

Denmark Gymnastics Club presents

# The Tumbling Times

Volume 2 – Term 1 – 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 1, 2022

*It has been so great to see everyone back in the gym this new year and loving gymnastics. What an interesting start to the year – with the Denmark fires and Covid-19 affecting our region. We are determined to work together with you all to keep our gymnastics community safe and well. We currently have 160 members enrolled and our numbers are growing! 2022 is going to be a big year with many competitions available for our competitive gymnasts to enter and for our recreational gymnasts – lots of new skills to be learnt and fun to be had! We love seeing big smiles on our gymnasts faces when they conquer a new skill and seeing the friendships made in the gym. We will continue to strive to nurture a love of gymnastics and movement in children of all ages in the Denmark community and Great Southern area.*

*“Practice like you have never won...Perform like you have never lost” – Kyla Ross*



## Did you know?


**Execution** is how well each skill is performed in the routine. They can range from 0.1 (bent knee) through to 1.0 (fall off the beam).

**Long jump and High Jump were originally part of a gymnastics routine.**

This changed to athletic events in the inaugural Modern Olympics in 1886 with apparatus such as Pommel and rings introduced.

Follow us on –

 @denmarkgymnasticsclub

 @denmark\_gymnastics\_club

 <https://denmarkgymnastics.weebly.com>

 dengymnastics@gmail.com



# DENMARK GYMNASTICS COMMITTEE 2022

We held our Annual General Meeting on Sunday the 20<sup>th</sup> of March. All members were invited to attend the AGM. Thank you to those that came and showed their support. It was a successful day and we were able to appoint a new committee for the year. We are looking forward to working together to improve our club.

As you know, running a successful club and being on a committee is a lot of work but exciting things are happening within the club and the rewards will be many. As always, our members and the joy the kids get out of gymnastics is why we do what we do! A big THANK YOU to our out going members from 2021 (and some who have been in the committee since 2019!) – Taya Hardman, Ash Crock, Gemma Wyatt and Sophie Coates.

We are grateful for all your hard work and generosity in giving your time to the club.

## *Denmark Gymnastics Committee 2022*



**PRESIDENT – KYM PHILLIPS**  
- Intermediate Coach



**VICE-PRESIDENT – NEKESHA FISH**  
- Intermediate Coach



**TREASURER – ANITA TURNOR**



**SECRETARY – JEN WELSH**  
- Child Safety Officer/Social Media



**HEAD COACH – MICHELLE HEADLEY**  
- First Aid Officer/Social Media

**GENERAL COMMITTEE – TRACY ALFONSI**  
- Fundraising Co-ordinator



**GENERAL COMMITTEE – LEA TONKIN**  
- Intermediate Coach

**GENERAL COMMITTEE/MAINTENANCE – MARK SPENCER**

# NEWS FROM AROUND THE GYM SHED

## NEW LEOTARDS:

We have brand new club leotards!

These have been lovingly designed by our own Lea Tonkin and Michelle Headley with the assistance of Leotard brand –

Sylvia P. We think they look amazing! Our long sleeve

Leotards are now in production ready for the competition

season. Thank you to parents for your understanding with having such a fast turn around to order them. This has been to ensure that the leotards arrive in time for our first

competition in June! Our initial order for the short sleeved leotards has now been placed,

these are available to order via Anita Turnor at the Denmark Uniform Shop – 0407841911 – @denmarkuniformshop@gmail.com. We also have masks available for purchase.

Contact Anita for pricing and sizing requirements. The long sleeve leotard is our new competition leotard and so will be worn when representing Denmark at all competitions.



@denmarkuniformshop

0407841911

denmarkuniformshop@gmail.com



## NEW EQUIPMENT:

We are always trying to update and maintain our equipment in the gym shed. We have recently purchased new floor mats and are looking at updating our bars and vaulting equipment. Fundraising, sponsorship and grants is our main source of money to be able to purchase these items. We welcome anyone with any fundraising ideas or grant writing skills to help us!

## CLUB HANDBOOK AND OTHER DOCUMENTS:

We have recently updated our website and now have a whole heap of important documents for you to access. This includes our Club Handbook – a source of information for all members. The handbook contains info on gym classes, uniform requirements, terms and conditions, competitions and much more. On the website is also a list of policies and procedures, gym rules and club codes of conduct. Please make yourself familiar with these.

