

Denmark Gymnastics Club presents

The Tumbling Times

Volume 3 – Term 2 – 2022

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



Term 2, 2022

Another great Term of Gymnastics at our club! We continue to grow and have welcomed many new members this term. Heading in to Term 3 we currently have over 160 members attending a range of different gymnastics classes – recreational and competitive. We love being able to offer different classes to suit the wants of each gymnast and we love seeing the joy the sport brings to our athletes. Term 2, our recreational gymnasts continued to develop fundamental movement skills and fitness and our competitive gymnasts have been training hard in preparation for our competition season.




Success isn't always
about greatness.
It's about
consistency.
Consistent hard work
leads to success.
Greatness will come.

DWAYNE JOHNSON

Follow us on –

 @denmarkgymnasticsclub

 @denmark_gymnastics_club

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NEWS FROM AROUND THE GYM SHED

NEW LEOTARDS:

Our new training and competition leotards have arrived and we are so happy with them! The competition leotards really do look amazing on the floor and make our athletes stand out. Leotards are available for purchase from Anita at the Denmark Uniform Shop.



@denmarkuniformshop

Anita - 0407841911

denmarkuniformshop@gmail.com



NEW EQUIPMENT:

We now have a new set of Wall Bars up at the gym. Thank you to Paul Welsh (Ruby's dad) for installing them. Wall bars are a great for stretching, working on shapes and increasing an athlete's abdominal strength.

New equipment coming! We are in the process of ordering a new Table Vault and set of Bars. Watch this space.

BUNNINGS SAUSAGE SIZZLE:

Back in May we held a sausage sizzle at Bunnings Albany. Although the weather wasn't in our favour (think - torrential rain) we still had an amazing turn out and were able to raise some much needed funds. This money will go towards new equipment and general upkeep of the club. As we are a not for profit - all money we receive goes back in to the club.

Thank you to following volunteers who gave up their Saturday to help us:

- Paul Welsh and Kym Hutcheson - who stood at the BBQ all day and cooked hundreds of sausages.
- Superstar servers - Tracy Alfonsi, Kym Phillips, Simone Hotker, Carmen Ballantyne, Bec MacDonald, Melinda Hudson, Jen Welsh.
- Raffle sellers - Ruby W, Danika, Mara, Sienna, Sophie, Ruby B.



NEWS FROM AROUND THE GYM SHED continued

GENEROUS DONATIONS:

Did you know that local business Denmark Butchers donated 500 sausages to our Bunnings Sausage sizzle? We are beyond grateful for such a generous donation. Please show them your support and shop local with them. What an amazing community we are a part of.



@denmarkbutchers
10 Hollings Road, Denmark WA 6333
denmarkbutchers.com.au

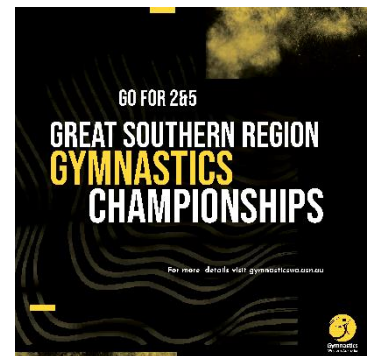
We also had some amazing donations from local Albany business – Retravision who donated goods for our hamper, Coles Albany – a voucher for their store and Woolworths Chester Pass – 500 rolls and 4 cartons of cool drink. Thank you! Thank you also to Bunnings Albany for providing an awesome venue for us to hold our sausage sizzle!

GREAT SOUTHERN REGION CHAMPIONSHIPS – AUGUST 13th and 14th:

Denmark Gymnastics will be hosting the first ever Go for 2 & 5 Great Southern Region Gymnastics Championships this August 13th and 14th. This event will be run by Gymnastics WA and is a very exciting opportunity for us to show off our amazing gym shed and welcome other clubs to our beautiful region.

We will be incorporating various fundraisers over the weekend including a Sausage Sizzle, Cake stall, Raffle and Coffee Van. If you help us out in any way – whether it is volunteering your time, donation of cakes/goodies for the stall or donations for our raffle – please let us know. We appreciate every bit of support.

