



## Mid-term Update, Term 4 2024

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Kia Ora ESGC members,

We hope you are all enjoying Term 4. It's a busy term at the club, with end of year displays and prizegivings, and the Rainbow Gymfest coming up on December 8<sup>th</sup>.

We're excited to share some important news, including the latest progress on our new facility development and the results from the member survey many of you completed. We hope you've noticed some of the improvements around the club already! We're looking forward to the continued growth and progress in Term 1.

In the meantime, wishing you all a fantastic rest of Term 4 and wonderful Christmas with your loved ones.

Cheers,

The ESGC Board

Catrin, Rachael, Marcellino, Aaron, Kimberley, Gary, Wei-Jin, James, and Nat.

## Competitive Display and Prizegiving this Sunday 24th November

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This Sunday at 3pm we're holding our end of year Display and Prizegiving for our Levels and STEPs competitive programmes.

These girls and boys have worked hard all year, and now they're putting their impressive skills into a fun filled display. All ESGC families are warmly invited to come along and watch and be inspired!

Admission is free, and there will be a chance to socialise and have some family play in the gym afterwards. The Whānau of ESGC will have cafe and sausage sizzle running to raise funds towards a water cooler for inside the gym.



# Rainbow Gymfest - Sunday 8th December

If you haven't yet responded to your child's invite for the Rainbow Gymfest, now is the time! Children only need to attend for their own level's timeslot, not for the whole day.

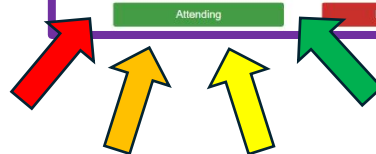
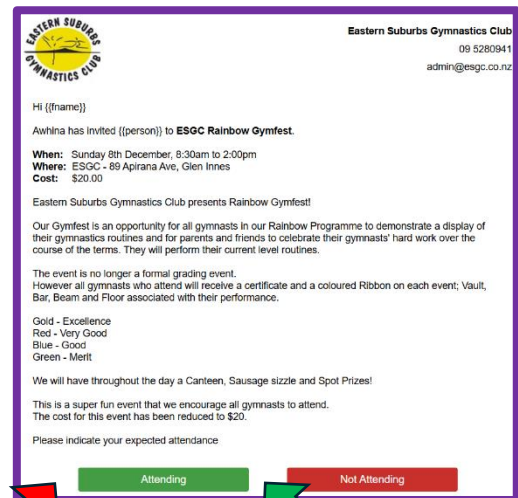
Our Rainbow Gymfest is a showcase of the gymnasts' skills for parents and friends to celebrate their gymnasts hard work over the course of the term. They will perform their current level routines. Unlike previous Rainbow "tests", this will no longer be a formal grading event. However all gymnasts who attend will receive a certificate and coloured ribbons associated with their performance. Ribbons will be  
Gold – Excellence  
Red - Very Good  
Blue - Good  
Green - Merit.

Level	Start	Finish
Red	8:30	10:00
Orange	10:15	11:30
Yellow, Green	11:45	1:30pm
Rainbow 8+		
Blue +	11:45	1:30pm

There will be spot prizes on the day. We'll be running a cafe and sausage sizzle, and the Whānau of ESGC leotard shop.

This is a super fun event that we encourage all our Rainbow gymnasts to attend. Given we will no longer be grading, coloured t-shirt's will not be included in registration. The cost for the new format event has been reduced to \$20.

Please either respond to the invite link sent to your email on 13/11/2024, or email/ call the office to let us know if your child is coming. If your child can't make their own timeslot, let us know and we may be able to arrange for them to come at a different time.



All routines will be available to view on our ESGC youtube channel from early next week, to help remind your gymnasts of all their skills. [ESGC - YouTube](#)



## Open Play

Our first ever Whānau of ESGC Open Play session on Sunday 10th November was a huge success! Thanks to everyone who came along.

We had almost 70 children and their families come along to enjoy the gymnastics apparatus together. Many of our members brought friends or cousins for their first ever visit to the gym.



Everyone had a great time – young, old, and Board members alike!

Donations raised \$345, which will go towards our Dance Studio renovation. We'll be holding more Open Play sessions over the holidays - stay tuned for dates.



## Parkour End of Year Display & Prizегiving

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The Parkour End of Year display is always enormous fun, with time trials, freestyle runs, and then a chance for parents to try their skills!

### Advanced

1st (gold)	Hudson
2nd (silver)	Ollie
3rd	Dash
Most Creative Freestyler	Victor
Most Resilient	Felix
Most Improved	Cooper

### Beginner

1st (gold)	Leo
2nd (silver)	Alfie
3rd	Ella
Most Resilient	Jack & Patrick
Most Improved	Nico

Special mention to the Mums, Dads, and one exceptional Grandmother, who all joined in the family challenge!



