



ESGC News Term 3 2024

Welcome back to Term 3! Last term was a busy one, with so much to celebrate: Rainbow Gymfest, Circus show, competitions for our Levels and STEPS teams, and Kathy's farewell at the end of term.

We hope you've enjoyed a change of routine over the holidays, and that you're ready to get back to fun and learning at the gym.

FROM OUR PRESIDENT

As I write my final contribution to the ESGC newsletter as President, I reflect on the past seven years with gratitude. Serving this club, both as a committee member and President, has been a memorable experience. I have had the privilege of meeting many wonderful individuals, witnessing some great smiles from athletes, and enjoying some remarkable shows.

During these years, I have seen our vision of a new ESGC facility evolve from a distant goal to a project on the verge of resource consent. This progress is a testament to the dedication and hard work of some previous and current Board members. I have every confidence your current Board, which is brimming with talent, will continue to drive to help ESGC reach its full potential. I am excited to see what the future holds for our club.

Gymnastics is a fantastic sport that builds strength, resilience, and confidence. I extend my heartfelt thanks to everyone who has contributed positively to the club through volunteering, fundraising, or offering encouragement to our young athletes. Your support has been invaluable in creating a fun and inspiring environment that fosters a lifelong love of sport within our community.

Please continue to support ESGC and your children, ensuring that we maintain an environment where fun and confidence can flourish.

Thank you once again for the opportunity to serve this wonderful club.

Niki Johnstone



WAYS TO GET INVOLVED THIS TERM

- Come along to a **Whānau of ESGC Meetup** Sunday 18 August or Sunday 15 September, 1-3pm.
- Come and hear from the Board and Management at the **AGM** on Wednesday 21st August, 8pm here at the gym. All gym families are welcome.
- Help ESGC host the **Gym for All Competition weekend** on 24-25th August. We'll need volunteers for logistics, as well as fundraising opportunities with a Bake Sale and BBQ. Watch out for a sign-up email, or email Andrea & Jess at whānau@esgc.co.nz if you'd like to help us organise!
- Or just come and watch the Competition on 24th-25th August, support our ESGC gymnasts and those from other clubs.

IMPORTANT DATES

Monday 22nd July	Term 3 Starts
Monday 29 July	Eastern Zones Schools Competition Years 7 & 8
Weekend 3-4 August	STEP 6 Competing in Midlands Senior Competition in Tauranga
Monday 5 August:	Eastern Zones Schools Competition Years 3 - 6
Weekend 10-11 August	STEP 6 Competing: Auckland Championships, Counties Manukau
Weekend 10-11 August	Levels Competing: GFA Winter festival, Hamilton City Gymnastics
Weekend 17-18 August	STEP 6 Competing: Wellington Championships
Sunday 18 August	Whānau of ESGC Meetup 1-3pm in the gym
Wednesday 21 August, 8pm	AGM
Weekend 24-25 August	ESGC Hosting GFA Levels Competition. Levels teams Competing No regular classes at ESGC this Saturday & Sunday.
Weekend 31 August -1st Sept	STEP 1-4 Competing: Midlands Elementary, Waikato
Sunday 15 September	Whānau of ESGC Meetup 1-3pm in the gym

Office Hours Term 3: Office Staff Kate & Awhina 12pm – 5pm Mon-Fri, Phone (09) 528 0941

ESGC STAFF UPDATES TERM 3

Kate Reid

Welcome to our new receptionist Kate! We are so pleased to have Kate join the ESGC Team in Week 2 of Term. Kate was a gymnast back in her primary school days, and more recently came to ESGC as a Playgym Mum with her preschooler.

Kate will be the friendly face greeting you at reception and making sure your kids get in and out of their classes. Pop in between 12pm to 5pm Monday to Friday for help with enrolments or any other questions.



Coach Cover team

In addition to the dedicated qualified coaches who work with your children, we have three additional coaches for from Term 3, whom some of you may know as parents of children from the club.

