



# Club Dynamite May 2010 News

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## THE COUNTDOWN IS ON...6 WEEKS TO GO....TO THE 2010 TEAM CHALLENGE!

Wow! What an exciting block it has been and block 3 is shaping up to be even more exciting! With our Annual Club Dynamite Team Challenge being held during the June/July school holidays and lots of fabulous classes planned.

**BLOCK DATES** – New block starts Monday May 24<sup>th</sup>, a quick reminder to collect your invoices from the front counter. Please note that there will be small price rise to our fee's in block 3 to help cover the ever increasing expenses. The weather is really cooling down now so don't forget to bring those warm clothes to put on at the end of training. There is only one public holiday this block – Monday 14<sup>th</sup> June. School holiday classes run as normal plus our exciting vacation care, which is a chance for the kids to enjoy the gym without the strict class structure on Tuesdays and Thursdays from 8:30-5:30PM, at a cost of only \$35 per day.

For future planning put Sunday August 22<sup>nd</sup> in your calendars as it will be the day of our Club competition. This event is open to all gymnasts (except kindergym) and a great chance to show off your hard earn skills, all competitors will win a medal.

### TEAM CHALLENGE

You are invited to one of the most exciting events of the year! The 2010 June/July school holidays will once again host our fun team challenge. All you need to do to participate is come along to your regular classes over the school holidays and join in the fun. You will earn a point for your team for coming along and will have lots of chances throughout the class to earn more points through games and challenges designed to build strength, flexibility and gymnastics skills.

This is a great event as all Club Dynamite gymnasts can participate, from our Kindergym tiny tots to our most senior competitive gymnasts. One of the highlights of the 2009 Team challenge was seeing the senior kids cheering on their fellow Gymstart team mates as they earned points for their team. What great camaraderie!

This year's challenge will run from Monday June 28<sup>th</sup>-Saturday July 19<sup>th</sup> (School holidays). Gymnasts are placed in 4 colour teams, based on the first letter of their last name (please note that letters are slightly different to last year, to ensure the teams are even).

**BLUE TEAM**  
**A-D**

**GREEN TEAM**  
**E-K**

**RED TEAM**  
**L-Q**

**YELLOW TEAM**  
**R-Z**

Come along to your holiday classes in your team colours!

**POSTER COMPETITION** – Let's get the gym ready for the team challenge! All gymnasts are encouraged to make a poster for their team. Bring it along to class and we will hang it up for all to see. Every poster brought in will earn a point for your team!!!

**NAME YOUR TEAM** – This year we will be having a team naming competition to give our teams some exciting names. If you have an idea for your team name please write it on a piece of paper and place it in the coloured boxes that you will find on the front counter from next week, and your name could be chosen!

### BLOCK 2 AWARDS

GYMSTART	Jasmine C, Emma R, Riane J, Chezney C, Hannah P & Laura B
GYM TEENS	Daniel H, Kirsty S, Emma I, Jordan A
WAG LEVELS	Chloe T, Hannah C, Tara G, Amanda A, Aastha G
ADV WAG	Claire C
MAG LEVELS	Jarrold H, Harry L, Tore P
WAG SQUADS	Rachel U, Tahlia H & Brieanna P
MAG SQUAD	William G
TRAMP & TUMBLE	Josh K, Caitlin E
PERFORMANCE	Hidaya R, Bianca K, Brittany W

**COMPETITIONS WORTH SEEING** – WAG Senior & Junior Regional's – Sat 29<sup>th</sup> May-Sun 30<sup>th</sup> May – Moreton Bay College  
MAG Senior Regional's – Sat 29<sup>th</sup>-Sun 30<sup>th</sup> May – Brisbane Boys Grammar  
MAG & WAG State's – Sat June 26<sup>th</sup>-Tue June 29<sup>th</sup> – Sleeman Sports Complex

See the notice board for details or check out Gym QLD's website – [www.gymqld.org.au](http://www.gymqld.org.au)

## **CLASS NOTES**

Our Kindergym classes have been enjoying some exciting circuits and special theme weeks. One of the highlights of our block was the 'around the world holiday week', where our kids travelled to the jungle and the snowy mountains, all inside the gym. The kids have been challenged by backwards week, had fun on Easter week as well as many other exciting theme weeks, with lots more fun to come in block 3.