## Circus End of Year Display & Prizегiving

Thanks to all the families and children who came to the Circus End of Year Display. It was a great chance for our aerialists to perform and to celebrate all they've learned this year. A list of prize winners will follow in the next newsletter.

It has been great fun having Kathy Hollo back visiting for the End of Year Displays. Although Kathy is now happily settled in her new home in Dunedin (and has already started up a Circus programme down there), she is continuing to support ESGC in a visiting Consultant role.





## Circus Awards 2024

### **Monday Grade 0/1**

Most improved - Harper Nguyen  
Most artistic - Molly Stewart  
Most artistic - Anna Peterson

### **Monday Grade 2/3**

Most improved - Angela Kalinic  
Most resilient - Ella Pearson  
Most artistic - Sena Eser

### **Wednesday Grade 0/1**

Most improved - Ruby Jones  
Most resilient - Nia King  
Most artistic - Maci Rooke

### **Wednesday Grade 2/3**

Most improved - Annabel Taylor  
Most resilient - Georgia Pene  
Most artistic - Emily Symons

### **Friday Grade 1/2**

Most improved - Gabby and Cara  
Most resilient - Maya Verbeek  
Most artistic - Mikaela Ng

### **Friday Grade 2/3**

Most improved - Johanna Zimmermann  
Most resilient - Eloise Pinker  
Most artistic - Matilda (Tilly) Burdekin

**Bertie award** - Friday Grade 2/3

## From the Board: New Building Update

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We've made progress on our new building plans, and we want to keep you in the loop. Here's a quick update on where things stand:

### What's Happened So Far

In the last six months, the project design team have spent time adjusting the positioning of the new facility to minimise shadowing and other effects of the Liston Park neighbours. We met with the Council to discuss our plans, and they were generally happy with both the scale and layout of the building. They provided constructive suggestions on materiality and visual impact, which we have subsequently incorporated.

### What's Changed

Based on the feedback, we've made some changes to the design:

- We've articulated the external steel cladding to provide a variance in colour and break up the blank façade.
- On the southern side we've relocated the service ducts lower on the wall to make them less noticeable.
- The public toilets have been moved to a more visible spot near the entrance, so they're easier to find.
- We've made small changes to our internal layouts to make the space more efficient.

To view the building design check out the noticeboard next time you're at the gym.

### Next Steps

- With the changes noted above, we'll carry out a cost-check of our current design in order to keep within our previously-indicated budget.



- We've begun providing quarterly update reports to Auckland Council as part of our Development Funding Agreement, and the new board is keen to meet with our Council representative to establish new relationships.
- The Board has endorsed the proposal to progress with the submission of our Resource Consent application. All going well, we are anticipating this application will take about six months to process.
- The next major focus area is funding. We are developing a strategy for how we'll source the remaining funds for the project, and obtaining these funds will be our primary focus in 2025.

We're excited about the progress we've made and will keep you updated as we move forward. If you have any questions, or wish to contribute, don't hesitate to reach out!

## From the Board: ESGC Member Survey Results – thanks for your feedback!

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Thank you so much to the 73 members that took the time to complete our member survey last term! It's clear that we all care deeply about the future of our club, and your feedback will be invaluable in helping us shape that future.

Starting with some key highlights, on a scale of 1 (highly unsatisfied) to 5 (highly satisfied) we're pleased to share that 69 of the 73 respondents rated the **value for money** of our programmes and classes as 3 or above. When it comes to **coaching**, 68 respondents rated the quality at 3 or above, with 15 awarding a perfect 5. In terms of the **quality of classes**, **69 respondents** rated them at 3 or above. While all these scores are very encouraging, it also highlights opportunities for improvement including support our coaches further in their professional development, ensuring we consistently deliver the highest standards across the board.

We received some lovely comments about our **coaches**, especially their dedication and efforts to engage with the children. While we're proud of the positive feedback, we know there's always room for improvement, particularly in communication and support.

Moving on to the areas where we can improve, as a Board we'd like to acknowledge the feedback regarding our **facility**. We understand that there's a desire for enhancements, but given our current constraints, we need to be mindful of balancing any significant upgrades with our plans to relocate to new premises. While we're limited in what we can do right now, we'll continue to make improvements where possible.

Another key theme that emerged was the need for **better communication and professionalism** from our administration team. We hear your concerns loud and clear, and as a Board, we're making this a top priority as you will have seen in our Board update sent on Tuesday 17 September. We're working closely with our Centre Manager to ensure that our communication and customer service meet the high standards you expect.

Building a stronger **club culture** and fostering a greater sense of community was another important area raised. We would love for parents and members to feel more connected and engaged. That's why the whānau of ESGC Facebook group was created by Andrea and Jess, to bring our community closer together. We encourage you to join the group and be part of the conversation as we work towards building a stronger club culture.

