/26 is the State Winter Challenge;

this is for our elite athletes to compete to become state champion.

We have athletes competing in boys and girls gym, along with trampolining and tumbling. Then in July the National WG championships'.

This is a chance to see the best of Australian athletes compete for the national title! There is a charge for everyone to watch.

On Saturday 9th July we will be holding an enrolment day for all on the waiting list. For those who are on the waiting list and we will be trialling this way of new enrolments for recreational gym and trampoline. It is important that you re-enrolments are in by Saturday 25th June, as your spot will be filled if not re-enrolled.
9-10am is for existing members moving up to recreational groups.
10am-12 midday is for new members wishing to enrol.

Trampoline News: Competition season is up on us. Good luck to all who are competing at the winter states and the NSW and SA states which are interstate.

The National Clubs competition is in Hobart from July 31st 2011. We have a team of around 50 people going, half are athletes. New for our club is our tumbling team led by Swede.

There is a low level competition at High Flyers on Sunday 3rd July for all levels which is a fundraiser for National clubs and has 2 new events included.

One is Russian roulette and the other an open tumbling competition. See Tony, Elliot or Swede for details.

Due to the national clubs competition we have no coaches for the trampoline classes.

We are going to have a 9 week term for term three. Training will be on Mon July 25 and Tue 26 July then off until training resumes back on Wed 3 August.

Competitive squad will not have a break over the July holidays, and train as normal.

There will be no 3.45 class please come to the 4.45pm on the same day or no Wed 6.30pm class so come to the class at 4.45pm on that day.

Tumbling News: We now have tumbling to add to our lists of gymnastic disciplines we offer.

There are two streams, beginners, which are up to back flips unaided, it is advisable to have basic gym skills. Tue/Thurs. 6.30-7.30pm.

Then if you can back flip unaided then you are able to go into the advanced sessions.

Tue/Thurs. 7.30-9pm, and Sat 1.30-3.30pm.

We already have members who wish to compete interstate and beyond. There is also now a competitive stream of tumbling.

Tumbling classes are filling up very well, but still a little space in beginners, if you wish to take up this aspect of gymnastics.

Due to the national clubs competition we have no coaches for the tumbling classes. We are going to have a 9 week term for this term.

Training will be on Mon July 25 and Tue 26 July then off until training resumes back on Wed 3 August.

Kindy news: If your child turns 5 before December 2011 they need to get their names on the waiting list, if you want to enrol for after school classes.

They do get priority but unless they are on the list we will not know they want to join the recreation program. The trampoline and gymnastics is split.

They can join the recreation program the term they are turning 4.5 as long as they are already enrolled in the kindy classes.

They may also stay in the kindy program until they start full time school if preferred.

We have a lot of Kindy kids who are good enough to be able to go straight into the competitive squads, which is very encouraging.

We have had a professional video made of one of our kindy classes. Please see our website for details www.highflyerswa.com.

Cheerleading: We now have a cheerleading group training at the gym and looking for new members.

It is run by Melinda Hoff and called Cheer Up North. It is open to any age and ability and runs on Wednesdays 7.30-9pm. Costs around \$10 per session.

For more details please contact Melinda on 0439696500 or email cheerupnorth@hotmail.com

Holiday program: We are running a sporting program at High Flyers over the school holidays 2011. 11-15 July and 18-22 July.

Full day 8.30-4pm. \$50, 1/2 day 8.30-12 \$30 or 12.30-4pm. \$30. Booking is essential, as limited places available.

Booking forms at High Flyers Gym or on our website. www.highflyerswa.com.

Open to ages 5-12 years. See holiday leaflet for info, found in the foyer.

Updates: We are always on the lookout for assistant coaches as well as qualified coaches to work at the gym.

Judges and officials are also always needed from our club, otherwise the athletes will not be able to compete and the club gets fined.

If you are interested in becoming a coach/judge please see Tony/James/Mel D.

High Flyers has welcomed a new receptionist, Martine Johnston has joined us, on Friday nights and settling in very well.

We also have taken over the running of the café so welcome all the staff to the High Flyers team.

Fundraising: All competitive athletes need money and help to compete. We have separate fundraising committees for gymnastics (WG, MG, Club Levels) and trampolining.

For trampoline fundraising please see Maggie Jones or email her on: maggiej63@optusnet.com.au.

For gymnastics fundraising please see Marie Greene or email her on: marie.greene@highflyerswa.com.

If you have any fundraising ideas please see the desk or email the above people. We are open to any new ideas.

Please could all parents and gymnasts wait up stairs on the mezzanine floor before your child's class starts and you will be called down when it is time.

It is getting too busy in the reception area. At the end of class please collect your children from inside the gym, as the car park is a very busy area.

Parking: Parents are still using the staff parking area for dropping off their children.

We ask that parents please do not use this as a drop-off zone and refrain from parking in the staff parking area. It is a dangerous area with all the children around. There is plenty of parking to the side of the building. Your co-operation is appreciated.

Parents if you need to change your child's nappy please use the toilet around the other side of the trampoline's.

This is unisex and has a nappy change table in it, or in the female toilets (females only) on the table provided.

Email addresses: Please could you let reception know your updated email address as more and more communication is sent via email.

Recreational gymnasts make sure they are clearly written on your re-enrolment form. This also eliminates any paperwork getting lost from the gym to home.

Please collect your children on time or remind them to wait inside or upstairs, as we cannot be responsible for them when they are outside.

If you know you are running late please try and ring the gym (93093500) and we can let your child know.

Emma and Tony Burton

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