



Brentwood Gymnastics Club

TERM 3, 2021 NEWSLETTER

Hi All,

Welcome back for Term 3 ant BGC. I hope we have all recovered from Lockdown 4 and looking forward to the rest of the year with less restrictions and more “normal” Australian lifestyle. Can I please encourage those who are eligible for the vaccine to please book in, I myself have had my first shot and it did not hurt.

School holidays are trying at the best of times, but with the majority of the country under differing restrictions the task of entertaining the kids just got harder. For those who got to explore our great state I hope you had a fantastic time.

Term 2 launched a few curveballs at the Club and its community. We sadly had to farewell a long standing former gymnast and great coach in Lexie as she pursues her career in her field of study. We wish Lexie well for the future.

The Club is excited to welcome Charlotte Ferns to the coaching panel. Charlotte comes to the Club with a wealth of experience as high competition level gymnast herself and brings with her skills to help develop our young gymnasts. Please introduce yourself if you see her in the gym.

Unfortunately, after one week of T2 we were forced into Lockdown 4 and thankfully Amber and her coaching team, including Charlotte, managed successfully to switch to our **FREE** Zoom classes again. Well done coaches!!!! And well done to the gymnasts, your resilience has proven what a great Club we have and will have for many years to come.

We have been working on many levels to ensure we provide a safe environment for our gymnastics community. As part of that we are very proud to see 13 attendees at the First Aid course the club organised with a private vendor. Almost all of our coaches, two committee members and some parents were in attendance and the feedback was that the course provider was very knowledgeable and helpful. Thank you for all of those who attended, your participation will make our community safer.

Finally, bar any more lockdowns it is hoped the midweek kindergym program can commence this term. Please register with your interest with our Headcoach, Amber. Our Saturday kindergym has been a success thus far with many returning parents and children enjoying what gymnastics can bring for the under 5's.

Rob Notman – President



Brentwood Gymnastics Club



FROM IN THE GYM ...

We were off to a great start this year.

With COVID restrictions easing earlier in the year, we were finally able to resume our Levels program in February. Since then, we have had over 80 trials, with the majority enrolling and joining our BGC Family.

During our term and a half of onsite classes, our coaches ran fantastic, fun-filled lessons, complete with games, challenges, strength activities and awesome new skills for the gymnasts to learn. During this time, there were many exciting skill achievements and on behalf of the coaching team, we would like to thank all the gymnasts for their hard work and we look forward to seeing even more accomplishments during the year!

Back in February, we also launched our KidzIn2Gym program on Saturday mornings, for children under 5 years of age. These parent-assisted classes provide children the opportunity to learn, play and explore in a safe and fun environment. The classes are separated into developmental stage-based sessions to provide the best and most valuable experience possible, with lessons including a variety of games, challenges, group time, guided discovery activities and free exploration.

Recently, the gymnasts in our Kindy session successfully completed their 'Floor is Lava' challenge to win their prize of awesome new KinderGym t-shirts!

In April, we unfortunately had to say goodbye to our coach Lexie, who was offered a full-time teaching position. We are sad to see her go and wish her the best for the future and hope to see her back at BGC in the future.

We are excited to announce that not long after, we welcomed a new coach to Brentwood Gymnastics Club. Our newest coach, Charlotte, comes from an extremely successful gymnastics background, both as a gymnast and coach, and is a fantastic new addition to our coaching team.

