

Denmark Gymnastics Club presents

The Tumbling Times

Volume 1 – Term 4 – 2021

Welcome to the new quarterly Denmark Gymnastics Club newsletter. Full of fun facts, information, exciting news, activities for the kids and general going's on around the club. Read on and enjoy!

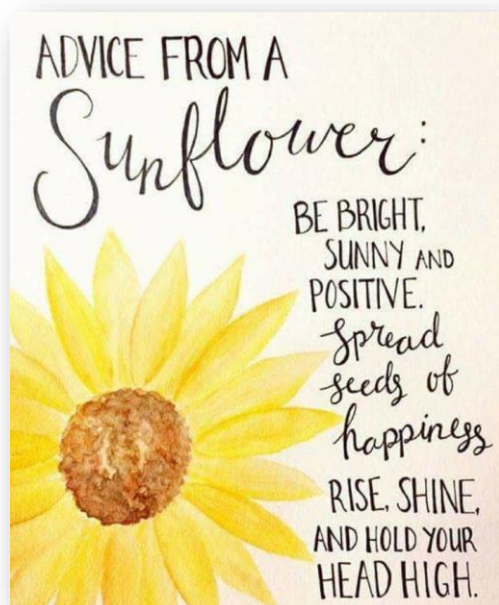


A message from our Head Coach Michelle.....

The 2021 competition season has come to an end & what a season it was! This was Denmark Gymnastics Club's first ever year competing in Perth against clubs from all over WA. The success the girls & the club achieved has been phenomenal. There are far too many individual achievements to mention them all but we have certainly made an impression up in the big smoke & what a joy it is to walk in the gym every day & see our amazing trophy shelf from just 1 season. But it wasn't just the wins & placings that had us on cloud 9, the personal bests from all the gymnasts across the competition season was the real winner. To see them ALL improve as the season went on is a coaches delight & what I strive for in my gymnasts. Wins are great but personal bests are even better. The absolute highlight for me from this comp season though, would have to be having 5 of our girls chosen to represent Western Australia on the Gymnastics WA State Team that travelled to Darwin in September. What an absolute honour that was seeing our little Denmark girls wearing the State colours of yellow & black on the competition floor. I'm pretty sure I'm the proudest coach in the State!


"Be like a sunflower and shine"

- Coach Michelle



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CLASS ROUND UP

BEGINNER/LEVEL 1: Coach Ash - This term our beginner group have focussed a lot on floor. We have been focusing on perfecting a bridge and the progression to a bridge kick over. They have been working hard on cartwheels with an emphasis on strong arms in both cartwheels and handstands. Our forward and backward rolls are looking amazing! We have also been putting a high focus into posture and having correct shapes and POINTED toes.

“Handy hint from Ash” - if you can see your child is crunching toes and finding it hard, focus at home on flexing the ankle/foot. This is a more natural movement and sometimes the toes come naturally once they focus on this a little more. Toe pointing does not come as naturally to some as it does to others. The girls are loving reaching higher limits on rope climbs and can never go past a game of ‘wonky donkey’ on the beam. We have seen a huge progression over this term with the entire group they have been a pleasure to coach.

TODDLER/KINDY/BOYS NINJA CLASS: This term Michelle is continuing to run circuit classes with the kids. These classes continue to focus on fundamental movement skills such as jumping, skipping, hopping, climbing etc. Learning body awareness through play.

SHINE
BRIGHT

LEVEL 2 GIRLS REC: The kids in this group have all been advancing leaps and bounds. Coach Kym and Coach Kirsty have been working hard on fundamental skills for the gymnasts. This includes strength and flexibility as well as some new skills such as handstand flatback on vault and pull over on bars. Lots of very important skills for our little gymnasts.



3/4 SQUAD/MINI SQUAD/DEVELOPMENT SQUAD: The coaches in these groups have been working on important aspects of gymnastics i.e., body positioning, tightness, strength. The gymnasts have been working on improving and trying new skills on bar, beam and floor. Also working on skills which the gymnasts have shown an interest in - eg. ‘squat on’ on the bar and the kip. With the competition season over for the year it is a great time to work on strength, conditioning and upskilling.

ADVANCED SQUAD: Now that comp season is over for the year, the advanced squad (and Michelle!) are enjoying a break from the routines floor music. The girls are focussing on perfecting skills and strength conditioning. Also trying out new skills which will ready them for next year. It is a great time to try out new skills under the coaches’ supervision.

