



UPCOMING DATES

Dec 2016

10th Re-enrolments due

Dec 2016

17th Enrolment Day

20th Term 4 ends

Jan 2017

30th Term 1 starts for
Recreational athletes

Enrolment / Booking Forms

Download from
 Highflyerswa.com

Update Contact Details

T 9309 3500

E admin@highflyerswa.com

Coach or Judge? Join Our Team!

T 9309 3500

E admin@highflyerswa.com

See Tony, Paige, Pete

Welcome to our Christmas 2016 Newsletter!

The last day for recreational athletes is Tuesday 20th Dec, returning from Monday 30th Jan 2017.

Competitive athletes please see your coaches for your break times, there is a two week break over Christmas.

As per our Dress Code, no jewellery, except one pair of studs, is to be worn by any athletes at High Flyers. If you are unable to take out your piercings, due to them being new, they must be covered.

Please be courteous when parking, it does get very crowded especially between 3.30-5pm weekdays.

Please could you endeavour to reverse park at all times.

No parking or dropping off in staff car park at 29 Dellamarta Rd, (on your left before gates).

All children must wait indoors until a parent has collected them. If you are going to be late please ring reception so your child will not be worried.

Please be courteous when sitting in café area at 26 Dellamarta, as seating is limited. Please only use if your child needs a chair and give priority to adult members. You are not required to stay with your child whilst lessons are on, any emergency we will contact you if not here.



Olympic sized floor



Euro Trampolines



Full equipped Olympic gymnastics



Spectator Area



Nappy Changing



Parking

Re-Enrolments: Recreational athletes should have received a re-enrolment form from your coach. Please return the re-enrolment form fully completed, ensuring correct e-mails and mobile numbers are listed, as these are our preferred way of communication. Please check your fees payable, as there may be a credit from overpayment in term 4 due to you, or an amount due from an underpayment from term 4. Re-enrolments need to be in by 10th December along with full fees, otherwise your spot will be filled. Term 1 2017 is a ten week term, apart from Mondays which is a 9 week term, closed for Labour day on 6th March 2017.

The enrolment form must come back to reception along with your full payment, even if paid via Internet or telephone.

Enrolment Day: We will be opening new enrolments for people on the waiting list after 17th Dec. This is by invitation only. People on the waiting list will be invited by text message, to enroll nearer the time, either by attending High Flyers or via text and our website. If you know of anyone wanting please see reception to add them to our waiting list, with their name, date of birth, mobile and which gym sport.

Welcome Pack: All new members receive a tee shirt and a drinks voucher for the café, as long as they have paid their one off family joining fee (\$27.50 per family). Please see reception if you have not received one.

Kindy: If your child turns 5 during term 1, they need to get their name on the waiting list for after school classes, as they do get priority. The trampoline and gymnastics are split. They can join the recreation program the term they turn 5, or once they are 4.5 and have completed a full term of kindy. They have priority 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 they prefer. Please see Kylie if you have questions. If you did not receive the kindy newsletter (via email) see Kylie.

Training for competitive athletes: Please see your coaches for details of dates for training over Christmas holidays. The centre is closed on public holidays.

High Flyers uniform extras: Did you know we have several items with High Flyers logos on such as polo shirts, hoodies (\$60 child size, \$65 adults), beanies \$25 each (one size) backpacks \$45. We can get your name added on most at an extra charge. They are all black. Good birthday or Christmas presents! We also stock grips for bars (ladies and men's) and shoes for trampolining and double mini. Please see reception to order, need a couple of weeks to get embroidered.

Administration: Please make sure reception have your updated details, as our preferred method of contact is via email or text.

New classes: We have some new recreational classes at 26 Dellamarta Rd gym, started in term 4 which you may not know about. On Fridays we have FreeG classes (parkour). 4-5pm for 5-9 yr olds, 5-6.30pm 10-16 years. Please see reception or website for details. Saturdays we have open gym classes 12-1.30pm for 4-8 year olds, and 9-12 year olds is 1.45-3.15pm. For 2016 the classes are \$15 per session. We even have parents allowed to join the younger session for \$5 extra. These sessions are unstructured and the whole of the gym is open for use. Coaches are there to supervise. Plus extra rec gym classes Monday, Wednesday and Fridays 5-6pm.

Holiday Program:

We are running a sporting program at High Flyers over the school holidays for 5-12 year olds, Tuesdays, Wednesdays and Thursdays only.

Booking essential. Not open public holidays.

We do require a minimum of 10 participants to run each session.

Holiday club will be open weekdays from 9th Jan 2017 through to 27th Jan 2017.

Full Day (\$80, includes lunch: 8.30-4pm

Half Day (\$45): 8.30-12pm or 12.30-4pm (includes morning and/or afternoon tea.)

