



GYMNASTICS NOW@BTYC

ISSUE 3 • SEPTEMBER 2024



Dear BTYC Families,

Our fine sport was on show last month at the Paris Olympics. We witnessed the amazing and exciting performances of the world's best gymnasts, as we watched them stay calm and composed during such intense moments, it was inspiring. These gymnasts displayed gravity defying skills, artistic routines and mind-blowing strength demonstrating a blend of athleticism and beauty.

Inside the gym many of our BTYC gymnasts were inspired by the level of skills on show. Gymnastics offers so much from building strength, flexibility, endurance, discipline and focus. Our gymnasts benefit from building confidence, having fun and developing friendships. In any given day at BTYC Gymnastics, there is so much learning, growth and development happening. Whether you're just starting or have been training for years, gymnastics offers skills that will help you succeed in life!



This term we said a sad goodbye to Deb who retired after 20 years as a valued and much-loved staff member. After 20 years on staff, many extra as a volunteer and parent of two gymnasts, Deb dedicated 28 years in total to the club. We wish Deb all the best in her retirement and hope she enjoys her long deserved rest!

TERM 4 - Save the date

- Saturday 16th November - Squad Awards night - Tickets on sale NOW for squad athletes and their families
- Sunday 15th December - BTYC Annual Display Day

Term 4 begins Monday 7th October. I hope you all enjoy the holiday break and we look forward to an exciting Term 4 back in the gym!

Susie Guttman
Acting General Manager

SQUAD GYMNASTS AND FAMILIES

*You're invited
to an enchanted
evening*

@ BTYC GYMNASTICS

AWARDS NIGHT

SATURDAY 16TH NOVEMBER 2024

6:00PM ARRIVAL

KARRALYKA

MINES ROAD RINGWOOD EAST

TICKETS ON SALE NOW

<https://www.trybooking.com/CUPKK>



ALL ABILITIES

As we are nearing the end of the year with only one term left, there are lots of great things to look back on from Term 3 as well as things to look forward to for next year!

We have had another new coach join the program this term! I'd like to give a massive welcome and thank you to Coach Kate for taking on our Tuesday All Abilities class.



Kate has been a great addition to our program and has fit in with ease, getting to know the club and gymnasts very well.

Our class numbers have been looking good this year with Sunday's still being our biggest class of 10 students and 4 on the waitlist.

There will be more updates such as new classes being brought to the program. Look out for more information in our Term 4 end of year newsletter.



Before I finish off, I would like to give a massive shout out to our Wednesday All Abilities class who have been so patient this term. Our schools program has been finishing at the start time of the All Abilities class which has created a very loud and crowded environment at a time that would usually be quiet and calm.

Looking forward to Term 4 with you all!

Ebony Mactier
All Abilities Program Manager

MENS ARTISTIC GYMNASTICS

Wow! What a Term! While our Senior levels have been hard at work in off season, preparing for the National Club Carnival and Southern Cross Classic later in the year, the Juniors have been smashing it in another great competition season!

Athletes from BTYC in levels 1 to 4 have been performing at club invites, state qualifiers and team championships. It's great to see all the boys having fun and performing with their teammates.



Junior Season Team Results:

It's awesome to see all the hard work the boys have been putting in paying off as another year's worth of Victorian champion team flags have been handed out.

See below the full list of team results:

- Level 2 Under team (Andrew, Zian, Jonathan, Benjamin and Elijah) - Team Banded Gold
- Level 2 Open Team (Seth, Finley, Luke, Valentino, Lishan and Alex) - Team Banded Gold
- Level 3 Under Team (Aaron, Zac, Jenson, Ziyan, Sena and Dexter) - Team Gold
- Level 3 Open Team (Adam, Benjamin, Rafferty, Isaac and Ashkan) - Team Gold
- Level 4 under (Zach, Oscar, Daniel and James) - Team Silver
- Level 4 Open (Kane, Lachlan, Jordan, Tayyem, Zac and Austin) - Team Gold



The Junior athletes have one more club invite competition at MYC gymnastics before heading to Geelong to compete in the Victorian Championships. We wish them luck with the competitions ahead and look forward to seeing them in action.