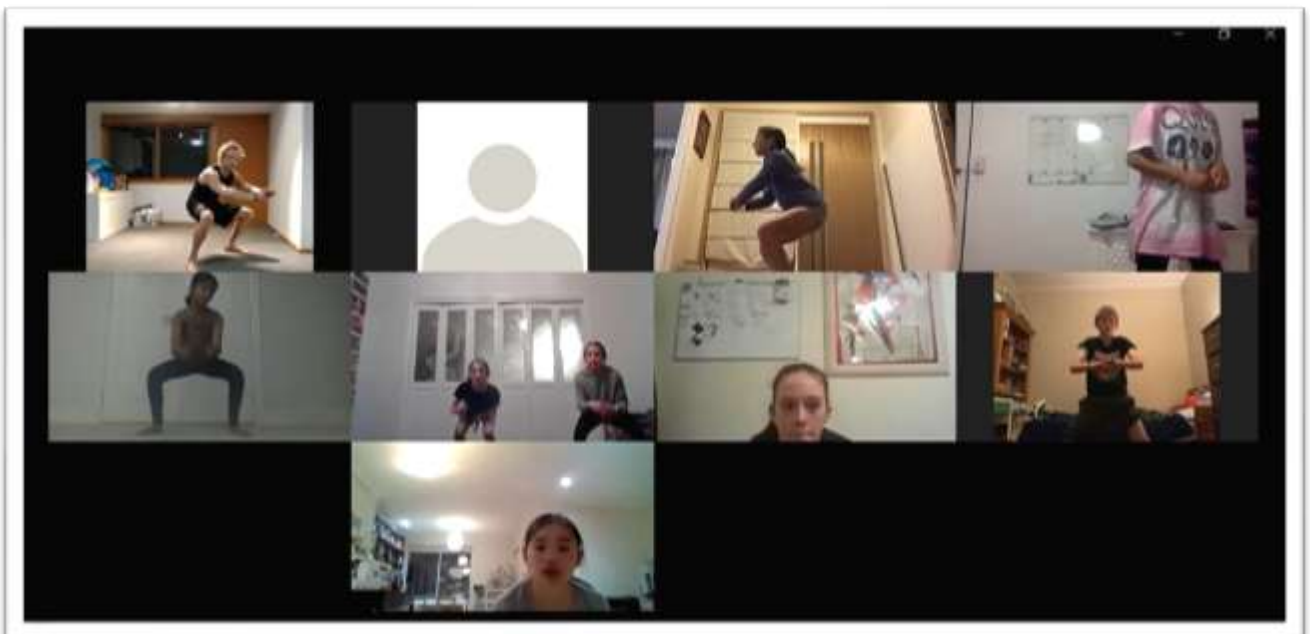
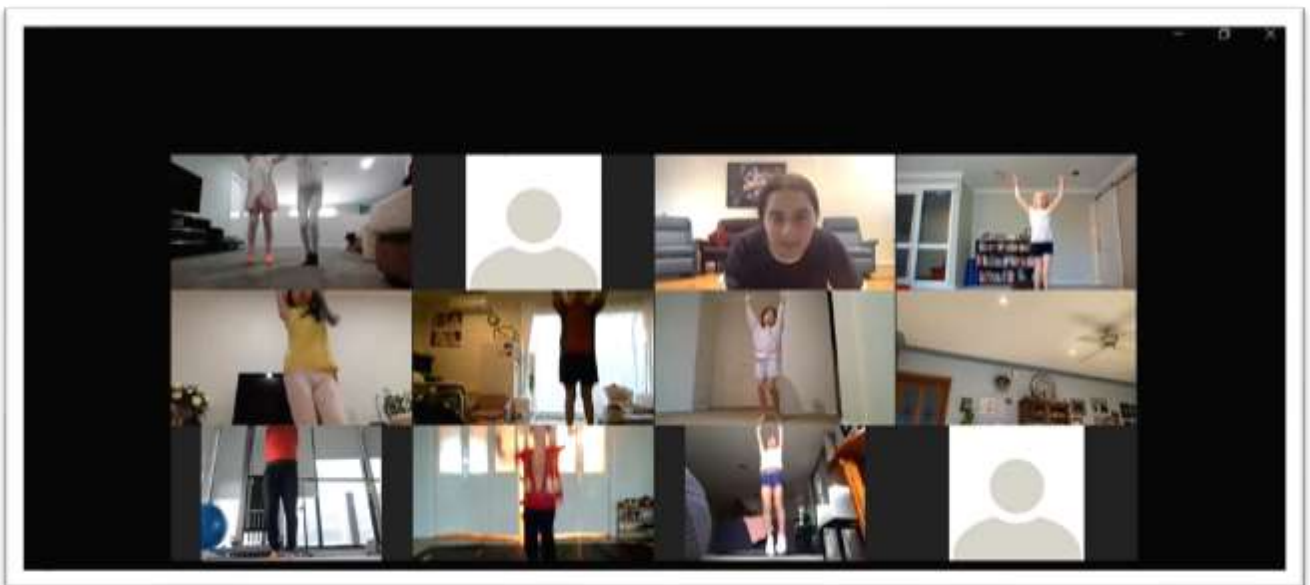




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As you are aware, we sadly had to stop onsite classes in late May as Melbourne re-entered lockdown. For the remainder of Term 2, we relaunched our **FREE** BGC Zoom program.

Hosted by members of our coaching team, we ran a Junior and Senior Zoom sessions every Monday, Wednesday and Friday night. These classes included skills, games, challenges and even more fun activities that can be done safely while at home. It was great to (virtually) see you all during these classes and we hope you enjoyed them.



*Our **FREE** Zoom Classes*



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We thank you for your patience during the past couple of weeks and, with restrictions once again starting to ease, we are hopeful that we can return to onsite classes again in Term 3.

Hope you all have a safe and happy winter break and look forward to seeing you all soon!

