



# Brentwood Gymnastics Club

## TERM 2, 2021 NEWSLETTER

Welcome to all into Term 2 of 2021. After a very challenging year last year, BGC has bounced back well into 2021 in Term 1. The renewed love of gymnastics at the Club is evident by all the returning smiling faces into the gym. After a successful summer holiday program and the introduction of the "KidzIn2Gym" program on Saturday mornings many new gymnasts have enjoyed what the club brings to the community. It is hoped that Term 2 can support the expansion of the **KidzIn2Gym** program to include midweek sessions. If you believe younger family members or friends (of kindergarten age and slightly younger) that may enjoy this great program, please forward the Club's details so they can register their interest with our Head Coach, Amber, via email ([headcoach@brentwoodgymnasticsclub.com.au](mailto:headcoach@brentwoodgymnasticsclub.com.au)).

We have purchased some new promotional signage to make it easier for people to see where BGC activities are being undertaken. These signs will be set up on gym days, weather permitting, and can be used both outdoor and indoor. Keep an eye out for them.

The Club's procedures and policies have been expanding slowly over the past 18 months, this initiative is a long-term project to improve child safety and provide clarity for club members regarding Club processes.

Finally, the gymnasts will notice several equipment changes at the Club that improves vibrancy and safety for all those who participate. Our fundraising efforts at the end of last year have contributed to these improvements. The walls around the trampoline have had been improved and safety upgraded. The mats themselves currently being upgraded with additional foam. The sprung floor has just been repaired and covers on several coaching aids have been renewed with vibrant colours. There are many more improvements to come and the use of some recently purchased coaching aids would be evident in the gym already.

**Rob Notman – President**





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## IN THE GYM ...

After what feels like a lifetime, it's great to finally be running our Levels program again and see so many smiling, happy faces around the Gym!

Since resuming classes on February 1, we have seen a large number of our 2020 members return as well as welcoming 55 trial Gymnasts.

This year, we have also launched our new KinderGym program – **KidzIn2Gym**. These classes provide endless opportunities for children under 5 years of age to learn, play, develop and explore in an environment that is safe, stimulating and fun. Running on Saturday mornings, this parent assisted program is divided into 2 stage-based sessions, **Wrigglers** (10:30 – 11:15 – Crawlers to Early Toddlers) and **Kindy** (11:30 – 12:15 – Walkers & Runners), and includes a range of activities that focus on fundamental movement, cognitive development, coordination, motor skills and Gymnastics skills.

Last week, **Desol Design Solutions** installed new wall padding around our trampoline, made from a recycled floor strip. This is just the first in a series of updates we will be making around the Gym this year. Stay tuned for new landing mats, and spotting boxes that will be covered in club colours – last minute update - they arrived on Wednesday.

You will have noticed new arrangements for recording entry to the gym. From the beginning of April the state government have made it a requirement that all businesses, and BGC is a business, must implement QR Code registration. BGC are not alone in this initiative and you will have seen the use of QR codes with most businesses. If you have not got a QR code reader on your mobile you will still be able to register your attendance at BGC with pen & paper.

We are off to a fantastic start to 2021 at BGC, and I'd like to thank the gymnasts and coaches for all the hard work they have put in so far this year.

I'm excited for the rest of 2021 and I look forward to seeing all the incredible achievements everyone will accomplish!

**Amber**

*Head Coach*

**Brentwood Gymnastics Club**

*Mobile: 0466 575 120*



# 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 "**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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ALL CLASSES ARE PARENT ASSISTED

[www.brentwoodgymnasticsclub.com.au/classes](https://www.brentwoodgymnasticsclub.com.au/classes)

The Committee of BGC thank our coaches Amber & Josh for attaining the Kinder Gym accreditations from Gymnastics Victoria. We are looking to expand our offerings to Wednesday mornings also. Keep an eye out for more details.





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## EQUIPMENT UPGRADES

At BGC we have a lot of equipment, be it bars, crashmats, floor rolls, trampoline, springboards, ropes, beams, and the list goes on. Over time equipment needs to be replaced or repaired. We were very lucky with the merger of Notting Hill Gymnastics Club in 2019 to get some great equipment.

With COVID, the Committee took the initiative to undertake an audit of our equipment and identify and prioritise repairs. This maintenance program has been underway for 6 months now and like so many organisations caught up in supplier lead times due to COVID..

Things are coming to fruition. Of recent times we have had new wall panelling around the trampoline with, I might add, Monash Council's approval. This padding enhances the safety. The padding around the frame is currently having the thickness increased to bring it up to current standards.



Last week the sprung flooring in the back room was upgraded and made safer with reworked alignment of the joins. This in itself was a full day's work for two people but the outcome is fantastic and I'm sure that the gymnasts will confirm that.



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Additional deliveries have included recovered spotting boxes and a new cover on one of the larger crash mats.

There are still several items on our priority list to be delivered and the works program should be completed by early May.

Funds for this work came from some fund raising at the end of last year, thank you to Mariska, and also from various grants the Committee were successful in obtaining.