BTYC's Men's Artistic Gymnastics (MAG) program is looking for boys who would like to join our squads for our 2025 season. We are currently holding Talent ID assessments with our Head Coach Lachlan and if you would like information in joining our MAG program, please email Lachlan at lachlan@btycgymnastics.org.au

Lachlan Graham
MAG Head Coach

WOMENS ARTISTIC GYMNASTICS



What an exciting term we have had in the WAG program! After saying a sad goodbye to our Head Coach Brooke in the first week, we launched straight into the Junior competition season. It has been exciting for me to see so many teams at each level and I think it provides a fantastic base for our program to build off into the future. Our level 3-7 gymnasts have represented our club proudly at the BTYC Invitational, Judges Invitionals and most recently the North Central Regional Championships. We wish our 4 WAG teams travelling up to the Gold Coast in the school holidays for the National Clubs Carnival all the very best as well as all the gymnasts that have qualified for the Victorian Championships in October. Congratulations to you all!





For some of our youngest gymnasts, this is their first competition season, and we are proud of how they presented themselves. Competitions develop a completely different, yet equally important, set of gymnastic skills: performing to an audience, sportsmanship, how to win and lose gracefully, embracing nerves, performing under pressure, supporting teammates, being resilient in adversity and uncertainty...and the list goes on. In fact, it is these 'soft skills' that are most important in shaping our young people into well rounded adults. Whilst the scores, results and medals are of secondary importance, we congratulate the Level 5 Division 2 and Level 7 Division 1 teams that are Regional Champions for 2024.

While our Juniors have been working hard at routines, the Senior gymnasts have enjoyed upskilling in their off season. Double back somersaults, releases on bars and Aerials on beam have become a regular sight each afternoon. The value of these senior role models in the gym cannot be underestimated.

In Term 3 we have welcomed the following new gymnasts and families into the BTYC family:

- Tahli Danelutti – Senior Development Squad
- Eleanor Fisher – Senior Development Squad
- Sara Hogan – Senior Squad

Wishing everyone a safe and relaxing September break and we look forward to a huge Term 4!

Sally Young
WAG Head Coach

GYMSTAR

Term 3 of 2024 has been super exciting with competition season underway! This term we have attended 5 competitions including our annual practice comp involving athletes from level 2 up to level 8. All our Gymstar athletes have been working really hard, with the coaches and myself being very proud of all the girls' efforts and determination that they showed at each and every comp.

Here is a recap of our Term 3:

- Competitions have been a huge success! A huge thank you to our all our families for taking the gymnasts to and from comps and the support you have given throughout the whole year!
- Term 3 behavioural reports have been completed by coaches and are now live and accessible for you to view via the parent portal.
- Shooting Stars shout out from Tay, 'This term the girls have been working super hard on a range of developmental skills and perfecting the different gymnastics shapes. The girls are always energetic and willing to try new activities, completing them to the best of their abilities. I am very proud of all their efforts and the respect and teamwork they always display towards their team mates!'
- Our House Team winners for this term are... **Limes!** Keep an eye out on your emails for more info regarding your prize



Next term, here are a few things to look forward to:

- Our final round of skill testing, completed in class over two weeks
- Our annual awards night will be held on the 16th of November, allowing our athletes and families to celebrate all gymnasts' accomplishments from throughout the year.
- Display Day! The girls will come up with a mini routine during class that will showcase some of the skills they have learnt this year, performing it alongside their class mates.

Bridget O'Donnell
Gymstar Program Manager

JUNIOR COACH PROGRAM

BTYC'S Junior Coach Program have powered through Term 3! They have been coaching our recreational kids under the supervision of their mentor coaches and have been doing a fantastic job, running a lot of the sessions by themselves and showing great leadership and enthusiasm in all their classes. Their detailed lesson plans and energetic energy has been great to see through their coaching journey!