To wrap up, we want to thank you all again for your valuable feedback. Your input is vital in helping us grow and improve as a club. Rest assured that we're committed to taking your feedback on board and working towards making ESGC the best it can be for all our members. We plan to do our next member survey in around six months' time to check how we're progressing as a club, but please feel free to provide feedback at any time.

Thank you again for your ongoing support and involvement.

## Hydration!!!

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With hot summer days on the way, please ensure your child brings their water bottle to class.

## Whānau of ESGC Leotard Shop

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We are excited to now have our Whānau of ESGC Leotard Shop now online through our club website: [Merchandise - Eastern Suburbs Gym Club](#).

The leotards are available to try on from the Office during office hours.

These leotards are great value, comfortable, machine washable, and come in a range of fun designs.

We also have bike shorts, scrunchies, and gym bags available. Great timing for Christmas!



In Term 1 next year we are introducing a dress code for all Gymnasts in Rainbow, Levels, and Competitive Programmes.

Children may wear either a Leotard (with or without shorts on top) or their Rainbow T-shirt tucked into bike shorts. No other

## End of Term

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We know that many local primary schools are finishing early this year.

A reminder that Term 4 at **ESGC finishes on Sunday 22 December**.

Our full programme of classes will be running up until that date.

## Farewell to Jemma

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Finally, next week marks the end of an era, as we say a very reluctant farewell to Jemma Cronin.

Jemma has been at ESGC for sixteen years, since she was just two years old! She is one of our most successful gymnasts, having reached STEP 10 and competed internationally. As a Coach and a member of our ESGC community she is universally respected and very much loved. (Jemma's mother Sarah has also made an exceptional contribution to the club over many years, but she wants this to be just about Jemma!).

Jemma has been a model of personal excellence, kindness, and dedication. Jemma and her family are moving home to Australia for their next chapter. As sad as we are to say goodbye, we know that Jemma has a sparkling future ahead. Thank you Jemma for everything. We will miss you so much, but hope we'll see you back for visits!



Here's Jemma's ESGC journey in her own words:

“ I began my gymnastics journey at ESGC when I was just two years old, starting with play gym classes alongside my brother. From the very beginning, I fell in love with the sport and it quickly became the biggest part of my life. At age five, I joined a recreational class, and in 2013, I was invited to join the competitive program. My first competition was in 2014, where I competed in step two.

In 2018, I qualified for my first national championships in step five, representing Auckland. I finished second overall and became the national vault and bar champion. That same year, ESGC sent step 5+ to the New South Wales State Championships in Sydney, where we won first place overall and were also the vault champions. The following year, I was the top qualifier for Auckland in step six and competed at nationals, finishing second overall and as the national floor champion. After a year of Covid lockdowns and training via Zoom, I competed in step nine in 2021. I placed second at nationals (sensing a pattern here?) and again was the national floor champion.

After the three-month lockdown, during which we trained at Glover Park and the ESGC car park, we were all thrilled to return to the gym. During this period, I was honoured to be chosen as the ESGC Community Ambassador. In this role, I organized two Christmas Can Drives for the Glen Innes Family Centre in 2021 and 2022. I also launched the Big Sister – Little Sister program, pairing senior gymnasts with a junior group for weekly coaching sessions, helping to inspire the next generation of gymnasts. In 2022, I competed in step 10 at nationals and broke my "second place" streak, finishing third overall and winning my final national floor title. I also qualified to represent New Zealand at two international events in Hawaii in 2023. It was an incredible way to conclude my competitive gymnastics career, and I had the best time with my teammates and making friends with gymnasts from the US, Japan, and Canada.

In 2023, after undergoing two ankle surgeries, I made the decision to retire from competitive gymnastics. I shifted my focus to coaching a group of step ones and earned my elementary judging qualification. This year, I have had the joy of guiding my girls through step two, watching them grow, improve and succeed has been one of the most rewarding experiences of my time at ESGC.

*As a kid, you are told that time flies, but I never truly believed it until now. Looking back on my 15 years at ESGC, I am reminded of the incredible experiences I have had and the joy that being a gymnast brought to my life. The skills I've learned, the sacrifices I've made, and the friends I've formed are a testament to my love and dedication to this sport, making it difficult to see this chapter come to an end. I see parts of myself in my coaches and my own gymnasts and the relationships I have made throughout the years are so incredibly special and I will treasure them forever. I want to thank my coaches who taught me to never give up, my parents who have supported me wholeheartedly and my friends who always made the long, hard trainings a little easier. I will miss ESGC so much, as gymnastics has influenced every part of who I am, but I am so grateful for everything it has taught me, and I will cherish these memories forever.* ”



