

Denmark Gymnastics Club presents

The Tumbling Times

Volume 4 - Term 3 - 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!



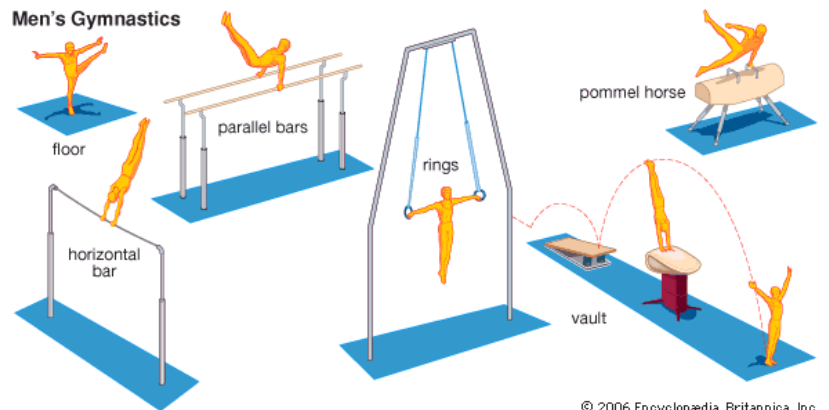
Term 3, 2022

Term 3 has been as action packed Term. By far our busiest this year - with lots happening in the gym including the wall relocation and preparation for our first ever gymnastics comp - Great Southern Region Championships! We have also introduced 2 more classes and our numbers continue to grow. With recent fundraising we have bought new equipment in the form of floor carpet, mats and you would have seen our new Table Vault and Bars. We are always trying to improve our little club and will continue to strive to create a fun and safe environment for all our members.

REMINDER

Classes for Term 4 resume
Monday 10th October

All term 4 fees are due prior to
the start of Term 4




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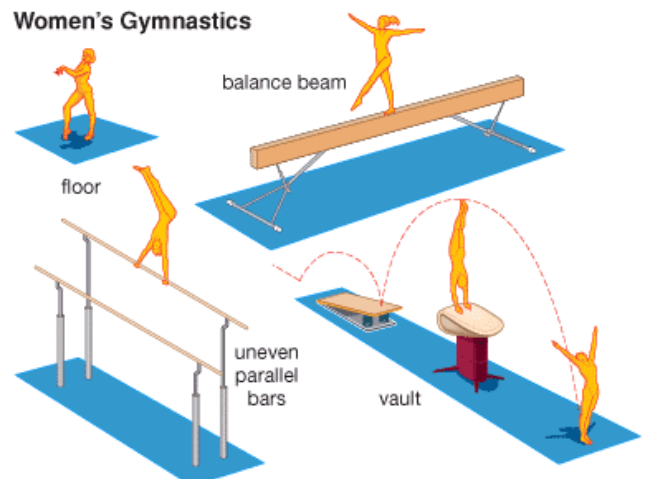
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NEWS FROM AROUND THE GYM SHED

WALL RELOCATION:

We are always looking for ways to expand our shed to create more room for our gymnasts (and more equipment!). At the end of July, we had the dividing wall between our gym and the front business pushed back 6m which has created a whole new space. This has enabled us to make a bigger area for our Boys gymnastics class. We are absolutely loving the bigger space and with the addition of some newly purchased floor matting we love the way it is looking. Big thank you to the classes we had to cancel to get this done - we appreciate your patience and understanding!



ADDITION OF HOMESCHOOL CLASSES:

Term 3 we gained enough interest from the Homeschool community to enable us to start 2 Homeschool classes. These classes run on a Monday 1 - 2pm (for 5 - 7 year olds) and 2 - 3pm (for 8+ year olds). Welcome to our Homeschool kids and parents. We are loving having you in our gym! If anyone is interested in signing up for this class please get in touch via our email: dengymnastics@gmail.com.

WELCOME!