Andrea, Jo and Jess have varied experience in coaching, sports, medicine, education, and management, and have recently undertaken assistant coaching courses at ESGC. These include child safeguarding, gymnastics specific teaching, ESGC policy and procedures, and of course involved police vetting.

The Coach Cover team will be on hand to help out when we have illnesses or absences amongst the staff, or in cases where an extra pair of hands would benefit the group dynamic. This means that your child's classes are less likely to be disrupted, and helps to maintain consistency.

Feel free to chat to Andrea, Jo, or Jess at any time, (or you can reach us by email at whanau@esgc.co.nz), especially if your child has particular support needs or there is anything we can do to help them get the most enjoyment from their classes.



Farewell to Nikki:

The lovely Nikki who has been running Playgym classes and helping with the holiday programme, is leaving ESGC to go back to her social work career fulltime. We wish Nikki all the best, and thank her for her competent and enthusiastic contribution to the club over the last two terms!

Who To Contact

General enquiries:	Kate	admin@esgc.co.nz
Rainbow Programme:	Kate	admin@esgc.co.nz
Queries relating to fees:	Awhina	accounts@esgc.co.nz
Levels:	Hannah and Maisie	complevels@esgc.co.nz
STEPS:	Alexandra	alexandra.k@esgc.co.nz
Parkour & Circus:	Discuss with Coaches at Class, or email	admin@esgc.co.nz
Playgym:	Jacinda	playgym@esgc.co.nz
Whānau of ESGC:	Andrea & Jess	whanau@esgc.co.nz
Board:	Rachael Joel, Secretary	board@esgc.co.nz
Feedback or Complaints:	May be posted box in waiting room or submitted online: https://www.esgc.co.nz/feedbackandcomplaints/	

PLAYGYM

Our playgym gymnasts continue to bring smiles, enthusiasm and laughter into the gym during their classes. We love watching them grow and develop in confidence and skill! Don't forget that we now have a Playgym Red class on Friday afternoons, and extra open play sessions during the week - check out the timetable for more details.

OPEN PLAY

In Term 3 our popular Open Play sessions will be available three times each week:

Tuesday 11:30-12:30, Wednesday 10:30-11:30, and Friday 10:30-11:30.

A fabulous chance for families of preschoolers or homeschoolers to play together in the Gym. \$5 Drop-in.



RAINBOW GYM

Gymfest

On the 23rd July we had the first Rainbow Gymfest of the year. This was also the first Gymfest with the new rainbow curriculum. Earlier in the year, the rainbow programme was aligned with the Gym for All NZ curriculum. Gymnasts in each colour learned skills and compulsory routines for their corresponding level.

This was the first time many gymnasts had learned and performed routines, and they all did incredibly well. The routines allowed children to combine the skills they had been learning, and provided focus for practicing at home. Thanks to all the parents who helped their gymnasts practice, showed them the videos, and turned up on the day to support them!



The gymfest day had a positive and celebratory atmosphere, with loads of confidence, enthusiasm and skill shown by the gymnasts

Thank you for all of your feedback about the day and the new programme in general. We continue to take this into account as we plan and develop the programmes. In Term 4, we will communicate with you before the gymfest whether or not your child will move up a level. Assessment will no longer be part of the Rainbow day, and we instead aim to have a festive showcase where gymnasts can show their families what they've been working on. Ribbons will still be awarded, and there may be some other prizes!



Rainbow Parent Portal for Skills Progression

This term the club is piloting a new method of documenting gymnast progress, which will be available to parents to view via your Friendly Manager portal (where you enrol for classes and holiday programmes). Under the "Awards" tab, you will see a list of skills your child will need to master to pass their current level. Skills will be updated twice each term, so you can see how close they are to "passing" the level, and which specific skills they may need more help with.

