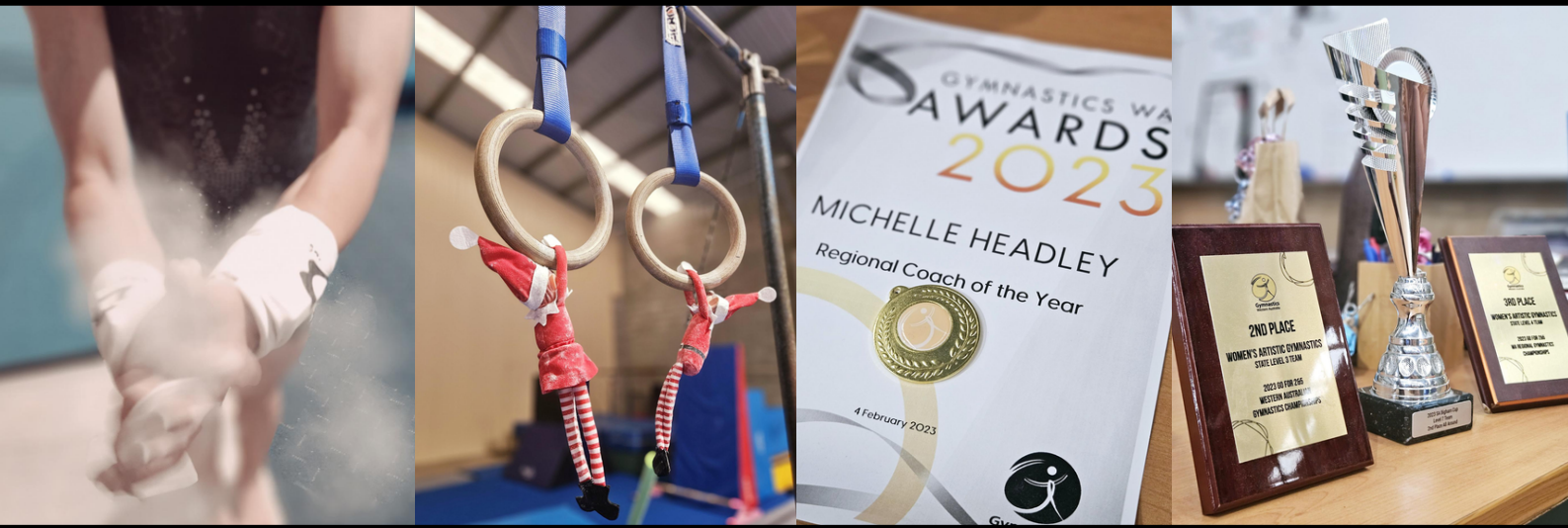


DENMARK GYMNASTICS | DENGYMNASTICS@GMAIL.COM



Welcome!

To the 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

First day of classes for 2024 is Monday 29th January.

Re-enrolment emails will be sent out in the New Year. Please keep an eye out for these!

Denmark Gymnastics is proudly affiliated with:



Did you know?

While gymnastics has existed for more than 2,000 years, it has only been considered a competitive sport for a little more than 100 years.



VISIT OUR WEBSITE: WWW.DENMARKGYMNASTICS.COM

NEWS FROM THE GYM SHED

2023 STATE CHAMPIONSHIPS

The Go for 2 & 5 Junior State Championships were held on the 14th and 15th of October and what a wonderful end to the competition season the event was!

All of the girls performed beautifully out on the competition floor and Denmark Gymnastics could not be prouder of your achievements.

RESULTS -

LEVEL 3 - INDIVIDUAL MEDALS

SOFIA, MARA, CLOVER & ALIAH - SILVER 🏆🏆🏆
PAIGE & STORIE - BRONZE 🏆🏆
TEAM PLACING - 2ND AA 🏆

LEVEL 4

SENIOR A DIVISION

RADHA - BRONZE ON BARS 🏆 AND 4TH ON BEAM
LOLA - 5TH ON FLOOR AND 6TH ON BARS
EVA - 7TH FLOOR

SENIOR B DIVISION

LAURA - 4TH BARS AND 6TH ON VAULT
SOPHIE - 7TH FLOOR

LEVEL 5

SENIOR A DIVISION

KYAH - SILVER ON VAULT 🏆

LEVEL 5 - SENIOR B DIVISION

EMELYN - BRONZE ON BEAM, 4TH ON BARS AND
VAULT - BRONZE AA 🏆🏆
SIENNA - SILVER ON BARS 🏆 AND 4TH ON VAULT

LEVEL 6

SENIOR A DIVISION

FREJA - GOLD ON BEAM AND 5TH ON FLOOR -
BRONZE ALL AROUND 🏆🏆

SENIOR C DIVISION

GINGER - SILVER ON BARS, SILVER ON FLOOR 🏆🏆

LEVEL 7

SENIOR D DIVISION

AMELIA - BRONZE ON FLOOR 🏆





Farewell Nekesha and Amelia

Denmark Gymnastics would like to say thank you and farewell to our wonderful Club President/Intermediate Coach Nekesha and her superstar Level 7 daughter Amelia.

