



Brentwood Gymnastics Club

TERM 1, 2021 NEWSLETTER

Welcome back gee it is so exciting to have everyone in the gym and being back to our regular classes.

2020 was a difficult and unique year to put behind us.

We all went through the lockdown and coming out of that there has been some different & exciting experiences for the children at BGC. Of course, I am referring to our **FREE ZOOM classes**.

This was something completely new and we thank our Coaches for their engagement and the children for their participation & commitment. Quite new to everyone and yet it kept the BGC family together during the lockdowns.

Since those times we have been able to resume some classes in the gym.

During January we ran a special **FREE Holiday program** over two weeks experimenting on activities and format. There's more about this program later in this newsletter.

Regular classes for 2021 have commenced and it is great to see so much excitement reflected on the faces of the gymnasts as they participate in their classes. They are happy to be back. The Coaches are happy to be back. And the buzz around the gym says it all.

You will also see in this newsletter details of a new initiative by the Committee. Commencing on Saturday, 20th February, BGC will be running kinder gym programs for pre-schoolers. We have named this program **KidzIn2Gym**. The sessions are for "crawlers and toddlers" and for "walkers & runners", children of pre-school ages and will run for 45 mins each on Saturday mornings. Come along and have some fun with the little ones. More about the program later in the newsletter.

The Club has also taken the opportunity to develop a number of Policies and Procedures during the lockdown. We are seeking to expand our "child safe" culture within the Club. It will not happen all at once but this is our strategic objective and the policies are there to support it.

The policies have been shared with you with the re-enrolments in the form of a **Club Handbook**. These are not static documents and will continue to evolve. Latest versions can be found on the website.

As background, a **Policy** is a statement of intention or expectation that guides consistent actions within the Club and supports decision-making at all levels e.g. appropriate clothing for in the gym, what happens in a medical emergency or OH&S



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arrangements. Policies establish a framework enabling straight forward and consistent decision making. Some internally focused, others external.

The policy does not usually spell out the actions that will be undertaken, the processes or procedures, but can refer to them. That is where the **Procedures** come into the picture, and they concentrate on the process and the “how to”.

While some policies can stand alone, many will be accompanied by associated procedures and/or guidelines to explain how the policy is to be implemented.

In the absence of a Club defined Policy, any existing legislation, regulation, standards, statutes or rules constitute the Policy. Many policies have also been developed by Gymnastics Victoria and we either refer to them or have tailored them to reflect BGC views and values.

COVID-19 is still with us and BGC has a special COVID policy outlining how the Club will operate. Be understanding, they are for everyone’s benefit. Check-in procedures, social distancing, sanitisation, masks (as required) are all part of our everyday social fabric now and our Policy explains how BGC will conduct classes during these times.

And to close on a positive note, we have some new and refurbished equipment coming shortly. 😊 A focus has been to increase the safety levels on some of the equipment.

It is soooooo good to have our gymnasts and their Coaches back in the gym. Welcome back.

Rob Notman – President

IN THE GYM ...

It is now 2021 and how things have changed since this time last year.

To recap

ZOOM SESSIONS

In the middle of the first lockdown, on May 11, we launched our **FREE BGC Zoom Program** which consisted of 2 half hour sessions, Junior and Senior, every Monday, Wednesday and Friday.

Hosted by our coaching team, these classes included a range of gymnastics stretches, strength exercises, skills, games and challenges. Our ZOOM sessions were a great way to stay connected with coaches and gymnasts, as well as staying fit and active at a time when we weren’t able to leave our houses.



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Our plans to resume onsite classes in July were halted by the news that Melbourne would be entering a second lockdown. During this time, we continued with our ZOOM program, and incorporated even more activities within the sessions.

As well as individual lesson themes, we also ran 'Bring a Parent' and 'Halloween Dress Up' theme weeks, and it was fantastic to see everyone getting involved and embracing the themes. Parent/guardian co-participation with gymnasts was huge fun.

TERM 4, 2020

In early November, we were finally given the news we had been waiting for – Gymnastics Clubs were able to re-open !

Following careful planning and the implementation of our COVID Safe Policies, Brentwood Gymnastics Club resumed onsite classes on November 11. It was great returning to the gym and being able to use the gymnastics equipment again. More importantly, it was wonderful to be able to see the gymnasts again, in person, instead of through a computer screen.

Similar to the ZOOM program, the Term 4 classes consisted of 2 **FREE** sessions each night; Junior and Senior.

Although different from our regular class program, these classes allowed gymnasts to once again work on their skills on each apparatus and show us everything they had been practicing while at home.

HOLIDAY PROGRAM

You will see a comprehensive report later in this newsletter.

TERM 1, 2021

Finally, after a long and crazy year, on February 1, we once again resumed our regular class program. The coaching team and I are so excited to be running the classes again and have been working hard to plan our fun-filled lessons.

As well as the majority of BGC gymnasts who have returned this year, we have also welcomed over 15 new trial students with even more booked for the next few weeks.



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It's so nice to once again see so many smiling faces at the gym. 😊

The coaching team and I are looking forward to the year ahead and can't wait to see what the gymnasts achieve in 2021.

Amber

Head Coach

Brentwood Gymnastics Club

Mobile: 0466 575 120



FUND RAISING ...

The BGC Committee would like to thank Mariska Naga for her efforts in running a special Facebook fundraising event in the leadup to Christmas. The funds from this will be used in our equipment repair and upgrades programme – see separate article.

If you would like to assist with our upcoming Fund Raising projects throughout the year, please advise our Head Coach, Amber.