A reminder that with the new curriculum, there are more skills per level to master, and it is likely to take longer to progress through a level than it previously did. For each of Red and Orange, children need on average 6-12 months to progress, and from Yellow onwards the time required is likely to be 12-18 months. If you have any questions about the programme or your child's progress please email Kate at admin@esgc.co.nz.

COMPETTIVE TEAMS

Levels Girls

After the many hours of dedication to their trainings, the competitive levels girls and boys presented their hard work at Howick Gymnastics Club in June. This was their first competition of the year and for some their first ever competition! They absolutely smashed it. We are grateful to see how much they love the sport they do! So a massive congratulations to the gymnasts, we are looking forward to seeing what more is to come this year! Hannah, Lead Coach Levels Girls



Levels Boys

The boys competed at the Howick levels competition in level 3. They came first as a team, Jacob came first overall, Henry came second overall and Mendula came 6th. Jacob and Henry medalled on every apparatus, and Mendula came third on bar.

The next comp is at Hamilton next weekend.

Maxine, Lead Coach Levels Boys



STEPS

Our STEPS teams continue to strive for excellence. Their dedication to training and the skills they achieve are an inspiration to everyone at the gym. Their teamwork and sportsmanship is exemplary, and we are so proud of them as they represent ESGC at competitions throughout Auckland and around the country. Huge thanks to their coaches; Jemma, Mack, Emma, and our Senior Technical Lead Coach Alexandra.

Tristar Elementary (11-12 May)

STEP 2

Lily – Overs 1st All Around, 3rd Vault, 1st Bars, 1st Beam
 Riley – Unders 1st Beam
 Team – 2nd

STEP 3

Anna – 1st Beam
 Juane – 2nd Beam
 Manon – 3rd Beam
 Team – 1st

STEP 4

Eden – Overs 3rd All Around, 2nd Vault, 3rd Floor

KB Memorial (1 June)

STEP 2

Lily – Overs 1st All Around, 1st Bars, 1st Floor
 Meadow – Unders 2nd Beam
 Team – 2nd

STEP 3

Juane 1st Beam
 Anna 2nd Beam
 Milla 3rd Beam, 3rd Vault
 Team – 2nd

STEP 4

Eden – Overs 1st Vault, 2nd Bars

NHG Championships (12 – 14 July)

STEP 2

Lilly - Overs 1st All Around, 1st beam, 1st Floor
 Mia - Unders 2nd All Around, 3rd Vault, 3rd Floor
 Meadow - Unders 1st beam
 Riley - Unders 3rd Beam
 Team – 2nd

STEP 3

Anna - 3rd All Around, 1st Bars,

Tristar Senior Champs (29-30 June)

STEP 6





Seren – Overs 1st Vault, 3rd Beam
Aria – Unders 3rd Floor

Top of the South – Nelson (12 – 14 July)

STEP 6

Seren – Overs 2nd All Around, 2nd Vault, 3rd Beam, 1st Floor
Aria - 3rd Floor

Midlands Seniors Championships – Tauranga: (3-4 August)

STEP 6

Seren – Overs 3rd All Around, 2nd Vault, 2nd Floor
Aria – Unders 1st Beam

Our Step 7, Julia, has unfortunately been unable to compete this season due to injury. We miss her at the gym, and wish her a fast and full recovery.



WHĀNAU OF ESGC

Thanks to everyone who came to Whānau of ESGC events in Term 2, and to those who have contacted us to offer feedback, suggestions, or support.

Whanau meetings are an opportunity to come together at the gym, discuss how things are going, organise events and every so often include a working bee. These are intended to be a whole family event, with children able to play in the gym under competent supervision while parents meet.

We are always interested in any feedback you have about any of the club programmes. We aim to work together with centre management and the board to make sure that ESGC meets the needs of our members and their families. Sometimes this means refining programmes, making changes, opening lines of communication or even offering something different. The Whānau coordinators, Andrea and Jess, are always happy to have a chat, answer questions and hear your thoughts. Catch us at the gym, email whanau@esgc.co.nz, or join the conversation in our Facebook group: Whanau of ESGC.



