

Denmark Gymnastics Club presents

# The Tumbling Times

Volume 5 - Term 1 - 2023

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!

**DENMARK  
GYMNASTICS**



Term 1, 2023

What a great start to the year for our gym club! Term 1 has seen many new memberships (welcome!) plus a lot of previous members re-enrolling in classes (welcome back!). We are loving all the interest in our classes and we are trying our best to accommodate new enquiries. We have had a big term of learning new skills, perfecting techniques and having lots of fun!

## Basic shapes in gymnastics



tuck



straddle



pike



split



straight stand



handstand



lunge



arch



hollow



bridge

## REMINDER

- Last day of classes for Term 1 is Thursday 6<sup>th</sup> April.
- Classes for Term 4 resume Monday 24<sup>th</sup> April 2023.
- **All term 1 fees are to be paid in full before re-enrolment in Term 2 classes.**

## APRIL SCHOOL HOLIDAY GYM PROGRAM

We have an April School Holiday's Gym Program!

(see flyer at end of newsletter)

Email [dengymnastics@gmail.com](mailto:dengymnastics@gmail.com) to book!



**FOLLOW US**



@denmarkgymnasticsclub



@denmarkgymnasticsclub (\*new)



<https://denmarkgymnastics.weebly.com>



[dengymnastics@gmail.com](mailto:dengymnastics@gmail.com)

\*Please be aware - our website is currently down. We hope to have this up and running soon!





## NEWS FROM AROUND THE GYM SHED



**AGM** - We are holding our Annual General Meeting (AGM) on Sunday 23rd April 2023 - 9am at the Gym Shed. If you are interested in joining - we would love to see you there! See poster at end of newsletter for more details.

**BULBS FUNDRAISER** - For our first fundraiser of the year we are selling Bulbs & Gifts through the WA company Tulips with a Difference. For the keen gardeners - the bulbs are a lovely way of sprucing up your garden. There is also a large range of gifts to buy - ornaments, soaps etc. **30% of all sales goes back to the club. All orders need to be in by the 1<sup>st</sup> of May** - orders will be sent as 1 bulk order and you will be notified when your orders have arrived.

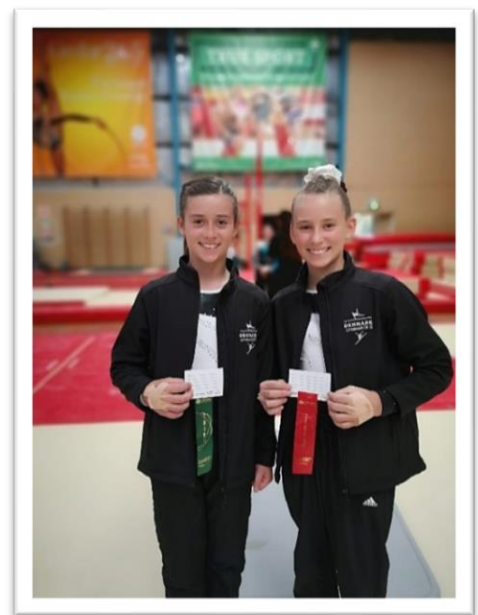


*If you have any family or friends who may be interested in purchasing anything from the catalogue, please spread the word!*



**DENMARK GYMNASTICS - FIRST NATIONAL LEVEL ATHLETES** - We would like to congratulate Denmark Gymnastics first National Level athletes - Esme and Ruby. These two little powerhouse Level 7 gymnasts were invited to compete at a national level this year and attended their first competitions as national gymnasts last month. Competition was tough but the girls did the club proud and proved they have what it takes to be up there with the best gymnasts in WA! At their first competition on March 5th - the girls came away with places on the vault - Esme 2nd place and Ruby 3rd place! If you see them around the club wish them good luck for their 3rd competition of the year at the end of April.