All support is greatly appreciated and benefits our gymnasts.



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LOOKING FORWARD ...

EXCITING NEWS

New KidzIn2Gym Program

[Click here for full details](#)

A gymnastics program designed with the little ones in mind.

Brentwood's **KidzIn2Gym** classes provide endless opportunities for children to learn, play, develop and explore in an environment that is safe, stimulating and **FUN**. Research shows that children learn best by exploring and discovering their abilities through physical activity. Our qualified gymnastics coaches emphasize the excitement of learning and, with just the right amount of success and challenge, we encourage children to discover that hard work is rewarding, and learning is fun !

Our **KidzIn2Gym** program is divided into development stage-based classes. Parent participation is compulsory for our "**Wiggler**" classes and each child has their own adult to accompany them. Our "**Kindy**" classes are more independent but still involve parents/guardians. It is important for children to enrol in a developmentally appropriate class to ensure they experience the right amount of challenge and success.

Here's how our **KidzIn2Gym** classes are structured:

- Free exploration and guided discovery
- Group time including brain building activities like cross-patterning, gross and fine motor skills and gymnastic shapes
- Gymnastics circuits incorporating important fundamental movement skills like climbing, crawling, jumping, rolling, swinging, balancing, throwing and catching.

Our **KidzIn2Gym** classes are professionally developed to ensure that each station and activity is purposeful. Activities regularly change to provide a stimulating and exciting experience. We focus on gymnastic skills, fundamental movement skills, cross-patterning, brain development exercises and more.



We're excited ! 😊



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KIDZ IN2 GYM
FUN MOVEMENT BASED PROGRAM FOR PRE-SCHOOLERS

SATURDAYS
10:30 - 11:15
(WRIGGLERS)
11:30 - 12:15
(KINDY)

SUITABLE FOR
CRAWLERS
TO
PRE-SCHOOL

CALL + BOOK NOW
CLASSES COMMENCE 20TH FEB


Brentwood Gymnastics Club
649 Fernres Gully Rd, Glen Waverley
(behind the Fire Station)

For more information
<https://www.brentwoodgymnasticsclub.com.au/classes>
headcoach@brentwoodgymnasticsclub.com.au
0466 575 120

www.brentwoodgymnasticsclub.com.au/classes

ALL CLASSES ARE
PARENT ASSISTED





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THE HOLIDAY PROGRAM ...

During the school holidays BGC ran a **FREE Holiday program** over two weeks during January.

The program ran Monday, Wednesday and Friday from 11th January. Sessions were 45 minutes each and there were 2 in the morning and 2 in the afternoon each day of the program, a total of 24 sessions all up.

The sessions were somewhat different from the usual graded classes with a focus on fast & fun activities, some games and the opportunity to try out some of our awesome equipment during the circuits and stations as well as develop their strength and skills. Popular activities included jumping on the trampoline, our rope swing obstacle course and the mini trampoline vault circuit.

We had 60 children participate. On a daily basis we averaged 54 attendances, with many children attending more than one session a day. Most sessions had at least 2 coaches, some as many as 4 or 5, so the participants could be split into two groups. Great to see. 😊

Our objective in all this was to keep the BGC gymnasts engaged, to introduce potential new members to the Club and starting off 2021 on a positive note, given the outcomes of 2020.

Our thanks go out to Head Coach, Amber, and all the coaches who gave up their time and were able to participate.

The feedback from the program has been very positive.



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HOLIDAY PROGRAM ACTION



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PARENT'S HANDBOOK ...

The Committee of BGC have been working hard in the background during the recent COVID lockdowns to establish Club Policies and Procedures to take the Club forward. Included in this initiative has been the adoption of a "Child Safe" environment. Our Policies have been published as a **handbook** and you would have received it with your re-enrolment details.

Having policies and procedures gives both our employees and our Club members, the gymnast and their parents, a well-rounded view of the Club and the type of culture that the Club is striving for, the behaviour expected of them and how to achieve it.

[Click here to access the BGC Policy & Procedures Handbook](#)



EQUIPMENT UPDATE ...

With funds from our fund raising efforts and COVID Grants we have undertaken a program to acquire some new equipment and to also repair some with broken zips or exposed foam. In addition, Monash Council have allowed us to fix new safety padding to the walls around the large trampoline and we will increase the thickness of the padding on the trampoline itself for greater safety.

Many other pieces of equipment have been repaired.

The new and repaired equipment has already been ordered and will be installed in the coming weeks.





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COMMUNITY SERVICE ...

One of our gymnasts, Kanakvi Kavar, is undertaking Community Service with BGC as part of her Duke of Edinburgh Award challenge. Kanakvi has been part of the BGC family for over 8 years now.

For the volunteering portion of her challenge Kanakvi will be helping with the nightly set up and assisting the Head Coach with the junior gymnasts until her own class commences. Hopefully the Duke of Ed program will lead to other opportunities, possibly even becoming a Junior coach. 😊

We wish Kanakvi every success with her Duke of Edinburgh Award challenge.



For up-to-date health information, visit the [COVID-19 information hub](#) established by the **Victorian Department of Health and Human Services**.

Also visit this [Link](#) for a status from the **Federal Government**.



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649 Ferntree Gully Road, GLEN WAVERLEY VIC 3150
PO Box 5081, BRANDON PARK VIC 3150
Email: headcoach@brentwoodgymnasticsclub.com.au
Tel: 0466 575 120
www.brentwoodgymnasticsclub.com.au