



9789 3000

Langwarrin Park Primary School
Northgateway, Langwarrin

all correspondence to: PO Box 4170

Langwarrin VIC 3910

email: enquiries@baysidegymnastics.com.au

ABN — 36 391 191 6013

TERM 1 NEWSLETTER — FEBRUARY 2019

TERM 1

**TUESDAY 29TH JANUARY -
SATURDAY 6TH APRIL 2019**

MONDAY 28TH JANUARY
AUSTRALIA DAY PUBLIC HOLIDAY
No Classes

TUESDAY 29TH JANUARY
TRAINING RESUMES
All Classes

**MONDAY 11TH - SATURDAY
16TH FEBRUARY**
BRING A FRIEND WEEK
All Classes

**FEBRUARY 18TH -
SATURDAY 2ND MARCH**
UNIFORM WEEK
WAG | Gymstar

MONDAY 11TH MARCH
LABOUR DAY PUBLIC HOLIDAY
No Classes

**MONDAY 18TH -
SATURDAY 23RD MARCH**
GYMSPORT WEEK
BiG Recreational

**MONDAY 1ST APRIL - SATURDAY
6TH APRIL**
THEME WEEK - EASTER
All Classes

WELCOME BACK TO TERM 1 - 2019

Welcome back to another exciting year at Bayside Gymnastics Club! We hope our gymnasts have enjoyed a happy and relaxing summer break and are now ready to get back into gymnastics to have fun and get those muscles working again!

All classes for Term 1 are well underway and if there are any account or general enquiries please contact Bayside Gymnastics Club via telephone: (03) 9789 3000, mobile: 0455 831 790 or email: info@baysidegymnastics.com.au

At the conclusion of 2018, we bid farewell to Coach Hannah and wish her all the best as she begins a new chapter in 2019. We extend a warm "Welcome Back" to Coach Bethan, and introduce Coach Amy to the team at Bayside Gymnastics Club.

Head Coach Katrina has organised an exciting term ahead. Please keep your eyes peeled for themed weeks so your child comes prepared to class. Follow us on Facebook @Baysidegymnastics !



NEW OFFICE HOURS

Bayside Gymnastics club has new office hours due to a change in our training schedule. The new office hours are as follows:

Monday: 11:00-3:30pm

Tuesday: 11:00-3:30pm

Thursday: 9:30-3:30pm

Friday: 9:30-3:30pm

VOLUNTEERING AT OUR CLUB



On Friday 26th October 2018 Bayside Gymnastics Club held an Annual General Meeting. The 2018/2019 committee members are:

PRESIDENT

Joyce Stocker

VICE PRESIDENT*

Melissa Newham

SECRETARY

Priscilla Martorella

TREASURER

Bea Reddan

GENERAL MEMBERS

Liselle Renes

Melissa Brownfield

Emily Bauer-Jones**

*Position now vacant: Resignation tendered as of January 2019

**Joined December 2018

Being a not for profit organisation, Bayside Gymnastics Club relies on the helping hands of parents to raise funds for new equipment and run successful events our gymnasts can enjoy. Any assistance offered is greatly appreciated. Please email the Club at fundraising@baysidegymnastics.com.au if you would like to volunteer some of your time in any capacity.

THANK YOU!

FOOD AND DRINK BREAK

Just a reminder to all parents to ensure your child comes to class with a clearly labelled full water bottle. Gymnasts in classes that run for 3 hours or more will have a break.

Gymnasts need to replenish their fluids throughout class and it is very important that they keep themselves hydrated. If you are sending food with your child to gym can you please ensure there are no nuts, including spreads (as we have children who are highly allergic to these food products), noodles & popcorn (as they make too much mess) or a thermos with hot foods or drink (items if spilled not only make a mess but could burn someone).

Ideas for great energy snacks are fruit, sandwiches, or muesli bars.

BGC HEAT POLICY

The purpose of this policy is to outline the conditions under which classes will be cancelled as a result of extreme weather conditions. This policy is a safety measure to ensure we reduce the risk of Injury or illness as a result of training in extremely hot weather. This applies to ALL classes and events held at Bayside Gymnastics Club.

Temperature readings are taken 30 minutes prior to training or event start time. When the temperature equals or exceeds 37 degrees in the hall 30 minutes prior to commencement of session, the session will be postponed or cancelled.



In extreme weather conditions or if the temperature is set to reach 35 degrees or over, parents **MUST** accompany their child into the Club to ensure classes are running. If we have to enforce this Heat Policy a make-up class will be offered (if possible) or a credit towards the next term fees will be arranged. Notice of any cancellations will be made available via Bayside Gymnastics social media 30 minutes prior to commencement of session. All efforts will be made to contact parents of the effected gymnasts, via mobile phone text message. Announcements will also be published via Team App and Facebook.

Parents are the best judges of their children. The temperature inside the gym can often exceed the outdoors temperature and common sense should be applied. Parents should not just be guided by our 'Heat Policy' but also by their children and any other activities they may have participated in at school. If a parent decides not to bring their child on a day when classes are still running they will not be entitled to a credit/refund.



For safety reasons, we remind all parents, only gymnasts and coaches are permitted on the floor during training times.

Please note this also includes siblings of gymnasts. We encourage parents to watch and/or wait for their gymnast upstairs in the viewing area.

TEAMAPP



Team App is an app that allows us to communicate more effectively with parents about the latest information and events within the Club. Please ensure you have registered so you don't miss out on any important news! The weekly announcements made at the end of each session will be posted on Team App.

