

ESGC News Term 4 2024



Welcome back to Term 4! We have some exciting events coming up this term, with a family open play day, our end of year prizegiving for circus, parkour and competitive squads, and the new Rainbow Gymfest!

IMPORTANT DATES

Monday 14 th October:	Term 4 Starts
Sunday 10 th November:	Family open play 1-3pm
Sunday 17 th November:	Circus and Parkour prizegiving
Sunday 24 th November:	Competitive squad prizegiving
Sunday 8 th December:	Rainbow Gymfest
Monday 9 th December:	Enrollments for Term 1, 2025 open
Sunday 22 nd December:	Last day of term
Monday 13 th January:	Competitive holiday training starts (Levels and Steps)
20 - 24 th January:	Holiday Programme
Tuesday 28 th January:	Term 1 starts (Rainbow, Parkour, Playgym)

Office Hours Term : Office Staff Kate and Awhina

Phone (09) 528 0941 between 11am - 4:30pm Mon-Fri

Come in to the office between 12:00pm - 4:30pm Mon- Fri

Follow us on Social Media



Eastern Suburbs Gymnastics Club
(Public Page)

&

Whānau of ESGC group
(Private to ESGC families)



Instagram

@easternsuburbsgymnasticsclub

&

@whanauESGC

ESGC STAFF UPDATES TERM 3

Farewell to Jemma and Emma:

Two of our amazing Steps coaches are moving on from ESGC this term, and we wish them all the best on their next adventures. Thank you Jemma and Emma for taking such great care of our young competitive gymnasts, and helping them achieve their best. We will miss you!

Maxine Chappell - wellbeing ambassador for ESGC



Kia ora everyone, my name is Maxine and I've been a coach at ESGC for the last four years. I was a competitive gymnast for 9 years growing up, then transitioned into coaching and judging at the age of 14. I have been an athlete all my life, and am still competing in athletics now.

I'm really excited to start in this role as the athlete wellbeing representative and be able to make a difference in the lives of our ESGC gymnasts and community. Considering all aspects of our wellbeing is a really important aspect of sport and something that is not often considered beyond the physical. I look forward to helping to shift this perspective and see our gymnasts achieve their goals in all areas of their lives, while understanding the importance of healthy balance.

WAYS TO GET INVOLVED THIS TERM

- Volunteer for the Rainbow Gymfest! This is such a great event for all our Rainbow athletes, and the volunteers always have a great time hanging out, supporting the kids and running the café and door sales.
- Come along to family open play and bring your friends!
- Reach out and join the Whanau group or committee
- We are looking for someone to take over the grant application process for ESGC. If you have experience or are keen to learn this process please get in touch with us at whanau@esgc.co.nz !

FUNDRAISING AND SPONSORSHIP

ESGC is a non-profit organisation, and relies on sponsorship, grants and other fundraising to offer amazing programmes to our community.

Sponsorship: Do you or anyone you know own a business and would like to contribute a donation to the club? This could be monetary, via prizes for events (such as the gymfest) or materials for renovations (like the dance studio). Please get in touch with us – we would be honoured to display placards and posters of our sponsors at or on the gym building!

Dance studio: Thanks to the fantastic efforts of our volunteers, we have raised enough funds through the Rainbow gymfest in term 2 and the GFA competition held at ESGC, to replace the floor in the dance studio. This much needed replacement will be a safer, even surface for the gymnasts to train on, has a comfortable underlay and is a wipe-clean surface. We'll be replacing this during the summer holidays, so keep an eye out for an opportunity to sign up to help!

RAINBOW GYM

Awards system

This term we have been trialling a new way of documenting your child's skills and progress. At the end of term 3, you were able to log into your parent portal and view the skills required for your child's level, as well as their progress towards achieving these. We hope that this has helped you to get a better picture of what your children are learning in class, and we welcome any feedback about the new system! Children will now be moved up to the next level when they have achieved all their skills in class, independent of the Rainbow gymfest. There will be assessments the week before the rainbow fest, so the kids will have a chance to practice their routines before the big day!

Reminder about drop off and pick up:

Please ensure you wait with your child until they go into their class, and be punctual to pick them up. Remind your child that they must wait inside the waiting room for you (we don't want young children walking through the car park alone), but be aware that they are not being supervised and the club unfortunately cannot take responsibility for them during this time. For those times before classes, we suggest some stretching or conditioning exercises!