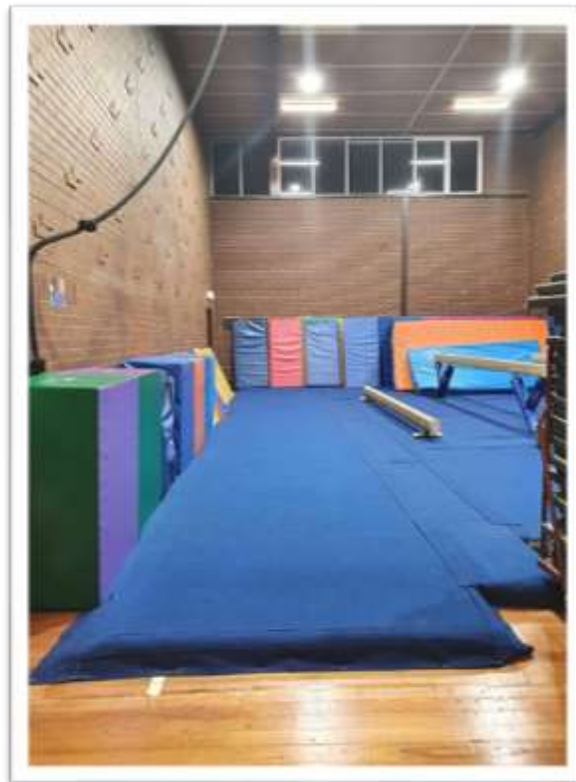
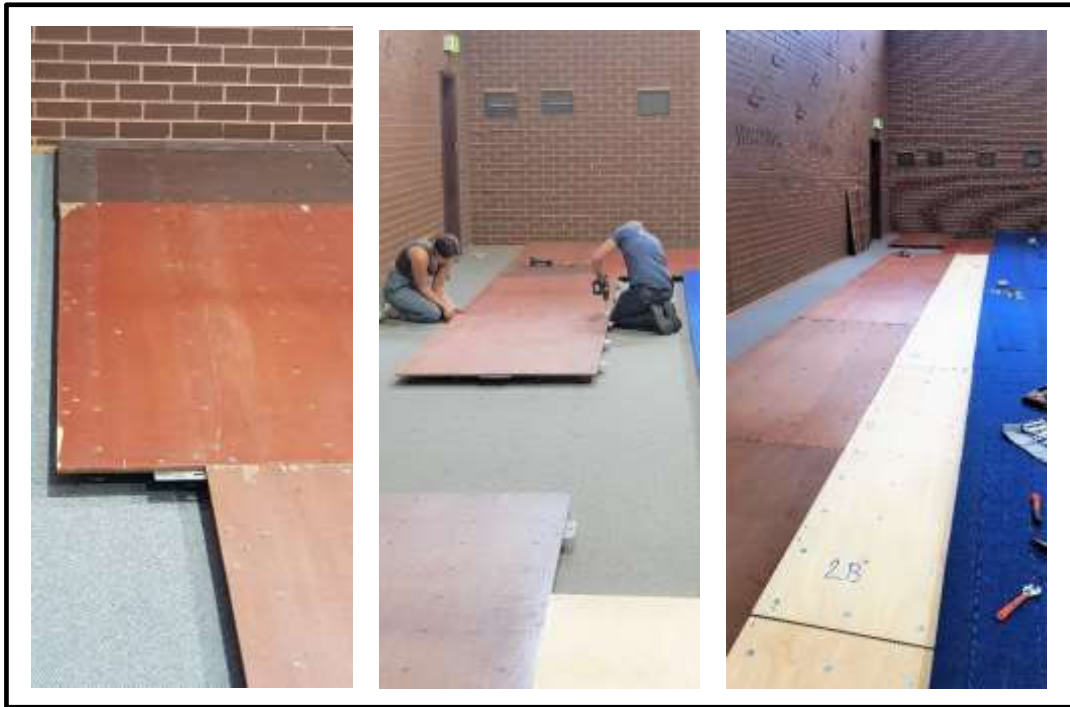
Spotting boxes in Club colours



Recovered crash mat



# Brentwood Gymnastics Club



Improved sprung flooring





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## NEW LEOTARDS

BGC have been chasing new leotards for quite a while now as the current supplier has sadly gone out of business. The Committee has now managed to source a new supplier and, in particular, the embossing of the Club logo at attractive pricing.

If you are interested in leotards for your daughter our Head Coach will be taking orders. We will have an initial cut off date of Friday, 14<sup>th</sup> May and then submit the order for embroidery. After that date orders will be submitted on an as needed basis. The lead time will vary but expect a 1 to 2 weeks.

Amber has a selection of sizes for the girls to try on.

Pricing for the new leotards will be \$35.



We have a few of the older style leotards still available and are discounting these from \$45 to just \$15. If you are interested in this older style please see Amber. She has the following sizes available, so first in, best dressed - 2 x size 16, and 1 x each of the following – size 12, 11, 8, 7 and 6.

And let's not forget the boys. Amber has a selection of t-shirts available.

All gymnasts can also wear shorts and/or tights.







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## AVAILABLE GRANTS

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 is available from 31<sup>st</sup> May, 2021. Further information can be found [here](#). Check the FAQs.



## PARENT'S HANDBOOK ...

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](#)



**Let's not forget the virus is still with us .....**

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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