We will also be holding a Busy Bee prior to the event – please keep an eye out for further information on this.



Competition 1 & 2 - 2022

1. Go for 2&5 South West Championships – Bunbury PCYC – 18th & 19th June 2022:

Our first competition of the season was held at Bunbury PCYC. A Gymnastics WA run event – this was the first South West Championships event of its kind. An exciting thing to be a part of. All our gymnasts made us incredibly proud and we are grateful to Gymnastics WA and Bunbury PCYC for their kind hospitality. A weekend of amazing routines and results. It was lovely seeing the competitive gymnasts back out on the floor doing what they love. Thank you to our wonderful Coaches Michelle and Nekesha for spending all weekend on the floor with our gymnast and to our Denmark Gymnastics parent volunteers – we couldn't do it without you!

Individual top 10 placings + All Around score (AA):

Level 3 - Leila Sims - 1st AA

Level 4 - Kendall Rogers - 1st Beam, 2nd Vault, 2nd Bars, 2nd Floor - 1st AA

- Emelyn Smith - 1st Floor, 3rd Vault, 3rd Beam - 2nd AA
- Radha Hamilton - 1st Bars, 6th Vault - 4th AA
- Eva Farey - 5th Bars
- Laura Zovi - 2nd Floor, 6th Beam
- Mikia Hamilton - 10th Floor
- Kit MacDonald - 8th Vault
- Danika Hutcheson - 4th Vault
- Mia Crock - 9th Bars
- April Tonkin - 10th Beam
- Keira Manganaro - 3rd Beam
- Sophie Bruce - 13th Vault



Level 5 - Kyah Turnor - 1st Vault, 3rd Bars, 1st Floor - 2nd AA

- Madison Tonkin - 1st Bars, 2nd Floor, 5th Vault - 3rd AA
- Ginger Gleeson - 3rd Beam, 4th Vault, 4th Floor - 4th AA
- Chloe Ross - 5th Bars
- Sienna Hotker - 8th Vault, 9th Beam, 10th Bars
- Charli Grochowski - 7th Bars
- Lani Manganaro - 6th Beam

Level 6 - Esme MacDonald - 1st Bars, 2^{nd(T)} Beam, 3rd Vault, 8th Floor - 1st AA

- Ruby Welsh - 2^{nd(T)} Beam, 4th Bars, 6th Floor, 7th Vault - 3rd AA
- Amelia Fish - 2nd Vault, 2nd Floor, 6th Bars, 6th Beam - 4th AA
- Indi Coates-Ahomiro - 3rd Bars, 4th Floor, 5th Vault, 7th Beam - 5th AA
- Freja Ezquerro - 1st Beam, 1st Floor, 8th Bars, 10th Vault - 6th AA

2. Go for 2 & 5 Regional Championships – 9th & 10th July 2022:

For our second competition of the year, we recently attended the Gymnastics WA Go for 2&5 Regional Championship. This event is a chance for our athletes to compete against other Regional clubs. Added to this it is a qualifying event for the top 6 highest scoring gymnasts to earn a place on the WA Country team which will be representing WA at the Northern Territory Gymnastics Championships in September. As you will probably remember

Denmark had 5 gymnasts representing WA last year for the NT Champs so we were keen to see what we can do this year! While the weekend held many highs and great results it also had some lows – like we always say gymnastics is a tough but rewarding sport and we celebrate the highs and learn from the lows.

Thank you again to our amazing coaches – Michelle and Nekesha for supporting our gymnasts on the floor, to our volunteer parents who help out on the day. Also thank you to GWA judges, staff and volunteers – for giving our regional athletes such an amazing opportunity.