During our monthly meetings, our JCP coaches have been focussing on communication, what to do in an emergency, coaching fundamentals and working together to finish their coaching workbooks. We are so excited for them to complete their intermediate coaching courses in Term 4!



SQUAD JCP

The Squad JCP this term have stepped up and learnt so many new things during competition season. It has been great seeing them with their classes at comps and experiencing this altogether. They have been working on how competitions run, scoring, performances, as well as practical spotting sessions and lesson planning workshops.

Now they are finalising their advanced coaching modules and working hard for their final term of the year!



Bridget O'Donnell
Junior Coach/ Squad JCP Program Manager

TERM 3 2024

HOLIDAY PROGRAM

3.5 hours of fun for primary school aged kids. Bring drink bottle, and nut free snacks.

**BOOK THROUGH OUR
CUSTOMER PORTAL**

**CONTACT US
9841 4773**

admin@btycgymnastics.org.au

ALL SESSIONS RUNNING FROM 9AM-12.30PM

- TUESDAY 24TH SEPTEMBER
- WEDNESDAY 25TH SEPTEMBER
- THURSDAY 26TH SEPTEMBER
-
- TUESDAY 1ST OCTOBER
- WEDNESDAY 2ND OCTOBER
- THURSDAY 3RD OCTOBER



Cancellation Policy:

If cancelling

- 24 hours or more, prior to the session a refund or transfer can be requested.
- Cancelling within 24 hours notice, a 50% refund can be requested or 100% with a medical certificate covering the date missed.

RECREATION

We had a fantastic Term 3 in Rec, welcoming new coaches, progression monitoring, and our fortnightly focus all running smoothly. We welcomed coaches Kate and Emily to Rec, who have transitioned into their rec coaching roles smoothly and we are so excited to have them in the program!

Our fortnightly focuses this term have involved STRENGTH, FLEXIBILITY, UPSIDE DOWN SKILLS, ROLLS and the dominant movement pattern SPRING/LANDINGS. These fortnightly focuses allow the gymnasts to focus on similar movements that allow a progressive development of skills. Our coaches come up with creative ways to implement these focuses into the circuits and we have seen some fantastic improvements!



We also had our Rec testing/progression monitoring during weeks 6 and 7, where the athletes were given scores out of 3 for 6 different skills. These results are available on the customer portal for you to view and see the awesome progression they've made. These results will help us group the athletes next year in their classes, so that they are working with athletes of similar ability.

Next term, on the 20th of October, we have our annual 10 Activity event, where athletes will be learning small routines to display at the event. The 10 Activity will involve medals, certificates, balloons, lollies, and some fun games to wrap up the day. We are so excited to see the routine development during classes at the beginning of term!

Don't forget to login to your customer portal to book into the make-up classes and holiday program that we have on offer for our rec athletes. Please email amy@btycgymnastics.org.au or give the office a call on (03) 9841 4773 if you have any questions!

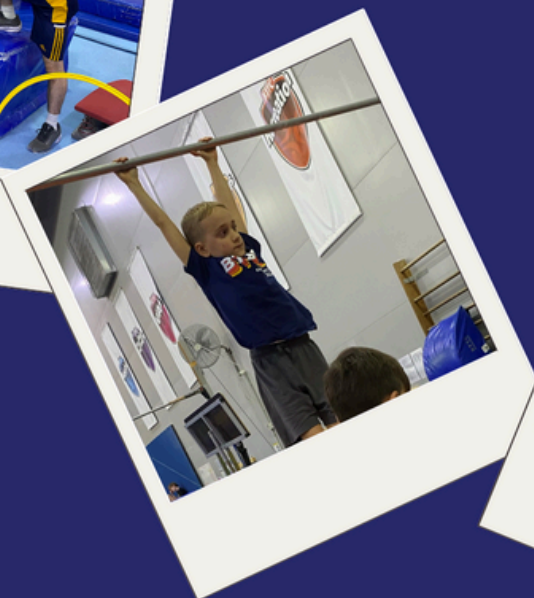
Amy Channon
Recreational Program Manager



BOYS RECREATIONAL CLASSES

We also offer gymnastics classes for boys in our recreational program from ages 5 all the way up to age 17 every day of the week!