**Have you seen our new
Denmark Gymnastics
sign on the front of the shed?
Big THANK YOU to
DENMARK SIGNWORKS for
making this for us.**



www.denmarksignworks.com.au

GREAT SOUTHERN GYM SPORTS

MAG 4X4 AND FREE G COMPETITION

SEPTEMBER 17TH 2022 - KATANNING



To our awesome trio of boys, River, William and Felix who competed in the MAG 4x4 & Free G competition on the weekend in Katanning. You boys did amazingly in your first ever comp and represented Denmark with pride ❤️

Two sisters of the boys, Kyah & Mara, just there to spectate, got roped in to have a go at the Free G section and just happened to jag a couple of medals also! How great is that?!

Massive thank you also to their coach Kym. You have put in so much hard work to learn the ropes of coaching the boy's discipline and we can't thank you enough for all that you've done. We appreciate you so much ❤️

RESULTS -

MAG 4x4

L3 - River 🥇 Will 🥈

L2 - Felix 🥉

FREE G

Freestyle Advanced

Kyah 🥇

Freestyle

U/12 - River 🥇 Mara 🥈

U/8 - Felix 🥇

Speed Run

U/12 - River 🥇

U/8 - Felix 🥇

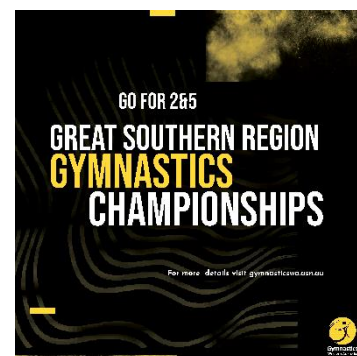


GREAT SOUTHERN REGION CHAMPIONSHIPS

13TH AND 14TH AUGUST 2022 - DENMARK

What a fabulous weekend we had at the Denmark gym shed hosting the first ever Go for 2 & 5 Great Southern Region Gymnastics Championships. We had approximately 100 athletes make the journey to compete across levels 3 - 7 from Bunbury, Esperance & Narrogin, as well as 4 fabulous GWA judges & 2 GWA event staff from Perth. The 2 day competition was a complete success with fun had by all. There are so many people to thank from the visiting clubs & officials to all our amazing parents & committee members volunteering many hours to help out. A HUGE effort and it wouldn't have been the success it was without all of you so thank you! ❤️

See Competition section for results.



SPECIAL THANKS

- To all our amazing volunteers who helped out at our fundraising/cake/sausage sizzle stalls over the weekend.
- To all who attended our Busy Bee - cleaning, moving equipment and organising the gym shed in preparation for the event.
- Our amazing Committee who organised the running of the event and Gym WA for making it possible.

READ ON FOR A LIST OF BUSINESSES/ASSOCIATIONS WHO HAVE HELPED US OUT IN PREPARATION FOR THE GS CHAMPIONSHIP EVENT.

BIGHAM CUP AND NT CHAMPIONSHIPS

2nd - 4th SEPTEMBER 2022 - DARWIN

We were fortunate to have 4 of our Denmark Gymnastics athletes qualify to represent Country WA at the NT Gymnastics Championships and Bigham Cup in Darwin. Esme, Freja, Ginger and Ruby along with our Head Coach Michelle (who took on the role of Team Manager as well as Team Coach), did Denmark Gymnastics and Western Australia extremely proud. All the girls performed so well and many happy memories and friendships were made.

Representing your state is such an honour and we are grateful to Gym WA for providing these talented country kids (and coach!) with this opportunity.

Results brief from Coach Michelle...

Level 5: The WA level 5 team finished off the weekend with 1st place as a team! 🏆🇺🇸
Denmark's L5 Ginger also got a PB at this comp scoring a 9.05 on bars & picking up 5th place, along with a 4th placing on beam. Great job Ginger! 🌟❤️

Level 6: What a fab team of Level 6s we've had for WA up in Darwin, with 3 of Denmark's very own gymnasts making up half the team! They competed brilliantly as a team for WA against the ACT, TAS, SA & the NT coming 2nd on Beam & 3rd on Floor.

Ruby also performed amazingly in the individual competition against some very tough interstate competition, placing 5th on Vault, 5th on Bars, 4th on Beam & 4th All Around!

How proud we are of all our Denmark girls competing in the big leagues.