Monday and Fridays, we will have an open kindy class, which is open to any child aged 18 months to 5 years of age; they do not have to be a member of High Flyers. Please see separate leaflet at the gym.

Please wear sporty clothing, no denim or jewellery, and bring a drink and socks. Limited class sizes, so bookings are essential. Full payment must be received at time of booking. Please bring water bottles and socks. Limited class sizes so booking essential.

GWA fees: If you are in the competition stream (pay fees monthly) your GWA fee of \$150 will be due from mid Dec onwards for the 2017 GWA Fee. I will send invoices out late November onwards. This will remain at \$150 for 2017 and pays for their insurance and also helps to pay for coaches and judges who are paid to attend competitions. You cannot compete or train without this fee being paid for 2017, as your child is not insured. There are some higher level athletes that have competitions early in the year and also a trampolining training camp in early Jan so please play promptly so you can be registered and can compete in 2017.

Club Championships: This year the 2016 Club Championships will be on Sunday 11th December, open for any competitor. Please see your coach for details, if you have not received an entry form. We are hoping to use both 26 and 29 Dellamarta Rd gym's to make it a little shorter day, as long as we have enough judges! Presentations will be at the end of each session.

Media: In case you did not know Ricardo is our media expert and he says: 'First of all I want to congratulate everyone on the big effort to take the Club's MEDIA side of gymnastics to the next level. Thank you all for the pictures and captions that made our life a bit easier and helped inform all our online supporters of our current news, making our **website** (www.highflyerswa.com), **Facebook** (www.facebook.com/highflyerstga) and **twitter** (www.twitter.com/highflyerstga) The go to places for photos and event updates. If you haven't yet, don't forget to like and share all you can and help our gymnasts receive the recognition they deserve!' We also now have instagram our handle is highflyerstga. Any news or pictures you would like us to share should be emailed to media@highflyerswa.com. We now have free WiFi for all our customers, please see noticeboards for details on how to log on!

Fundraising and Sponsorship: With more and more competitions running interstate, we now have three fundraising committees. TRP, please see Erin Macdonald if you wish to join. WAG: please see coach Kylie and MAG: please see coach Igor.

We are always on the lookout for sponsorship etc, to assist with the costs associated with more of our athletes competing both on an interstate and international level. All disciplines now have athletes that attend team future camps, which are for future high flying athletes. If you can help in any way, we do have packages available; contact admin@highflyerswa.com.

Results from comps:

We are starting a new season for all athletes, competitions start early 2017, all results are posted on our website (highflyerswa.com) and Facebook within one week of the competition. Pictures are on Facebook and our website, and on the GWA results page. Due to Social Media Policy, we will not accept or post any pictures of girls in only their leotards, they should have either shorts or tracksuit on. Please send any to Ricardo.

A few special mentions to some outstanding High Flyers gymnasts:

A team of 13 WAG athletes and 13 MAG athletes are competing in Prime Competition in Singapore in November, along with coaches and judges. Good luck and hope you enjoy the first international competition for many of you. BREAKING NEWS: High Flyers won overall Club Champions, with a hall of medals, see website and facebook for results and reports.

There were two Team Future camps on for MAG athletes at the start of November, congratulations to the 7 boys who attended with coach Igor: Joseph, Harrison, Ludi, Oliver, Matthew, Ryan and Nathaniel. Hope you enjoyed the experience and learnt some new skills.

A team of three trampoline athletes attended Indo Pacific 2017 Championship's in New Zealand in October 2017. Congratulations to Cleo she came 4th in 15-16yrs DMT, Liam came 8th in 13-14 yrs DMT and Kayla came 7th in 17+ DMT. Congratulations from all at High Flyers.

Mel: We would all like to wish Mel (our head of WAG in early 2016) a special congratulations, she had a baby boy, Nate, the day after she finished work! He was 4 weeks early, but mother and baby are well and enjoying life!!

New premises for recreational athletes: We have moved across the road to 26 Dellamarta Rd. We have a café and reception at both buildings to look after you all.

All competitors will remain at 29 Dellamarta Rd, all recreational athletes will move to 26 Dellamarta Rd, with competition tumbling.

We would like to run a program from Feb 2017, called Gentle Gym aimed at over 50's, so please talk to your parents/grandparents and see if they would like to do what you do! Keep on checking our Facebook page and Website as details on all of the new and exciting programs will be posted in the near future. We have a new Facebook page dedicated to the new premises, so take a look and give us a Like!

At our new venue Recreational gym- 26 Dellamarta Road, the access by car should be done as in the photo at all times, from 18th Nov we will have arrows on the car park to assist you:



Entrance - ISMAIL STREET, Exit - DELLAMARTA ROAD This way it is safer for all our little gymnasts and it decreases the amount of confusion amongst drivers. Outside the front door is a kiss and drive area.