*We are so proud of you for taking on the challenge of National Level gymnastics. What an awesome experience. Thank you to their wonderful coach Michelle - for all your hard work getting these girls comp ready (in only 4 months!) and supporting them in all that they do.*





# GYMNASTICS WA AWARDS NIGHT 2023



Denmark Gymnastics is extremely proud to announce that our very own Head Coach Michelle was awarded the Regional Coach of the year at the Gymnastics WA 2023 Awards Night in February 🏆 We are so lucky to have Michelle at our club and are beyond grateful for all that she does for our club. Her passion for Gymnastics and this club is obvious to all - a well-deserved award for a hardworking and dedicated coach ❤️

We also won the Go for 2 & 5 Gold Plate award for encouraging sport and healthy eating at our club ✨ We are proud to promote such an important message. Thank you to Healthway and Gymnastics WA for their support and recognition.

*What a massive achievement for our wonderful coach and club! Thank you to ALL our dedicated coaches for your commitment to our gym and gymnasts.*

*We couldn't do this without you.*

*We have come so far as a club and look forward to seeing what we achieve in the future!*

## Congratulations Michelle and Denmark Gymnastics!



### DID YOU KNOW?

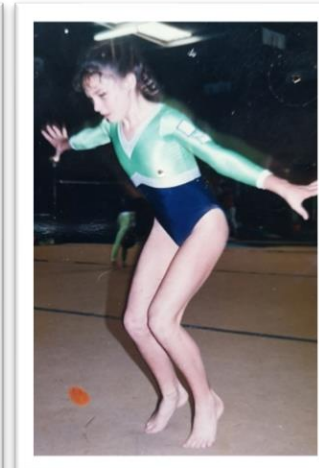
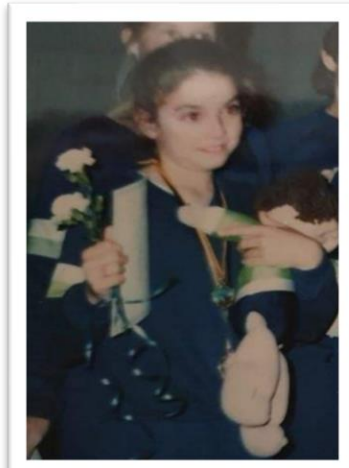
Our club has been nominated for **Champion Club of the Year** for the past 2 years at the annual Gymnastics WA award night!

Nominations for the Champion Club of the year are determined based on the club's successful competition scores for that year.

**Denmark Gymnastics has made the TOP 5 in the best performing gymnastics clubs (out of all affiliated clubs in WA - almost 70!) for the past 2 years in a row.**

This is a wonderful reflection of how far our club has come in the last 3 years since introducing our competitive program.

# AMAZING!



Guess who this little gymnast is?

HINT:

A vibrant and special part of our gym club!

# GO FOR 2 & 5 HEALTHWAY WORKSHOPS & FREE G COMPETITION - APRIL HOLIDAYS

It's all happening at Denmark Gymnastics this April School Holidays!

Our second lot of Healthway sponsored Freestyle/Acro/MAG workshops is happening Friday 14th April and Saturday 15th April. Once again, we have the wonderful coach Michelle Ranieri from Elements Gymnastics in Perth kindly coming down to coach the workshops.

We will also be offering our participants free fruit and vegetable snacks.

We also were successful in securing a grant from the Shire of Denmark and with this money we were able to purchase a much needed club BBQ! We look forward to cooking up some healthy treats at the Free G competition on the Saturday!

If you are interested in your child attending the workshops - please email Jen at [dengymnastics@gmail.com](mailto:dengymnastics@gmail.com).