BOYS REC GROUP: Our focus this term is on a range of fundamental skills for gymnastics mixed with fun high energy games. We work on all the 6 elements of MAG every lesson. The kids are rotating through working on basic skills such as handstands while others are working on pommel horse drills on the mushroom plus p bars drills such as circles and flairs, static ring skills such as chin ups, inversions and gym shapes.





Competition season 2021



Denmark Gymnastics Club made a name for themselves this competition season with our squad groups and individual athletes taking away multiple awards and putting our name on the map.

The comp season for Denmark started at the Gymnastics WA WAG Series 1 - Regional Championships 10th – 11th July 2021. Our level 3 squad girls finished off with a variety of silver and bronze individual awards with Kendall Rogers winning gold, as well as one of our groups placing second overall.

Our level 4 girls kept the ball rolling with an overall group second place award and some amazing individual results. Madison Tonkin placed second overall and Chloe Ross 7th place for the level 4 category.

Level 5 also showed incredible talent with an overall group placing of 3rd overall and individual placings. Freja Ezquerra placed 3rd overall and Ruby Welsh was 5th overall for level 5.

Denmark's level 6 gymnast, Esme Macdonald, placed 5th overall and did our club very proud being out there representing our club solo.

At this event 5 of our athletes qualified to represent WA at the NT national championships! Our very own Michelle Headley was also selected as the WA state team coach which is a big honour.

The season continued on a high with Gymnastics WA WAG series 2 - a team event for level 3 & 4's. The girls had a share of ups and downs on the day but both teams still managed to come away with Gold and 1st team overall which is an incredible achievement.

WAG series 3 gymnasts continued to shine at the Gym WA event held August 27th – 29th. This event comprised of level 3 - 6 athletes and some amazing results came out of it. Lots of PB's were beaten and the girls showed that they were continuing to improve on all apparatuses and in confidence - which is what it is all about.

WAG series 4 was a chance for our Level 5 and 6 athletes to once again show everyone that we certainly have what it takes to compete at a state level. Level 5 Junior – Ruby Welsh 1st overall, Amelia Fish 2nd overall and Ginger Gleeson 8th overall. Level 5 Senior – Freja Ezquerra 1st overall and Indi Coates-Ahomiro

5th overall. Esme MacDonald came away with a silver on beam and 8th overall placing.

Along came the annual Katanning Southern Regional Gymnastics competition while some of our athletes competed in Darwin. Denmark absolutely took to the stage and showed everyone what we are made of.

The last weekend of competition was the Western Australian Junior State Gymnastics Championships. All gymnasts that competed at this event must have qualified during one of the individual WAG series events or the Katanning regional qualifying round.

The weekend started off with our level 3 girls and Esme our level 6 going through the rotation of apparatuses at the same time slot. Bec Gleeson kindly took to the floor with the level 3 girls and Michelle with Esme.

Our junior level 3 girls came away with a list of individual personal best results and one of our teams placing 1st overall!

Our level 3 Senior athletes also had incredible success with the girls getting an array of rainbow ribbons and 3rd place overall. Level 6 gymnast Esme MacDonald brought home a 5th place on vault.

Level 4 – TEAM 5th place overall.
Madison Tonkin – 1st Bars, 1st Beam, 3rd Vault – overall 1st place.
Chloe Ross – 1st Floor, 2nd Bars, 5th Vault - 2nd overall.
Sienna Hotker – 4th Bars – 7th overall.
Kyah Turnor – 2nd Bars, 3rd Vault, 6th Floor – 7th overall.
Lani Manganaro – 1st bars, 4th beam, 3rd floor – 3rd overall.
Charli Grochowski – 1st floor and 3rd beam – 4th overall.

Level 5 – Team 1st place overall.
Amelia Fish – 4th Bars, 3rd Beam, 3rd, Floor – overall 3rd place
Ginger Gleeson – 8th vault and 11th overall.
Indi Coates-Ahomiro – 1st Bars, 2nd Vault, 4th overall
Ruby Welsh – 1st bars, 1st floor, 3rd vault, 4th beam – 2nd overall
Freja Ezquerra – 2nd vault, 1st bars, 1st beam, 1st floor – 1st overall and overall level 5 champion.

