

DENMARK GYMNASTICS | DENGYMNASTICS@GMAIL.COM



# Welcome!

To the new and improved Tumblin' Times, Denmark Gymnastics quarterly newsletter!

Full of fun facts, information, exciting news, healthy recipes and general going's on around the club.

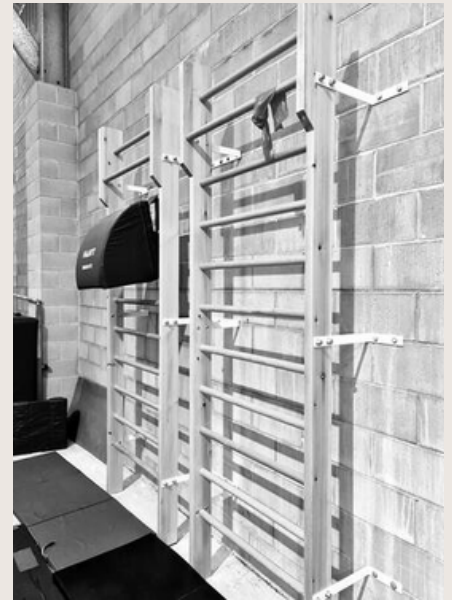
Read on and enjoy!

## REMINDER

Term 2 finishes Friday 30th of July.

First day of Term 3 is Monday 17th of July.

All term 2 fees are to be paid in full before re-enrolment in Term 2 classes.



Denmark Gymnastics is proudly affiliated with:



# Did you know?

The first ever non Olympic gymnastic event was held in Antwerp, Belgium in the year 1903 and is considered as the first World Championships of Gymnastics.

VISIT OUR NEW WEBSITE: [WWW.DENMARKGYMNASTICS.COM](http://WWW.DENMARKGYMNASTICS.COM)

## NEWS FROM THE GYM SHED

### MICHELLE'S SCOTTISH ADVENTURE



You may have heard but our wonderful Head Coach spent all of May travelling around Scotland in a campervan!

What a great adventure and a well earned break for a hard working coach.

Check out Michelle putting those gym skills to good use inside Urquhart Castle on Loch Ness.

Once a gymnast....always a gymnast!

### THANK YOU SOPHIE!



We are saying goodbye and thank you to our beautiful Beginner coach Sophie!

We cannot thank Sophie enough for all her dedication to our club throughout the years - be it coaching, being a valued committee member, volunteering for club activities or cheering on her talented daughter at gym competitions.

We will miss you, but hope to still see your friendly face around the club.

### REGIONAL CHAMPS JULY 8TH AND 9TH

Gymnastics WA's Regional Championships are just around the corner! This is where our Level 3 - 7 WAG gymnasts get to compete at the State Gymnastics Centre in Perth and show off all their beautiful routines which they have been working so hard on.

For many this is the first competition of the year (for some their first competition ever!)

We wish you all the best and are extremely proud of you all.

Thank you also, to all the dedicated parents for making this a reality for the kids.

### FESTIVAL OF GYMNASTICS

On the same weekend at the Regional Champs in Perth, Gymnastics WA are also holding their annual Festival of Gymnastics.

This year, Free G has been included and 2 of our Free G superstars - William and Kyah will be taking centre stage and showing everyone what they are made of.

We are just so excited to see you both compete and wish you luck for a successful competition.

*Go Denmark!*



## NEW WEBSITE

You may or may not be aware but our website went M.I.A back in January. Jen has been hard at work trying to find it with out any luck!

We have resorted to starting from scratch and making a brand new website and although website building was not previously on Jen's CV she is proud of her efforts!

The new website can be found by typing in the below URL - it will hopefully be linked to google soon!

[www.denmarkgymnastics.com](http://www.denmarkgymnastics.com)

## 2023 COMMITTEE

We held our Annual General Meeting on 23rd April 2023.

Thank you to all who attended and generously took up a role on the committee.

As you know we are a Not-For-Profit, committee run club. Being part of a committee is both challenging and rewarding and we quite literally could not run the club without peoples support.