Dress code:

All gymnasts in rainbow gym should be wearing either their rainbow t-shirt and black bike shorts or leggings, or a leotard (any design) and bike shorts or leggings. T-shirts, leotards and shorts are available for sale from the office.



This term will be our first overhauled gymfest – a celebration of hard work, a display of awesome skills, a festival to share with family and with plenty of spot prizes. Gymnasts will learn their routines (see the posters on the wall in the waiting room, or click here to see videos <https://www.youtube.com/@KathyHollo/playlists>). They will be awarded a coloured ribbon for each routine based on their performance, and will receive a certificate for the day. The kids love this opportunity to show you what they can do, and to feel rewarded for their routines, so please come along and support them!



PLAYGYM

Due to popular demand, we now have two additional Playgym classes on the weekends; Saturday at 10am and Sunday at 9:45am.

CIRCUS

This term, our focus will be on perfecting routines and learning the choreography for the upcoming display on November 17th. The choreography will offer a preview of next year's potential show, From the Back of the Closet. Acrobats are required to wear a black, long-sleeved leotard and leggings (preferably black) to all classes. Please watch for emails with additional display rehearsal dates and times. We also have a new email address: circus@esgc.co.nz. If you have any questions about the circus program or your acrobat's progress, feel free to reach out via email.

Meg and Betsy

PARKOUR

Parkour is going strong, with almost full classes on Saturdays. We look forward to seeing what you've learned at the end of year display!

COMPETITIVE TEAMS

Levels

This year we have attended our first official competition at Howick Gymnastics, our second in Hamilton and our most recent at ESGC. Our upcoming competitions are at Counties Manukau on the 14th & 15th of September and two weeks later we have our last competition concluding at Tristar.

Some important achievements to note are our girls at Howick Gymnastics. We entered four level 3 teams into the competition and had all teams place on the podium. 1st team with Jess, Ida, Olive, and Elena, 2nd placing team with Isabella, Amber, and Anna, and third placing team with Kennedy, Stevie, Zara, and Bree. Another outstanding achievement is that our level 4 team consisting of Mia, Maci, Olivia B, and Bella G came in third. Finally, our level 5 team came in 1st with Alexa, Bella B, and Lauren.

STEPS

The STEPs girls have finished a successful season with more podium finishes at competitions around Auckland. We hope to get some videos of their stunning routines out for you to view in the coming months.

NZ Nationals

We had three representatives of ESGC attend the New Zealand Nationals in Palmerston North during the school holidays. Esther Maihi (our centre manager) worked hard judging many of the sessions, Alexandra Koudinov (senior WAG coach) was there in a coach capacity and received a coach proficiency medal for her excellent coaching of our Step 6 gymnast Seren Hyslop. Congratulations Alexandra!

Seren competed over two days in Step 6 on Beam, Vault, Floor and Bars as well as the all around. Seren won the artistry award for Step 6 beam, a very special award to go along with her second place on beam overall (Step 6 overs). In addition, Seren came away as the Step 6 overs all around national champion! This is an amazing achievement, and an indication of all the hard work and dedication Seren and her coach Alexandra have put in. Congratulations Seren, we are so proud of you!



WHĀNAU OF ESGC

Thanks to everyone who came to Whanau events in term 3 and to those who helped with our working bee, re-distributing the foam and laying new carpet on the area under the rec beams! If you would like to get involved in organisation of events and being part of the communication between families and the club, please get in touch with Jess and Andrea via facebook or email whanau@esgc.co.nz.

FAMILY OPEN PLAY

We know some of our big kids and non-gym siblings would love to come to the ever popular open play sessions we run in the morning on weekdays!

We are trialling a family open play session on Sunday 10th October from 1-3pm. This is open to all ages, members and non-members (please note parents are responsible for their children).

The cost will be \$5 per child.



Jessica Brosnahan and Andrea Penman, Whānau of ESGC Coordinators, whanau@esgc.co.nz

📍 89 Apirana Avenue, Glen Innes

☎ (09) 528 0941

✉ admin@esgc.co.nz