To top it off, they met Anne Bigham herself, gymnastics legend & who the Bigham Cup they competed in, was named after 🌟🌟❤️



Ginger and her winning Level 5 Team!



Freja, Ginger, Michelle, Esme and Ruby



Freja, Esme and Ruby with their amazing Level 6 Team.



Esme, Ruby and Freja with former SA gymnast Anne Bigham - who the Bigham Cup is named after!

THANK YOU to the following businesses that helped us out at the Great Southern Region Championships in August.

Denmark Liquid Salvage
DWER Licence #T00154
 Septic Systems • Grease Traps • Winery Wastes
Brenden Warburton (New Owner)
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 Prompt • Professional • Reliable • Anywhere • Anytime
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 www.denmarkliquidsalvage.com.au
 PO Box 908 Denmark Western Australia 6333



THANK YOU also to the following people/businesses for your generous sponsorship of our WA Country gymnasts.



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SUPPORT LOCAL BUSINESS

Competition 3 - 2022

WAG series #2 - 23rd and 24th July 2022:

In the second Gymnastics WA - WAG series competition in Perth our Level 5 & 6 girls had a chance to show off their skills.

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

Level 5 - Senior Division

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

Level 6 - Junior Division

- Ruby Welsh - 1st Vault, 1st Bars, 1st Beam, 1st Floor - 1st AA
- Amelia Fish - 7th Vault, 4th Bars, 5th Beam, 3rd Floor - 5th AA

Level 6 - Senior Division

- Indi Coates-Ahomiro - 1st Vault, 1st Bars, 9th Beam, 4th Floor - 1st AA
- Freja Ezquerro - 4th Vault, 4th Bars, 1st Beam, 8th Floor - 2nd AA



Competition 4 - 2022

WAG series #3 - 6th and 7th August 2022:

A competition for our Level 3 - 6 girls. Many PB's gained and award's given out!

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

Level 3 - Lucy Gara - Lucy had some great results and achieved 2 blue ribbons (Gold) and 1 red ribbon (Silver).

Level 4 - Junior Division

- Kendall Rogers - 2nd Bars, 1st Beam, 3rd Floor - 1st AA
- Ruby Ballantyne - 4th Bars, 1st Beam
- Keira Manganaro - 7th Bars, 8th Beam
- April Tonkin - 12th Bars
- Sophie Bruce - 23rd Bars, 23rd Floor



Level 4 - Senior Division

- Mikia Hamilton - 3rd Vault, 9th Bars, 8th Floor - 6th AA
- Amelie Reid - 1st Vault, 6th Beam
- Ruby Hughes - 9th Vault, 3rd Bars
- Eva Farey - 3rd Beam, 8th Floor
- Danika Hutcheson - 6th Vault, 8th Beam
- Nais Chambost - 6th Vault, 5th Beam

Level 5 - Senior Division

- Kyah Turnor - 4th Vault, 2nd Bars, 1st Floor - 2nd AA
- Ginger Gleeson - 9th Vault, 3rd Beam, 8th Floor - 5th AA
- Madison Tonkin - 1st Bars
- Lani Manganaro - 4th Beam
- Sienna Hotker - 14th Beam
- Chloe Ross - 9th Bars



Level 6 - Junior Division

- Ruby Welsh - 2nd Vault, 1st Bars, 1st Beam, 1st Floor - 1st AA
- Amelia Fish - 7th Vault, 4th Bars, 2nd Beam, 2nd Floor - 5th AA

Level 6 - Senior Division

- Indi Coates Ahomiro - 4th Vault, 2nd Bars, 3rd Beam, 1 Floor - 1st AA



Competition 5 - 2022

Great Southern Region Championships - Denmark - 13th and 14th August 2022:

Level 3 - Ribbon placings - Blue (Gold), Red (Silver), Green (Bronze), Yellow (4th), White (5th)

- Leila Sims - Vault - Red, Bars - Blue, Beam - Red, Floor - Blue
- Leah Hughes - Vault - Blue, Bars - Blue, Beam - Green, Floor - Blue
- Mara Rowden - Vault - Green, Bars - Blue, Beam - Green, Floor - Blue
- Lucy Gara - Vault - Blue, Bars - Green, Beam - Green, Floor - Red
- Zahra Byron - Vault - Red, Bars - Green, Beam - Yellow, Floor - Red
- Kayla Hughes - Vault - Red, Bars - Green, Beam - White, Floor - Green