Our Gymstart classes have finished their block assessments and are now receiving their first star certificates for 2010. The star certificates show the skills the gymnasts have mastered in our 10 key skill areas, we test these skills progressively throughout the block. All gymnasts who do the full Gymstart class and have been present for the full block will receive their certificates this week. The certificates are easy to understand and the kids love the challenging of aiming to earn more stars every block.

Gymteens, trampoline and tumbling classes have taken another step up this block with our classes expanding to cater for more skill levels. The gymnasts have worked on strength, fitness, tumbling, trampoline, double mini, bars, beam and vault skills. We have been working on everything from forward rolls to full twisting flips to ensure every child is challenged and learning something new.

WAG Levels are now completing their first lot of levels testing for 2010. In WAG there are 4 different apparatus (Vault, Uneven bars, balance beam, and floor exercise). Club Dynamite has a very unique system which allows the girls to grade to a higher level on each apparatus, even if they aren't ready on another. This means all the kids can enjoy being challenged on their stronger apparatus while still developing on others. Testing will happen again in September, so keep working hard girls, the progress is really showing.

This block also kick started our new advanced WAG program, for WAG levels gymnasts working level 3-5 skills. The class has been a great success, with all the girls working with great enthusiasm.

The WAG Squad have kick started their competition season for 2010. Our Junior WAG girls competed at the Beaudesert Invitational on Mother's day. They all looked fabulous in their new design leotard and all competed very well; many of these girls were also competing for their very first time outside the club. Lots of smiles and some beautiful routines were the order for the day.

The senior girls have been very busy as well, so far doing competitions at Spring Hill and Mitchelton. Many of the girls are competing at new levels with new skills and are enjoying the challenge. The girls are now preparing for Regional championships. Good luck girls!

Our MAG program is growing strong. 12 of our MAG Level 1 and 2 boys competed at the Beaudesert Invitational on March 21<sup>st</sup>, with many of the boys competing for the very first time outside of the club. All did brilliantly and made their coach and parents very proud. Way to go boys!

Our MAG squad have begun their competitive season also, with the level 3 and 4 boys competing at the Lawnton Invitational, where all the boys successfully passed their levels test. Our level 6 boys competed at the Brisbane Grammar Invitational for their very first Level 6 competition, this is a very advanced level and the boys have done incredibly well to learn the challenging skills needed.

This block has seen the start of our new Junior Performance Team. The juniors are having a great time learning dance, tumbling and performance skills to music and we are well into putting together their first performance routine. The Senior performers are working hard too, getting ready for some big performances at school fete's and eisteddfod competitions in the next few months. Good luck to all.

Club Dynamite works closely with the High performance centre, which is the training centre for international level gymnastics. Congratulations to Kayla and Brianna M who have successfully completed their trial at the centre and have been chosen to continue as elite gymnasts. We wish the best of luck to all our elite team members as they prepare for their first round of competition in 2010. We look forward to following your progress.

## **ADMIN NEWS**

We thought you might like to know how your children's classes are planned over the block period and what they are learning. The centre notice board in the reception area will be dedicated to class overviews and marking criteria. So you can have a look and see what your child is learning throughout the block and when the important dates occur.

Club Dynamite has refined our photo policy with regards to competitions. From now on only team photos will be displayed, rather than individual or podium shots. It is our desire to accolade the whole team that attends any event, representing Club Dynamite, to reflect our policy that all kids are winners.

We are proud to announce that Club Dynamite has made it through to the finals of the quest newspaper business achievers award. We would like to thank all our gymnasts, clients and coaches for making it such a great place to be.