Nekesha and Amelia have been at the club since 2021 with Nekesha stepping in to a coaching role soon after joining.

Also a full time teacher at Cranbrook Primary School, Nekesha's contribution to coaching (often stepping in to coach other classes when needed!) has been invaluable and we are beyond grateful for all you have done for the club and committee.

We wish Amelia all the best in her big move to Perth for Highschool next year. We will see you both, no doubt, at future gymnastics competitions in Perth!



Congratulations Stella!

Our wonderful coach Stella has been working hard behind the scenes and has completed her Intermediate Coaching qualifications. In addition to this extra study, Stella has just completed her Year 12 ATAR exams!

We just love having you as a part of the Denmark Gymnastics coaching team, Stella and we look forward to having you in the gym more in 2024!



Stella's first coaching gig!
Helping baby sister Ginger on the beam.



Thank you Inge!

What a treat it has been having the wonderful Inge in to teach dance/body movement techniques with our older Squad girls.

Inge has an extensive background in Dance and Choreography. Her credentials include (among many!) a Bachelor of Dance & Dance Education as well as a Master of Education.

Inge has studied and taught dance all around the world! Dance/artistry is such an important part of gymnastics, in particular the competitive routines and so Inge's expertise has been such a wonderful addition to our Squad Program - thank you!



Thank you!

Beginner coach Kirsti will be taking a break from coaching next year.

We thank you Kirsti, for your dedication to coaching and our club the last few years and hope that you enjoy a well earned break!

Thank you to all our hard working coaches for volunteering your time and nurturing a love for gymnastics in your classes.

DENMARK GYMNASTICS NOTICEBOARD

DON'T FORGET

TERM 1, 2024 - ENROLMENTS

We will be sending out re-enrolment emails early in the New Year via email. Please keep an eye out for these!



IMPORTANT!

All outstanding fees are to be paid prior to re-enrolment acceptance in our 2024 Gym Program.

Please get in touch if you have any questions relating to your account.

JANUARY HOLIDAY GYM!

We will be finalising Holiday Gym classes early in the New Year.

Please keep an eye on our socials and your emails for our January 2024 Holiday Gym program.

CHRISTMAS HOLIDAY CLOSURE

Denmark Gymnastics will be shut from
Friday 22nd December - Monday
8th January.

All emails/enquiries will be answered after the Christmas/New Year break.



SPONSORSHIP OPPORTUNITIES

Interested in being a part of our growing Gymnastics club?

We now have sponsorship opportunities available.

For more information or to view our sponsorship packages please visit our website:

www.denmarkgymnastics.com

All our sponsorship packages can be tailored to the individuals and businesses needs.

Get in touch if you have any questions -
we would love to hear from you!



To view our 2023 Sponsorship Packages visit our website!

www.denmarkgymnastics.com

HEALTHY EATING CORNER

Yummy Fruity Icy Poles

INGREDIENTS

FOR YOGHURT ICY POLES

2 CUPS GREEK YOGHURT

$\frac{1}{3}$ CUP MAPLE SYRUP CASTER SUGAR CAN ALSO BE USED

 $\frac{1}{2}$ TSP VANILLA EXTRACT OR PASTE

5 PASSION FRUITS

1 CUP MIXED BERRIES FRESH OR FROZEN - CHOOSE YOUR FAVOURITE!

FOR THE FRUIT ICY POLES

4 CUPS CHOPPED WATERMELON

1 $\frac{1}{2}$ CUPS MIXED BERRIES FRESH OR FROZEN. CHOOSE YOUR FAVOURITE!

2 CUPS CRUSHED PINEAPPLE



METHOD

For the yoghurt icy poles

- Prepare some icy pole/popsicle molds by setting them on the bench. Make sure that you have room in your freezer before you start!
- Mix the yoghurt, sugar (or maple syrup) and vanilla together until the sugar has dissolved. Halve the mixture and add it to two separate bowls.
- Add the passion fruit pulp to one bowl containing yoghurt mixture and stir to combine.
- For the other half, puree the berries in a food processor. Add the berry mix into the other yoghurt bowl. Stir, but don't mix completely to create a swirl effect.
- Pour the separate bowls into different icy pole moulds and place into the freezer overnight, or until frozen.

For the fruit icy poles

- Prepare some icy pole/popsicle moulds by setting them on the bench. Make sure that you have room in your freezer before you start!
- Use a blender to blend all ingredients together until smooth. Pour into icy pole moulds and place into the freezer overnight, or until frozen.

Keep them in the freezer for up to 3 months. They are perfect for kids parties and entertaining, as well as a refreshing treat on a hot day.

Nutrition

Calories: 73kcal | Carbohydrates: 18g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 2mg | Potassium: 174mg | Fiber: 2g | Sugar: 16g | Vitamin A: 475IU | Vitamin C: 12mg | Calcium: 17mg | Iron: 1mg

Wishing all of our wonderful members and
supporters a very



Merry Christmas

and a

safe and prosperous

New Year

thank you all for your continuing support and for
another great year at the club.

We look forward to seeing you all in 2024!



Denmark
Gymnastics