<https://denmarkgymnastics.weebly.com>

# Competition season 2022

1. Go for 2&5 South West Regional Championships  
BUNBURY – PCYC  
Saturday the 18<sup>th</sup> of June – Sunday the 19<sup>th</sup> of June  
**Level 3 + eligible to enter**
2. Go for 2&5 Western Australian Regional Gymnastics Championships  
PERTH – State Gymnastics Centre – Leederville  
Saturday the 9<sup>th</sup> of July – Sunday the 10<sup>th</sup> of July  
**State level 3 + eligible to enter**
3. WAG series #2  
PERTH – State Gymnastics Centre – Leederville  
Friday 22<sup>nd</sup> of July - Sunday the 24<sup>th</sup> of July  
**State Level 5 & 6 eligible to enter**
4. WAG series #3  
PERTH – State Gymnastics Centre – Leederville  
Friday 5<sup>th</sup> of August – Sunday the 7<sup>th</sup> of August  
**State level 3 + eligible to enter**
5. Go for 2&5 Great Southern Regional Championships  
DENMARK – venue location to be confirmed  
Saturday 13<sup>th</sup> of August – Sunday 14<sup>th</sup> of August  
**Level 3 + eligible to enter**
6. WAG series #4  
PERTH – State Gymnastics Centre – Leederville  
Friday 19<sup>th</sup> of August – Sunday 21<sup>st</sup> of August  
**State level 3 & 4 eligible to enter**
7. WAG series #5  
PERTH – State Gymnastics Centre – Leederville  
Friday 2<sup>nd</sup> of September – Sunday 4<sup>th</sup> of September  
**State Level 5 & 6 eligible to enter**
8. Go for 2&5 Western Australian Junior Championships  
PERTH – State Gymnastics Centre – Leederville  
September 23<sup>rd</sup> – October 2<sup>nd</sup> – 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](http://www.gymnasticswa.asn.au)



# HEALTHY RECIPE CORNER

## Hummingbird muffins

\*ADULT SUPERVISION NEEDED

**Preparation time:** 25 minutes

**Cooking time:** 25 minutes

**Serves:** 18 regular or 30 mini-muffins

### Ingredients

- 2 eggs
- 1/4 cup caster sugar
- 200 mL low fat vanilla yoghurt
- 1 teaspoon vanilla extract
- 2 cups mashed ripe bananas (about 3 large)
- 440 g can crushed pineapple in natural juice
- 3 cups self raising flour
- 2 teaspoons ground cinnamon 3/4 cup walnuts (18 halves)
- Olive or canola oil spray



### Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray muffin tins with oil.
3. In a large bowl, beat eggs and sugar together with an electric mixer on high speed for 2 minutes until light and creamy.
4. Gently mix in yoghurt, vanilla, bananas and pineapple with juice.
5. Sift flour and cinnamon onto the batter then stir to combine but do not over mix.
6. Spoon mixture into prepared muffin tins (3/4 full) and top with a walnut half. Bake mini-muffin tins for 20 minutes and larger muffins for 25 minutes or until a skewer inserted in centre comes out clean.
7. Cool in tins for 5 minutes then turn onto a wire rack to cool completely.

### Notes

- For a denser muffin, substitute 3 cups of plain self-raising flour for 1 1/2 cup wholemeal self-raising flour and 1 1/2 cup plain self-raising flour.



Go for 2 & 5<sup>®</sup>  
FRUIT VEG

# FUN and GYMNASTICS

## Spotlight on a gymnast



NADIA COMANECI

Nadia Comaneci (pronounced **ko-muh-neh-chee**) was a Romanian gymnast. She was born on the 12<sup>th</sup> of November, 1961 in a city in Romania called Gheorghe Gheorghiu-Dej (now called Onesti). Nadia was the first gymnast to receive a perfect score (10) in an Olympic event. At the time she was 14 years old and was competing in the 1976 Montreal Olympics.

Nadia was an active child who enjoyed soccer and being outside. She began gymnastics when she was in kindergarten. At 8 years old she placed 13<sup>th</sup> in the National Junior Championships. She won the same competition the following year.

Over the next few years Comaneci continued to win championships in junior international competitions. In 1975, at her first international competition as a senior athlete, she won four gold medals and one silver. The following year Comaneci won the American Cup in New York.

Nadia Comaneci competed in her first Olympic Games in 1976 at the Montreal (Canada) Games. There she received 7 perfect scores and came away with gold medals on the balance beam, uneven bars and the all around (AA) individual competition. She received bronze on the floor exercise and silver for the team competition.

At the 1980 Olympics in Moscow, Russia, Nadia won gold medals for the balance beam and floor events. She also won silver for the AA individual competition and team event. She retired from competitive gymnastics in 1984 – age 23.

As well as being the first gymnast to get a perfect 10 score, Nadia Comaneci was also the youngest Olympic gold medallist ever. In 1993, Nadia Comaneci became the second person to be inducted into the International Gymnastics Hall of Fame.

Strange but true - leotards are named after a person! The leotard (or 'maillot' as it was first known) was actually named after a 19th century French acrobat named Jules Léotard, who was renowned for pushing the boundaries of trapeze performance. In his quest to make his act more dramatic, he designed a tight-fitting, one-piece garment intended to show off his physique while giving him unrestricted movement, and so the original style of leotard was born. Although not the inventor of the uniform - Léotard's maillot design became known as a 'leotard' many years later in 1870.

**“Remember to have FUN. When I am smiling and having fun...I perform my best” – Simone Biles**

# DESIGN YOUR OWN LEOTARD