**SPACES ARE LIMITED!**



## Go for 2&5 Freestyle/Acro Gymnastics Workshops and Comp

Fri 14<sup>th</sup> and Sat 15<sup>th</sup> 2022

At Denmark Gymnastics, 25 Industrial Rd (rear)



Friday 14 <sup>th</sup> April	Saturday 15 <sup>th</sup> April
9-10am Acro (Beg, 5-8yrs)	9-10am Men's Artistic Workshop (boys only)
10-11 Free G (Beg, 5-8yrs)	11am -4pm Free G Interclub Comp
11am-12.45 Acro (Int, 8-12 yrs)	(Forms for Free G comp will be handed
1-2.45pm Free G (Int/ Adv, 8-12yrs)	out in classes. Beginner, intermediate, advanced
3-4.45pm Teens Acro/ Free G	and team divisions)



All Ages, Mixed Gender and Levels. With Freestyle/ Acro Specialist from Element Gymnastics Perth  
1hr workshops \$10/ 2hr workshops \$15. PLACES LIMITED! To book email Jen [dengymnastics@gmail.com](mailto:dengymnastics@gmail.com)  
Payment via EFT (we will invoice via email) or pay cash at gym shed.

Proudly supported by Healthway and Shire of Denmark



# HEALTHY EATING CORNER

## BERRY SMOOTHIE WITH HIDDEN GREENS

Recipe from: Sports Dieticians Australia

### Ingredients:

2 large sticks of celery, leaves mostly removed, chopped into 2.5cm pieces

1 cup loosely packed spinach, coarsely chopped

1 cup frozen blueberries 1 punnet strawberries, tops removed

1 cup water

Juice of 1 small lemon

2 teaspoons chia seeds

½ large avocado (or 1 small avocado)

**Method:** Put all ingredients in a blender and blitz until smooth and creamy.

**Nutrition Information:** Makes 4 smoothies.

**Recipe from:** Sports Dieticians Australia



### DID YOU KNOW?

Denmark Gymnastics is a Healthy Eating Venue.

Please provide healthy food options for your child to snack on.

There is a bowl of fruit available at the desk for gymnasts who do not have a snack of their own.



# YUM!



## Building Healthy Snacks

### Don't forget to pack your snacks

As a competitive athlete, it is important to fuel your body not only to perform at your best in sport, but also for overall health and wellbeing.

Having snacks available throughout the day can help you to go about your daily tasks with ease, (like concentrating in class or at work), as well as top up energy stores prior to an intense training session. It can also help you to find the snacks that work for you on competition days!

#### Tasty snack ideas:

- Corn pikelets
- Blueberry and lemon muffins
- Fruit toast
- Fruit
- Mac and cheese muffins
- Milk tetra packs
- Mini Pizza
- Muesli bar (pick those that have a fibre content >3g/serve and no yoghurt or chocolate coating)
- Oats soaked with milk/water and topped with yoghurt/fruit
- Pikelets
- Rice cakes with spread (e.g avocado and seeds)
- Toast with spread (e.g nut paste or ricotta)
- Vegetable sticks and dip (e.g hummus, pesto).
- Yoghurt – top tip: you can freeze this so that it remains cold throughout the day.



#### If buying something from a canteen or kiosk look for:

- Cheese and cracker packs
- Fruit
- Fruit toast
- Plain popcorn
- Toasted sandwiches
- Yoghurt.



Check out the [Fuel to Go & Play®](#) recipe page for more great ideas!

Contact the Fuel to Go & Play® team  
08 9264 4999 | [fuelto.go@education.wa.edu.au](mailto:fuelto.go@education.wa.edu.au)  
@fuelto.goandplay





# WHY GYMNASTICS?



## 10 Benefits of Gymnastics

### 1. It's FUN!

Jumping, rolling, tumbling, swinging, leaping, balancing – at gymnastics, there is so much fun in one lesson!

### 2. Develops Strength

Gymnastics improves all around muscle strength and is fantastic for balance and posture. This is important whether it be balancing on a beam, sitting at a desk in class, or walking upstairs or along the street.

### 3. Develops Flexibility

The flexibility developed at gymnastics assists with injury prevention and is beneficial for all other sports too!

### 4. Develops Co-ordination

Gymnastics equips children with the skills they need to interact with the environment around them. They develop awareness of their body, allowing them to feel successful in physical activities throughout their day to day lives.