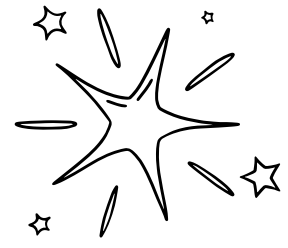
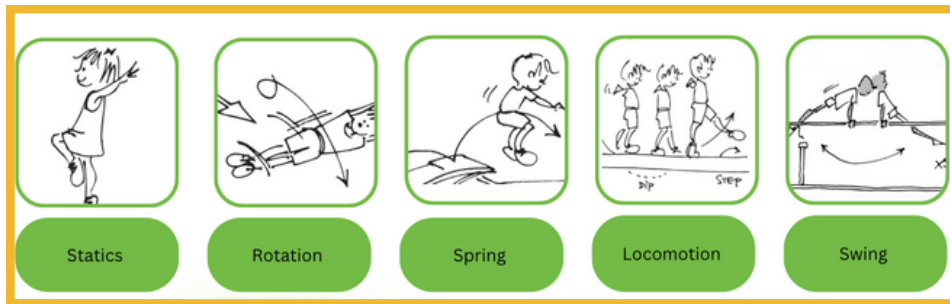
They are at after school times on weekdays and in the mornings on weekends.



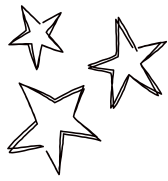
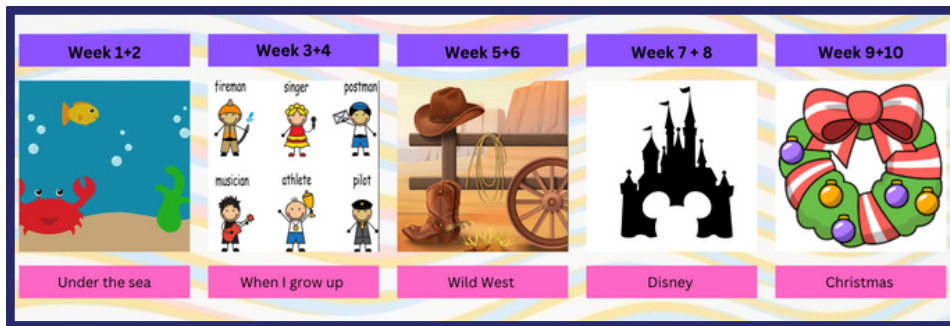
KINDERGYM

Wow, what a fun filled term 3 our Kinder gymnasts have had. This term they have participated in lots of activities focused on different DMPs – Dominant movement patterns.

Throughout the term our tiny gymnasts have learnt all about farm animals, they have participated in some Olympic themed activities, stomped around like dinosaurs, practiced their letters and numbers and have finished the term off showing off their superhero skills.



We have lots of fun planned for next term, take a look at the themes we will be doing:



On the 15th of December BTYC will be hosting their annual display day and for the first time our Kindergym 4 gymnasts will be invited to perform!

Finally just some quick reminders to help keep everyone safe and make sure our classes run as smoothly as possible:

- Gymnasts must wear the correct gymnastics attire which includes the Kindergym T-shirt, leggings/tracksuit pants/shorts or leotards. No skirts or dresses are to be worn and please ensure hair is tied up off the face.
- All parents MUST supervise their gymnast in the free play period at the start of class. This includes children in the KG4 Kangaroo classes.
- All gymnasts and families must wait upstairs at the start of their class until they are called down by their coach. This is also during class.
- KG4 Kangaroo families need to go upstairs after the parent assisted free play. No phones/food/coffee are to be taken on the floor.