NT Gymnastics Championships 2021

5 talented gymnasts from Denmark Gymnastics Club recently attended the NT Gymnastics Championships held on the 17th – 18th September in Darwin. The girls were part of a team of 19 Regional WA athletes selected to represent their state at the NT event. This is the first time Gymnastics WA has selected a team of regional athletes and what an incredible experience for the girls to be a part of. The gymnasts, who train at Denmark Gymnastics Club 3 times a week (9 hours total), included:

- Madison Tonkin – Level 4
- Chloe Ross – Level 4
- Ruby Welsh – Level 5
- Freja Ezquerro – Level 5
- Esme MacDonald – Level 6

The girls were selected based on scores received at the Gym WA Regional Championships in July this year. The top 6 highest scoring athletes from each level qualified to represent WA.

The team was also made up of 3 coaches – including Denmark's Head Coach Michelle Headley, who was also team manager.

What an amazing experience for the hard-working girls and their dedicated coach. Gymnastics NT put on a fantastic event and gave the girls, coaches and families such a warm welcome. It was so lovely to be included in their gymnastics community and many new friendships were made.

Results for the Denmark gymnasts included:

Level 4

- Chloe Ross – 1st on vault, 6th on floor – 3rd All Around.
- Madison Tonkin – 2nd on vault, 2nd on bars – 5th All Around.
- Team WA for level 4 – 1st overall.

Level 5

- Ruby Welsh – 2nd on bars, 5th on vault – 3rd All Around.
- Freja Ezquerro – 6th on floor.
- Team WA for level 5 – 2nd overall.

Level 6

- Esme MacDonald – 6th on vault, 6th on bars and 5th on beam.

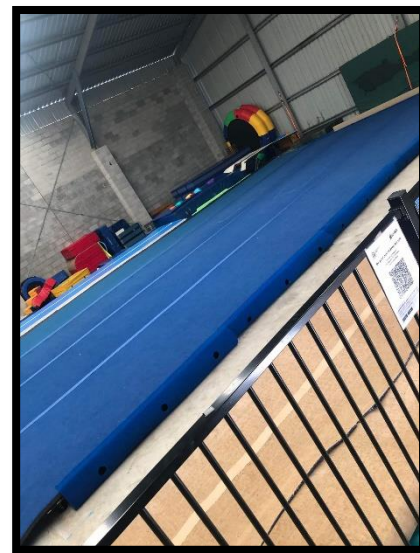


Gymnastics
Western Australia



NEWS FROM AROUND THE GYM SHED

SPRUNG FLOOR: How amazing that we finally have our sprung floor in! There were a few setbacks getting it here (thanks Covid) but it was worth the wait. The kids (and adults) are so excited. The benefits of a sprung floor are many – including the ability of the floor to absorb shock which gives it a softer feel. This can enhance the athlete's performance and greatly reduce injuries. Thank you to Craig Hotker for trucking it to us and to the MANY sponsors who contributed. Also thank you to the Tonkin, Crock and gym families for putting it together. We are so grateful.



COACHES TRAINING: Thank you to our own Kym Phillips for applying for and successfully gaining a grant through the Department of Local Government, Sport and Cultural Industries (DLGSC). This funding enabled 8 people to upskill as beginner and intermediate gymnastics coaches which will benefit our club hugely. The training was held on the 8th and 9th of October. Thank you to Serena from Great Southern Gym Sports Katanning for conducting the day.

CLUB UNIFORMS: A HUGE thank you to Anita from the Denmark Uniform Shop for lovingly making and supplying us with a new club uniform. The embroidered jacket, backpack and gym bag make our club look so professional.