Dates and times for Term 3:

Sunday 18th August 1-3pm

Sunday 15th September

Fundraising: New Dance Floor

We are currently fundraising for a new floor in the dance studio



Sales of food and drinks, raffle tickets and leotards at the Rainbow fest and circus show raised **over \$1000**, which means we're halfway to a new dance floor! Huge thanks to all those who contributed items, helped with sales, and purchased things on the day.

Thank you to our Sponsors

Thank you to our generous sponsors:

FourSquare St Heliers, who donated our sausage sizzle items
Paknsave Glen Innes, who contributed towards snacks and drinks.



Thank you to our Whānau Volunteers

Term 2 saw some big volunteer efforts, with our two back to back events in June. We asked for your help and you really stepped up to make sure the kids had amazing experiences at their Gymfest and Circus show. Thank you to those who manned the door sales, bake sales, sausage sizzles, thank you to those who did ushering duties, maintained order in the dressing room and helped the girls get backstage in time. None of these events would be possible without you! Not to forget the heavy lifting some of you did at set up and pack up; teamwork made the dreamwork!

Our volunteers had a great time, and enjoyed the opportunity to get to know other gym families and share in the excitement of the events. We always appreciate any help, and we love getting to know you and your gymnasts.

Property & Equipment Update

Recent Progress:

Thanks to all the club parents who attended the Whānau Working Bee in Term 2. We removed a whole flexibin full of agaves from the garden, removed old matting affected by a plumbing leak, waterblasted, cleaned the club van, and got three flexibins of general waste ready for collection.

We are also pleased to have recently installed a solid barrier in front of the upstairs dance studio windows.

Current equipment priorities:

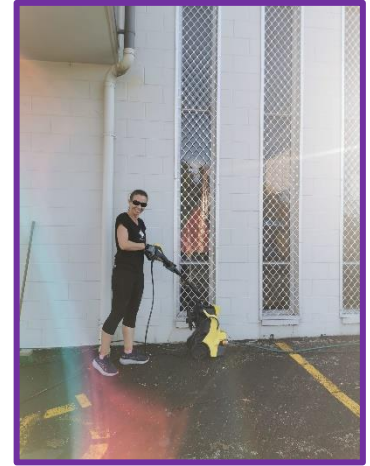
- New foam matting and carpet for the area under our recreational beams
 - Repairs to the wall damaged by plumbing leak.
 - Other Equipment priorities include new rails for the uneven bars and new mats for under the beams.
- We are working on Grant applications to help fund these items.



Property Project Wishlist: (Pending the right Tools/ Know-How/ Volunteers/ Funds/ Sponsors!)

- Repainting the Dance Studio
- Scraping the glue from the front of the building where the old thermometer sign was removed
- Repainting front exterior wall
- Removing the Barbed Wire from the perimeter fence
- Removing the metal Louvre from the back wall
- Removing the bars from the inside of windows along back wall

Please get in touch if you would like to tackle any of these projects, or could support in any way! Contact Andrea & Jess, whanau@esgc.co.nz



CIRCUS SHOW 2024



From trolls to pirates, fairies to cat burglars and everything in between, it was a show full of mischief, laughter and wonder. Hours of practice were evident in the polished tricks and dances, and there were so many smiles on so many faces throughout.

Well done Kathy and the circus team for another magnificent display. We're so glad that Kathy will be continuing to come back and stage the Circus Show each year – we can't wait to see what she and our Circus team come up with in 2025!

FAREWELL TO KATHY

After 20 years of unwavering dedication, Kathy is moving on to new horizons in Dunedin.

We farewelled her at a family gathering in the gym at the start of the school holidays, and it was wonderful to have the chance to catch up, play, share fond memories and say goodbye.

Thank you to all those who donated towards a gift for Kathy – she decided on a “Muscle Mat” - a warm thick carpet for her home.



Have a great Term 3 everybody! Andrea & Jess