To Register

Simply search 'Team App' in your app store and download 'Team App' to your phone or tablet (Apple users please click allow notifications when asked). Once downloaded, open Team App and register/log in. Log in and search 'Bayside Gymnastics Club' and select our Club. Select the Day and Level relevant to your child's groups as well as the 'All Members'. E.g. if your child attends a Monday Beginner Class please select 'All Members', 'Monday Classes' and 'Beginner'.

Make sure you tick the 'All Members' group as this is where most information is posted.

If you don't have a smartphone/tablet you can access Team App on your PC or Mac at

www.teamapp.com

To Update

1. Select Settings

2. Select Access Groups

3. Select All Members

4. Select Level(s)

5. Select Training Day(s)

ACCESS GROUPS	
All Members	<input checked="" type="checkbox"/>
FSCRC KinderGym/Introductory classes	<input type="checkbox"/>
LPPS Kindergym Gymnasts	<input type="checkbox"/>
LPPS Introductory Gymnasts	<input type="checkbox"/>
Beginner Gymnasts	<input type="checkbox"/>
GymStar Boys Junior	<input type="checkbox"/>
GymStar Boys Intermediate	<input type="checkbox"/>
Gymstar Girls Level 2-3	<input type="checkbox"/>
GymStar Girls Level 3-4	<input type="checkbox"/>
GymStar Girls Level 4-5	<input type="checkbox"/>
Adult Gymnastics	<input type="checkbox"/>
MAG Squad	<input checked="" type="checkbox"/>
WAG Level 1	<input checked="" type="checkbox"/>
WAG Level 2	<input type="checkbox"/>
WAG Level 3 Squad	<input type="checkbox"/>
WAG Level 4	<input type="checkbox"/>
WAG Level 4 Squad	<input type="checkbox"/>
WAG Level 5 Squad	<input type="checkbox"/>
WAG/ GymStar Level 5-7	<input type="checkbox"/>
WAG Level 6 Squad	<input type="checkbox"/>
Monday Classes	<input type="checkbox"/>
Tuesday Classes - LPPS	<input checked="" type="checkbox"/>
Tuesday Classes - FSCRC	<input type="checkbox"/>
Thursday Classes	<input type="checkbox"/>
Friday Classes - LPPS	<input checked="" type="checkbox"/>

END OF YEAR CELEBRATION 2018

Our End of Year Celebration day was a new event for Bayside Gymnastics Club and consisted of a display from our Beginner, Introductory and Kindergym gymnasts, presentation of Club gift and awards and fun games for our gymnasts.

Our Beginner, Introductory and Kindergym gymnasts started off the day with a display of their skills in a circuit to the tunes of Christmas carols. There was a visit from Santa too!

Levels gymnasts enjoyed fun and games during the presentation of awards. Awards presented:

Most Outstanding Gymnast

Achievement Award

Coaches Choice

Coach of the Year—Beginner/Trainee

Coach of the Year—Intermediate above

5 Year Award

Level Badges



Respect Community Leadership Excellence

WHO IS YOUR COACH?



Katrina
Head Coach
All Classes



Liselle
Administration
WAG 2



Scott
MAG
Recreational Boys Junior
Recreation Boys Intermediate



Emilie
Gymstar Junior
GymStar Intermediate
GymStar Senior



Sandra
Beginners
WAG 2



Brittany
Beginners
WAG 1



Jordan
GymStar Junior
Gymstar Intermediate



Bethan
Kindergym
Introductory
Gymstar
WAG 3



Amy
WAG 4

~CLUB VALUES~



Sara
Beginners

Respect

Support each other through great teamwork and sportsmanship

Leadership

Lead by being a positive example

Community

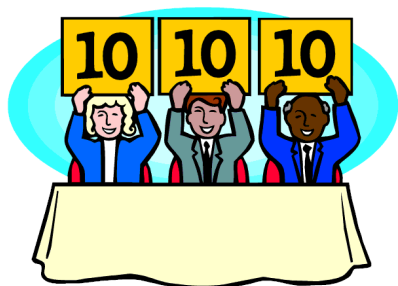
Enjoy your gymnastics journey with a spirit of togetherness

Excellence

Strive to be your best

COMPETITION INFORMATION

Please note our competition fees incorporate additional costs incurred by the club for gymnasts to attend an event. Clubs are required by Gymnastics Victoria to supply a judge when gymnasts are



competing in an event. Our coaches currently judge another session before or after our gymnasts have completed their session. If you or someone you know may be interested in completing a judging/coaching course and would like to judge/coach for Bayside Gymnastics Club please contact Liselle at info@baysidegymnastics.com.au. Becoming a judge is a great way for parents to learn and understand what the judges are looking for at a competition.



BGC CLUB CONTACTS

Please be mindful when leaving phone messages or emails that require follow up, we have limited office / administration hours and will endeavour to respond at our earliest convenience.

Office Phone: 9789 3000 Mobile: 0455 831 790

Email Contact:

Office hours	Monday	11:00am - 3:30pm
	Tuesday	11:00am - 3:30pm
	Thursday	9:30am - 3:30pm
	Friday	9:30am - 3:30pm

Fees & Accounts:	accounts@baysidegymnastics.com.au
Class Information:	info@baysidegymnastics.com.au
Fundraising:	fundraising@baysidegymnastics.com.au