### 5. Teaches Listening Skills

Gymnastics helps children learn to follow instructions; to watch, listen and think independently.

### 6. Increases Self-esteem & Confidence

Through problem solving, working at a task and progressing new skills, gymnastics builds confidence – preparing children to take on any new challenges in life!

### 7. Provides Social Interaction with Peers

At gymnastics, children actively engage with other children and coaches. In the gym they are learning and practising, taking turns, working in a team and encouraging others.

### 8. Encourages Goal Setting

From a young age, gymnasts learn to set goals. The goal may be to climb to the top of the rope by the end of the lesson; to cartwheel by Christmas; or to make an Olympic team!

### 9. Develops cognitive abilities which help in the classroom

Brain development depends on solid movement foundations and using the body and the mind is great for developing cognitive skills. Gymnastics provides a brain boost, body boost and me boost!

### 10. Enhances Other Sports and Great for General Fitness

Gymnastics encourages a healthy lifestyle and children learn to love being active! The body control and awareness learnt at gymnastics, is beneficial for other sports, activities and everyday life!

# Annual General Meeting

Sunday 23rd April 2023

9am @ The Gym Shed



All committee positions will be declared vacant and up for nomination.

Nominations for committee positions are to be emailed to:  
Jen at [dengymnastics@gmail.com](mailto:dengymnastics@gmail.com)  
(at least 14 days before the AGM)

Written notice must include a signature by an active committee member in support of the nomination.

*Come and join the Denmark Gymnastics committee!*

## Fundraising with Garden Bulbs and Gifts



- 🌸 All your favourite bulbs varieties
- 🌸 Toys & Novelties
- 🌸 Cards
- 🌸 Fragrant essential oil soaps

Last day for orders -  
1st May 2023

Thank you for supporting  
Denmark Gymnastics  
fundraiser!

**TO ORDER**

- email Jen at  
[dengymnastics@gmail.com](mailto:dengymnastics@gmail.com)  
or grab a catalogue from  
the Gym Shed and return  
your order form.



DENMARK  
GYMNASTICS

# Denmark Gymnastics

April 2023

## HOLIDAY GYM PROGRAM

Tuesday 11th April -

Toddler/Kindy  
Beginner/Level 1 & 2  
Level 3/4  
Level 5/6/7

9 - 9.45am  
10 - 11.00am  
11.30 - 1.30pm  
1.30 - 4.30pm

Wednesday 12th April -

Boys  
Level 3/4  
Level 5/6/7

10 - 11.00am  
11.30 - 1.30pm  
1.30 - 4.30pm

Thursday 13th April -

Toddler/Kindy  
Beginner/Level 1 & 2  
Level 3/4  
Level 5/6/7

9 - 9.45am  
10 - 11.00am  
11.30 - 1.30pm  
1.30 - 4.30pm

Monday 17th April -

Toddler/Kindy  
Beginner/Level 1 & 2  
Level 3/4  
Level 5/6/7

9 - 9.45am  
10 - 11.00am  
11.30 - 1.30pm  
1.30 - 4.30pm

Wednesday 19th April -

Boys  
Level 3/4  
Level 5/6/7

10 - 11.00am  
11.30 - 1.30pm  
1.30 - 4.30pm

Friday 21st April -

Toddler/Kindy  
Beginner/Level 1 & 2  
Level 3/4  
Level 5/6/7

9 - 9.45am  
10 - 11.00am  
11.30 - 1.30pm  
1.30 - 4.30pm

### **COST:**

*Toddler/Kindy: 45mins - \$12*  
*Beginner/Level 1 & 2: 1hr - \$15*

*Boys: 1hr - \$15*

*Level 3/4: 2 hours - \$25*

*Level 5/6/7: 3 hours - \$35*

\*Gym 4 Fun and Homeschool gymnastics - please email Jen for class options.

Email Jen: [dengymnastics@gmail.com](mailto:dengymnastics@gmail.com)  
to book a place in our holiday program!