Johanna Godfrey
Kindergym Program Manager



SCHOOLS

A flyer for the BTYC Schools Gymnastics program. The flyer has a white background with a blue and yellow border. At the top left is the BTYC School Program logo. The main title "SCHOOLS GYMNASTICS" is in large, bold, blue letters. Below the title, it says "Come to BTYC, or have us come to you!". The program runs "MONDAY TO FRIDAY". It lists benefits: "Qualified Gymnastics Instructors", "Tailor made programs", "Fundamental Development", "Flexible Program Duration", and "Engaging, Encouraging and Fun". A QR code is on the right. Contact information includes: "CONTACT US VIA", "EMAIL: BRETT@BTYCGYMNASTICS.ORG.AU", "PHONE: 9841 4773", and "WEBSITE: HTTPS://WWW.BTYCGYMNASTICS.ORG.AU". At the bottom is the BTYC GYMNASTICS logo.

BTYC
School Program

SCHOOLS GYMNASTICS

Come to BTYC, or have us
come to you!

**MONDAY TO
FRIDAY**

Qualified Gymnastics Instructors
Tailor made programs
Fundamental Development
Flexible Program Duration
Engaging, Encouraging and Fun

CONTACT US VIA
EMAIL: BRETT@BTYCGYMNASTICS.ORG.AU
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BTYC
GYMNASTICS

Dear Families and Friends,

We're thrilled to share that Term 3 in the Schools Program has been both fun and successful! It's been a joy to see our students' enthusiasm and growth over the past few months.

This term, we had the pleasure of welcoming back:

- Donvale Primary School's Foundation, Grade 1, and Grade 2 students
- Alphington Grammar School's Prep, Grade 1, and Grade 2 students
- Donvale Christian College's Grade 5 and 6 students

From the bright smiles to the impressive skills demonstrated, it has been a delight to witness the progress and excitement of all our returning students.

Thank you for your continued support, and we look forward to more wonderful experiences in the coming terms!

Warm regards,

Brett Tomsett
Schools Program Manager

AEROBICS

During Term 3, aerobics has seen some fantastic improvement in our athletes and coaches.

We have welcomed coach Jeremy to aerobics with Sofia as a mentor and coach Jazz has received her Advanced Aerobics coaching qualification!

We also had coach Jazz and coach Sofia, as well as senior athlete Lauren, who are now qualified as beginner aerobics judges! We look forward to seeing them on the judging panel in the future!



As for competitions, we have had great success with confidence and score improvements. Check out some of the awesome results from the MGS Invite:

- 🥇 Anastasia - Level 4, 12-15years Individual
- 🥉 Myrah - Level 4, 12-15years Individual
- 🥉 Anastasia, Cleo, Myrah - Level 4, 12+ years Multiple
- 🥈 Sophie, Amaya, Jade - Level 4, 6-11years Multiple
- 🥈 Elli, Amaira – Level 3, 6-11years Multiple
- 🥈 Amaira – Level 3, 9-11years Individual
- 🥈 Elli, Level 3, 9-11years Individual
- 💙 Claire and Zoe, Level 2, Blue band
- ❤️ Vivian, Level 2, Red band
- 🥇 Emilija, International Age Group Individual
- 🥈 Lauren, Level 7, 12+ years Individual
- 🥇 Farah, Junior International AeroDance Individual



We also had the Spring AeroChallenge at Nazareth College, and again we achieved some outstanding results:

- 🥉 Elli - Level 3, 9-11yrs Individual
- 🥈 Amaira – Level 3, 9-11yrs Individual
- 🥈 Elli, Amaira – Level 3, 9-11yrs Individual
- 🥇 Amaya - Level 4, 9-11yrs Individual
- 🥈 Sophie - Level 4, 9-11yrs Individual
- 🥈 Cleo - Level 4, 9-11yrs Individual
- 🥇 Anastasia - Level 4, 12-15yrs Individual
- 🥈 Myrah – Level 4, 12-15yrs Individual
- 🥈 Anastasia, Myrah, Cleo – Level 4, 12+yrs Multiple
- 🥇 Amaya, Sophie – Level 4, 6-11yrs Multiple
- 🥇 Emilija - International Age Group Individual
- 🥈 Lauren - Level 7 15+yrs Individual
- 🥈 Emilija, Anastasia, Cleo, Amaya, Myrah, Sophie – Division 1 Aerodance