Level 4 - (A)

- Kendall Rogers - 2nd Vault, 1st Bars, 1st Beam, 1st Floor - 1st AA
- Laura Zovi - 7th Vault, 5th Bars, 2nd Beam, 2nd Floor - 4th AA
- Keira Manganaro - 6th Vault, 6th Bars, 3rd Beam, 5th Floor - 5th AA
- Sophie Bruce - 8th Vault, 7th Bars, 6th Beam, 6th Floor
- April Tonkin - 5th Vault, 10th Bars, 8th Beam, 8th Floor

Level 4 - (B)

- Emelyn Smith - 5th Vault, 3rd Bars, 1st Beam, 1st Floor - 1st AA
- Radha Hamilton - 8th Vault, 1st Bars, 2nd Beam, 6th Floor - 2nd AA
- Mikia Hamilton - 1st Vault, 4th Bars, 4th Beam, 8th Floor - 3rd AA
- Amelie Reid - 4th Vault, 6th Bars, 8th Beam, 2nd Floor - 5th AA
- Ishtar Hamilton - 5th Vault, 2nd Bars, 6th Beam - 6th AA
- Nais Chambost - 2nd Vault, 8th Bars, 5th Beam, 5th Floor
- Danika Hutcheson - 7th Vault, 7th Bars, 3rd Beam, 5th Floor
- Ruby Hughes - 9th Vault, 5th Bars, 9th Floor

Level 5

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

Level 6

- Ruby Welsh - 1st Vault, 1st Bar, 1st Beam, 1st Floor - 1st AA
- Indi Coates Ahomiro - 4th Vault, 3rd Bar, 4th Beam, 4th Floor - 4th AA
- Amelia Fish - 7th Vault, 5th Bars, 9th Beam, 2nd Floor - 6th AA



Competition 6 - 2022

WAG series #4 - August 20th and 21st 2022:

State Level 3 & 4 athletes

Level 3 - Ribbon placings - Blue (Gold), Red (Silver), Green (Bronze), Yellow (4th), White (5th)

- Lucy Gara - Vault - Red, Bars - Green, Beam - Red, Floor - Red
- Sofia Prieto - Vault - White, Bars - Green, Beam - Red, Floor - Red

Level 4 - Junior Division

- Kendall Rogers - 1st Vault, 1st Bars, 8th Beam, 2nd Floor - 1st AA
- Mia Crock - 6th Vault, 9th Bars, 1st Beam, 8th Floor
- Ruby Ballantyne - 6th Vault, 8th Bars
- April Tonkin - 6th Vault
- Sophie Bruce - 11th Vault, 11th Bars



Level 4 - Senior Division

- Ruby Hughes - 2nd Vault, 3rd Bars, 8th Beam, 5th Floor - 2nd AA
- Keira Manganaro - 10th Vault, 4th Bars, 4th Beam, 3rd Floor - 4th AA
- Danika Hutcheson - 2nd Vault, 10th Bars, 10th Beam, 10th Floor



Competition 7 - 2022

WAG series #5 - September 3rd and 4th 2022:

State level 5 & 6 athletes

Level 5 - Senior Division

- Kyah Turnor - 7th Vault, 4th Bars, 2nd Beam, 3rd Floor - 1st AA
- Chloe Ross - 5th Vault, 1st Bars, 3rd Beam, 10th Floor - 4th AA
- Madison Tonkin - 3rd Vault, 10th Bars, 3rd Beam - 6th AA
- Lani Manganaro - 10th Beam
- Sienna Hotker - 11th Beam

Level 6 - Junior Division

- Amelia Fish - 9th Vault, 2nd Bars, 3rd Beam, 2nd Floor - 4th AA

Level 6 - Senior Division

- Indi Coates Ahomiro - 3rd Vault, 1st Bars, 5th Floor - 2nd AA



Go for 2&5 Western Australian Junior Gymnastics Championships

September 24th and 25th 2022

Our competitive girls work so hard on their routines all year - in training and at competitions, with many PB's gained. Not only PB's but confidence too. Regardless of scores it is always so lovely to see a gymnast's progression throughout the competition season.