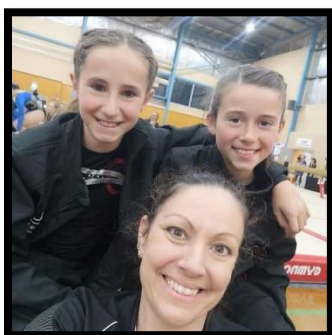
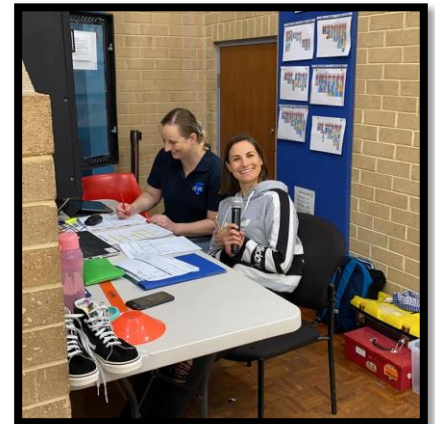


We are all so incredibly proud of ALL our gymnasts. Competitive and non-competitive, what a year it has been. Many new skills learnt, landings stuck, lessons learnt and happy memories made. What a lovely thing to see our children trying their best and having fun along the way.

THANK YOU to ALL our amazing coaches for your time and dedication to developing our gymnasts. **LASTLY** (and certainly not least) **THANK YOU** to all our hard working and supportive parents and care-givers. We so appreciate the effort you put in to nurture your child's love of gymnastics – the pick up's/drop off's, the long drives to comp's/training, the cheering from the side-lines, the parent help at the club and competitions, the putting up with the handstands (everywhere!), the supporting of the club through fundraisers and so much more. We are so lucky to have such an awesome little community.



Making Memories



HEALTHY RECIPE CORNER

Simple and Delicious Nut Free Apricot Bliss Balls

These Nut Free Apricot Bliss Balls are such a great sweet treat for school lunches or to grab and go on busy days. They will satisfy your sweet tooth – but not with empty calories and added sugars. These bliss balls are full of goodness and made with no added sugars.

Ingredients

- 150g (just under 1 cup) dried apricots
- 50g (1/2 cup) rolled oats
- 40g (1/2 cup) desiccated coconut and extra for rolling
- 30g (1/4 cup) pepitas
- 30g (1/4 cup) sunflower seeds
- 1 tbsp orange juice
- 1 tsp orange zest
- 1 tsp vanilla extract
- 1/2 tsp cinnamon



Instructions

*ADULT SUPERVISION REQUIRED

- Add all the ingredients into a food processor and blitz until well combined. This will take around one and a half minutes.
- Scoop tablespoon sized portions of the mixture and roll the mixture in balls using your hands.
- Roll each ball in desiccated coconut to seal.
- Store the balls in an airtight container in the fridge for up to one week or in the freezer for two-three months.

<https://www.goodiegoodielunchbox.com.au/>



FUN and GYMNASTICS

I	F	L	E	X	I	B	L	E	N	A	P	P	A
S	D	T	P	B	M	U	C	D	C	L	I	G	O
A	R	O	P	P	O	N	E	N	T	S	K	Y	L
C	A	R	T	W	H	E	E	L	M	L	E	M	Y
I	T	R	H	V	D	V	O	P	M	L	A	W	M
D	O	I	O	A	N	E	N	D	B	A	L	L	P
N	E	B	O	U	A	N	B	Y	T	I	T	L	I
A	L	B	P	L	T	B	U	B	A	U	V	S	C
T	T	O	A	T	S	A	T	X	I	L	C	B	S
S	E	N	C	L	D	R	H	C	A	O	C	K	E
D	G	N	N	L	A	S	R	P	R	O	O	L	F
N	N	L	T	E	E	G	N	I	N	I	A	R	T
A	U	C	P	H	H	M	S	L	A	D	E	M	A
H	L	B	E	A	M	P	H	F	E	U	T	D	M

- CARTWHEEL
- TUCK
- UNEVEN BARS
- BEAM
- MATS
- RIBBON
- FLEXIBLE
- HOOP
- VAULT
- HEADSTAND
- GYM
- COACH
- LUNGE
- OPPONENTS
- HANDSTAND
- FLIP
- PIKE
- OLYMPICS
- FLOOR
- LEOTARD
- MEDALS
- BALL
- TRAINING



DID YOU KNOW?

- Gymnastics was officially established as a sport in 1862 and first included in the Olympics in 1896.
- Australia first competed in the Olympics for Artistic Gymnastics in 1956. Only Men's Artistic athletes competed, with NSW athlete Bruce Sharpe learning his routines from equipment he built in his backyard.
- Difficult gymnastics moves are often named after the gymnast who performs them – e.g. "The Biles".
- Lauren Mitchell is the first Australian gymnast to win gold on floor at the 2010 World Championships.



COLOURING FUN