Amber

Head Coach

Brentwood Gymnastics Club

Mobile: 0466 575 120



EQUIPMENT UPGRADES

In our last newsletter we mentioned about the equipment upgrades that had been underway for some time. There was also additional “work in progress” and this has now been completed. Our supplier, like many other organisations, had to wait due to COVID impact on obtaining materials. In our case special foam.

The main outstanding item had been the increased padding thickness on the trampoline, bringing it up to current standards. The padding on the tramp is complimented by the improved wall padding, enhancing the overall safety of the use of the trampoline.





Brentwood Gymnastics Club

KidzIn2Gym ... Classes Underway

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 "**Wriggler**" 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 ! 😊



Brentwood Gymnastics Club



KIDZ-IN2 GYM
FUN MOVEMENT BASED PROGRAM FOR PRE-SCHOOLERS

WEDNESDAY
10:15 - 11:00 (WRIGGLERS)
11:15 - 12:00 (KINDY)

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

CALL + BOOK NOW



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

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



KidzIn2Gym & Your Child



WHAT IS KINDERGYM?

KinderGym encourages you and your child to interact in a fun and engaging environment while developing fundamental life skills.

KinderGym promotes Physical Literacy and provides your child with:

- physical skills and fitness
- the attitudes and emotions that motivate them to be active
- the knowledge and understanding of how, why and when you move
- the social skills to be active with others



For more information visit [brentwoodgymnasticsclub.com.au](https://www.brentwoodgymnasticsclub.com.au)

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NEW LEOTARDS

A reminder, we have been able to source a new supplier for leotards. Priced at \$35, Amber has a selection of sizes for the girls to try on.

T-shirts are available for the boys.

AVAILABLE GRANTS

A further reminder

From Gymnastics Victoria

Get Active Kids Voucher program

For: Clubs with members that meet the age and family dependent eligibility criteria.

This program will support the delivery of up to 100,000 vouchers to support eligible Victorian kids aged between 4 to 18 years old and listed on a Health Care or Pensioner Concession Card as a dependent to get involved in organised sport and recreation activities. They will provide up to \$200 towards the cost of membership and registration fees, sports equipment or uniforms. The program has been available from 31st May, 2021. Further information can be found [here](#). Check the FAQs.

FIRST AID

As mentioned in his President's report, the Club arranged an onsite first aid course during the school holidays. The course was primarily to re-accredit our coaches whose accreditations expired during last year's lock downs.

The Club also made the course open to parents and it was great to see many avail themselves to the opportunity.

There are risks of injury in any sport, not the least gymnastics. Our coaches, with their first aid training, are the first responders to any incident at BGC and providing the training ensures that any injuries can quickly be attended to in an appropriate manner.



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First Aid training under Covid constraints

PARENT'S HANDBOOK ...

BGC's Parent's Handbook has been mentioned in recent newsletters but the First Aid course reinforces the importance of some of the Club's policies and procedures, namely those associated with

- Concussion Policy
- Injury Procedures
- Medications & Medical Conditions
- Occupational Health & Safety
- Incidents and Accident Forms

Please take the time to check these Policies & Procedures.

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



Brentwood Gymnastics Club

TOKYO OLYMPICS

Key Dates

Click on the links in the table below to see the Olympic event details and times

Date	What	Notes	Australian Athletes
Friday 23 July	Opening Ceremony		
Saturday 24 July	MAG qualifiers		Tyson Bull (Vic)
Sunday 25 July	WAG qualifiers		Emily Whitehead (Vic) & Georgia Godwin (Qld)
Monday 26 July	MAG Teams		
Tuesday 27 July	WAG Teams		
Wednesday 28 July	MAG AA Final		
Thursday 29 July	WAG AA Final		
Friday 30 July	Women's Trampoline		Jessica Pickering (NSW)
Saturday 31 July	Men's Trampoline		Dominic Clarke (NSW)
Sunday 1 August	MAG/WAG App	Men Floor Women's Vault Men's Pommel Women's Uneven Bars	
Monday 2 August	MAG/WAG App	Men's Rings Women's Floor Men's Vault	
Tuesday 3 August	MAG/WAG App	Men's Parallel Bars Women's Beam Men's High Bar	
Wednesday 4 August			
Thursday 5 August			
Friday 6 August	RG Qualification		Lidiia Iakovleva (QLD)
Saturday 7 August	RG Group Qualification RG AA Final		Emily Abbott, Alexandra Aristoteli, Alannah Matthews, Himeka Onoda and Felicity White (QLD)
Sunday 8 August	RG Group Final		
	Closing Ceremony		

Note that Tokyo time is one hour behind Melbourne time





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Let's not forget the virus is still with us

Remember, register on entry to the gym with your **QR code reader** or sign in. Maintain social distancing. Sanitising. Wear a mask unless doing gym activities.



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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