Welcome to the 2023 Denmark Gymnastics Committee:

President - Nekesha Fish  
Vice President - Kym Phillips  
Treasurer - Anita Turnor  
Secretary - Jen Welsh

### General Committee:

Annika Engstrom  
Rosie Lane  
Mark Spencer

*Thank you!*

## COMP DATES 2023

- July 8th & 9th Festival of Gymnastics (Free G) and WAG Regional Championships (Level 3- 7).
- WAG Series #1 (Perth) July 29th and 30th - State Level 3 & 4 only.
- WAG Series #2 (Perth) August 12th and 13th - State Level 5 - 8 only.
- Great Southern Challenge (Denmark) - August 26th and 27th - Level 3 - 8.
- WAG Series #3 (Perth) September 16th and 17th - Level 3 - 8.
- State Champs: one of the weekends between 12th October and 22nd October - all State levels 3 - 7.

\*Free G/Boys competitions TBC.

## GS CHALLENGE - DENMARK AUGUST 26TH & 27TH 2023

Denmark will be once again holding the annual Gymnastics WA sanctioned WAG competition event - previously known as the Great Southern Championships.

This is another exciting opportunity to show off our local town and talented gymnasts.

Gym WA judges will be coming down to judge WAG level 3 - 7 routines. There will be food stalls, raffles, prizes and more!

As always we will be looking for volunteers to help out over the weekend. Get in touch if you can help!



# DENMARK GYMNASTICS NOTICEBOARD

## Denmark Gymnastics JULY HOLIDAY PROGRAM

### MONDAY 3RD JULY

9 - 9.45am: Toddler/Kindy

10 - 11am: Beginner/Level 1 & 2

11.30am - 1.30pm: Level 3/4

1.30 - 4.30pm: Level 5/6/7

### TUESDAY 4TH JULY

9 - 9.45am: Boys/Ninja

10 - 11am: Gym 4 Fun

11.30 - 1.30pm: Level 3/4

1.30 - 4.30pm: Level 5/6/7

### WEDNESDAY 5TH JULY

9 - 9.45am: Toddler/Kindy

10 - 11am: Beginner/Level 1 & 2

11.30am - 1.30pm: Level 3/4

1.30 - 4.30pm: Level 5/6/7



#### COST:

- Toddler/Kindy: 45mins - \$12
- Beginner/Level 1 & 2: 1hr - \$15
- Boys/Ninja: 45mins - \$12
- Gym 4 Fun: 1 hr - \$15
- Level 3/4: 2 hours - \$25
- Level 5/6/7: 3 hours - \$35

Winter Fun

Email Jen at: [dengymnastics@gmail.com](mailto:dengymnastics@gmail.com) to book.  
Spaces limited.

Coming Soon!  
SPONSORSHIP  
OPPORTINTIES

for local businesses.

*watch this space!*

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DID YOU KNOW?

Denmark Gymnastics has a  
**CHILD SAFETY OFFICER**

Jen Welsh

Jen is always available for a chat  
if you have any concerns or get

in touch via email:

[dengymnastics.com](http://dengymnastics.com)



# HEALTHY EATING CORNER



## CHIA MUESLI BARS

### INGREDIENTS

- 1 cup chia seeds
- 1½ cups water
- ½ cup dried cranberries
- 1/3 cup dried blueberries
- ½ cup coconut oil
- ½ cup maple syrup
- 1 teaspoon vanilla paste
- 1 cup quinoa flakes
- ½ cup pepita seeds
- ½ cup chopped nuts
- 1 cup shredded coconut
- ¼ cup sesame seeds
- 1 teaspoon cinnamon



### HOT TIPS

A low GI snack for sustained energy, these

bars are also an excellent source of fibre.

The muesli bars can be made ahead of time and kept for up to 10 days in an airtight container in the refrigerator, making them an easy pre-training fuelling snack ready to go.

## METHOD

1. Pre-heat oven on Fan Plus at 180°C.
2. Place chia seeds, water, dried cranberries, dried blueberries, coconut oil, maple syrup and vanilla paste in the steam oven. Steam at 100 °C for 8 minutes. Stir ingredients until mixed well. Leave to cool.
3. Add the dry ingredients – quinoa, pepitas, nuts, coconut, sesame seeds and cinnamon. Stir to bind ingredients. Add a little extra water if mixture is a little dry, if the recipe is too wet, add extra chia seeds.
4. Place into a 20cm x 30cm tin, lined with baking paper. Wet the back of a spoon to smooth out the mix and to spread it out evenly.
5. Bake in the oven for 20-30 minutes. 20 minutes will give you a chewy bar and any longer will provide a crunchier consistency.
6. Leave to cool and cut into bars.

This recipe and more yummy recipes can be found at:

<https://www.sportsdietitians.com.au/recipes/>