State Champs is the final comp of the season and time for our girls to shine. This year Denmark athletes certainly shone at State Champs - we are proud of every individual PB, medal and attempt made by the girls. As a club we are so proud of their efforts and they should all be so proud of themselves for how far they have come.

*Divisions are split into separate groups due to large numbers

Level 3 - Ribbon placings - Blue (Gold), Red (Silver), Green (Bronze), Yellow (4th), White (5th)

- Lucy Gara - Vault - Red, Bars - Red, Beam - Red, Floor - Blue - GOLD overall
- Kayla Hughes - Vault - Red, Bars, Red, Beam - Red, Floor - Red - SILVER overall
- Leah Hughes - Vault - Red, Bars - Red, Beam - Yellow, Floor - Red - SILVER overall

Level 4 - Junior Division (A)

- Laura Zovi - 5th Vault, 6th Beam, 4th Floor - 5th AA out of group
- Kit MacDonald - 7th Vault, 9th Beam
- Sophie Bruce - 14th Vault, 14th Floor

Level 4 - Junior Division (D)

- Kendall Rogers - 2nd Vault, 2nd Bars, 1st Beam, 2nd Floor - 1st AA out of group
- Mia Crock - 9th Vault, 8th Bars, 7th Beam, 5th Floor

Level 4 - Senior Division (A)

- Ruby Hughes - 4th Vault, 3rd Bars
- Mikia Hamilton - 4th Vault, 9th Floor
- Eva Farey - 9th Floor
- Danika Hutcheson - 12th Vault
- Nais Chambost - 9th Beam



Level 4 - Senior Division (B)

- Emelyn Smith - 4th Vault, 10th Bars, 1st Beam, 1st Floor - 3rd AA out of group

Level 5 - Senior Division (A)

- Chloe Ross - 2nd Bars, 1st Floor - 3rd AA out of group
- Lani Manganaro - 9th Vault, 5th Bars, 6th Beam, 5th Floor - 6th AA out of group

Level 5 - Senior Division (B)

- Kyah Turnor - 2nd Vault, 1st bars, 3rd Floor - 1st AA out of group

Level 5 - Senior Division (C)

- Sienna Hotker - 4th Vault, 4th Bars, 3rd Beam, 9th Floor - 4th AA out of group

Level 5 - Senior Division (D)

- Ginger Gleeson - 3rd Vault, 4th Bars, 1st Beam, 2nd Floor - 2nd AA out of group

Level 5 Team - 3rd

Level 6 - Junior Division

- Ruby Welsh - 3rd Vault, 1st Bars, 7th Beam, 3rd Floor - 1st AA
- Esme MacDonald - 1st Vault, 4th Bars, 5th Beam, 2nd Floor - 2nd AA
- Amelia Fish - 10th Bars, 10th Floor



Level 6 - Senior Division (A)

- Freja Ezquerro - 5th Bars, 5th Beam

Level 6 - Senior Division (B)

- Indi Coates Ahomiro - 9th Vault, 3rd Bars, 9th Beam, 4th Floor - 4th AA out of group

Level 6 Team - 1st

Level 6 State Champion (across Junior and Senior Division) - Ruby Welsh



Spotlight on a Gymnast



Australian Gymnast - Tyson Bull

Tyson Bull is an Australian Men's Artistic Gymnastics (MAG) athlete. He is 29 years old. Born in Melbourne, Victoria, he currently studies and trains Senior Elite gymnastics at the University of Illinois, U.S.A. He has competed in many World Artistic Gymnastics Championship events as well as the 2020 Tokyo Olympic Games where he came 5th on the Horizontal Bars in the final. He competed previously at the 2011 Commonwealth Youth Games where he won a silver on the Rings. At the 2022 Commonwealth Games, Tyson won a silver medal on the Horizontal Bar. His best apparatus is the High Bar. Bull is one of the only gymnasts in the world who is capable of executing a Cassina - Kolman in connection on the High Bar.