Individual top 10 placings + All Around score (AA):

Level 3 – Sofia Prieto, Lucy Gara, Leah Hughes & Kayla Hughes - 3rd Team

Level 4 (A) – Amelie Reid – 4th Vault, 5th Floor, 8th Bars, 8th Beam

- Kendall Rogers – 3rd Bars, 3rd Beam, 3rd Floor
- Laura Zovi – 9th Floor, 10th Bars
- Ruby Ballantyne – 5th Beam
- Kit MacDonald – 7th Beam, 9th Vault
- Mia Crock – 9th Beam, 9th Floor, 10th Vault
- April Tonkin – 12th Bars
- Sophie Bruce – 13th Bars

Level 4 (B) – Keira Manganaro – 9th Bars

Level 4 (C) – Emelyn Smith – 1st Beam, 6th Floor

- Eva Farey – 9th Beam, 9th Bars, 10th Floor
- Radha Hamilton – 1st Bars, 10th Beam
- Ishtar Hamilton – 7th Bars
- Danika Hutcheson – 13th Bars
- Nais Chambost – 5th Beam, 9th Vault

Level 5 (B) – Ginger Gleeson – 2nd Vault, 3rd Beam, 7th Bars, 8th Floor – 2nd AA

- Chloe Ross – 3rd Floor, 5th Bars, 8th Vault
- Kyah Turnor – 4th Floor, 7th Vault, 9th Beam, 10th Bars
- Madison Tonkin – 6th Vault, 8th bars, 10th Floor
- Sienna Hotker – 6th Bars, 8th Vault, 10th Beam
- Lani Manganaro – 2nd Floor, 8th Beam

Level 6 – Ruby Welsh – 1st Beam, 1st Vault, 1st Floor, 2nd Bars – 1st AA

- Esme MacDonald – 1st Bars, 2nd Vault, 2nd Floor, 4th Beam – 2nd AA
- Freja Ezquerra – 3rd Beam, 8th Floor, 8th Bars – 4th AA
- Indi Coates-Ahomiro – 3rd Bars, 8th Vault, 10th Floor
- Amelia Fish – 8th Vault

Team placings:

Level 3 – 3rd

Level 5 – 2nd

Level 6 – 1st



WA Country Team – 2022

Congratulations to the following athletes who qualified to represent Country WA at the Northern Territory Gymnastics Championships this September. These girls qualified in the Top 6 highest performing athletes at the recent Go for 2&5 Regional Championships in Perth. We know that these hard working and talented girls will do Denmark Gymnastics and WA extremely proud!



Ginger Gleeson – Level 5 – qualified 2nd

Esme MacDonald – Level 6 qualified 2nd



Freja Ezquerra – Level 6 – qualified 4th

Ruby Welsh – Level 6 – qualified 1st

Competition season 2022

1. Go for 2&5 South West Regional Championships
BUNBURY – PCYC
Saturday the 18th of June – Sunday the 19th of June
Level 3 + eligible to enter



2. Go for 2&5 Western Australian Regional Gymnastics Championships
PERTH – State Gymnastics Centre – Leederville
Saturday the 9th of July – Sunday the 10th of July
State level 3 + eligible to enter

3. WAG series #2
PERTH – State Gymnastics Centre – Leederville
Friday 22nd of July - Sunday the 24th of July
State Level 5 & 6 eligible to enter

4. WAG series #3
PERTH – State Gymnastics Centre – Leederville
Friday 5th of August – Sunday the 7th of August
State level 3 + eligible to enter

5. Go for 2&5 Great Southern Regional Championships
DENMARK – Denmark Gymnastics Gym Shed
Saturday 13th of August – Sunday 14th of August
Level 3 + eligible to enter

6. WAG series #4
PERTH – State Gymnastics Centre – Leederville
Friday 19th of August – Sunday 21st of August
State level 3 & 4 eligible to enter

7. WAG series #5
PERTH – State Gymnastics Centre – Leederville
Friday 2nd of September – Sunday 4th of September
State Level 5 & 6 eligible to enter

8. Go for 2&5 Western Australian Junior Championships
PERTH – State Gymnastics Centre – Leederville
September 23rd – October 2nd – one of these weekends – TBC
State level 3+ who have qualified eligible to enter



Qualification score for Junior
Championships – State level 3+ =
28.00

For more info see:
www.gymnasticswa.asn.au