AEROBICS



Going into Term 4, we have 5 of our athletes, Lauren, Emilija, Cleo, Anastasia and Myrah, competing at the National Clubs Carnival in the Gold Coast. We are super excited as this is the biggest BTYC aerobics cohort we've ever sent! We wish them the best of luck, as well as good luck to coach Amy who will also be competing for her respective club in 4 routines! We also have our Junior Victorian Championships coming up in October in Geelong, where we will be sending our Level 2s, 3s and 4s to compete for the title of Junior Victorian Champion. We are so excited to see all their hard work at the final competition of the year!

Amy Channon
Aerobics Program Manager



TRAMPOLINE AND TUMBLING



This term has been filled with excitement with the junior competition session starting and National Clubs Carnival starting in the holidays! Our Senior athletes have been training hard getting ready for Clubs, while our junior athletes have been busy perfecting their routines to showcase at competitions.

The junior tumbling competition was a high-energy showcase of incredible skill and determination! Athletes pushed their limits with jaw-dropping routines, landing challenging passes with precision and flair. From start to finish, the atmosphere was electric, as these rising stars proved they have what it takes to compete at the highest levels! Well done athletes and coaches!!!

With Holidays approaching, our Tumbling and Trampoline athletes are headed to the Gold Coast for the 2024 National Clubs Carnival! We are wishing all our athletes and coaches good luck as we look forward to seeing our athletes compete their routines that they have been working so hard on throughout the year. We also wish Edith and coach Jordan the best of luck as they will be heading to the 2nd National Squad training right after National Clubs.

Trampoline and Tumble Recreation had a fun filled term focusing and progressing on their flips, twists and saults. Many gymnasts learned their first back saults, front saults, back handsprings and swivel hips! We also asked our rec athletes to partake in a drawing contest, in which our classes worked as a team to create Tramp and Tumble inspired pieces that will hang above our trampolines.

As the year ends, our athletes will participate in our 2024 Trampoline and Tumbling Bonanza! Get ready for the ultimate showdown at our Internal Tramp and Tumble Bonanza on October 13! Athletes from across all levels will bring their A-game, showing off their flips, twists, and high-flying skills in an action-packed competition. It's the perfect chance for everyone to shine, whether you're aiming to nail your next big pass or support your teammates with loud cheers. This is going to be a day of fun, excitement, and unforgettable performances—don't miss it!

To wrap up, we want to say how impressed we are by all the athletes in the competitive Trampoline and Tumbling program this year! Our athletes and coaches have been working very hard to ensure that all athletes are striving for excellence in gym and at competitions. Good luck to all those in the Gold Coast and we hope to see everyone at our Trampoline and Tumble Bonanza!



Jordan Mitilineos-Janicke
Trampoline & Tumbling Head Coach

ADULT GYMNASTICS



As Term 3 comes to a close, we're excited to share the fantastic growth and progress we've seen across the Adult Gymnastics program. Each night of the week has experienced an increase in participation, and it's great to see our community continuing to grow and evolve. We've been thrilled to welcome back several former athletes through the introduction of Teen Gym.

Teen Gym offers a flexible and casual opportunity for athletes in a critical age range. We understand that high school commitments, such as VCE, can often lead to young athletes stepping away from sport. By providing this casual training option, we aim to keep teens connected to gymnastics without the pressure of a structured commitment. It's been inspiring to see athletes return and reconnect with their love of the sport!

This term also saw the introduction of our Term Challenges, open to all participants. The challenge this time around was Pit Laps, where gymnasts raced up and back through the pit. Zane A from MAG has set an incredible time of just 21 seconds, which experts say will be hard to beat—but there's still time left for anyone to step up and challenge his record!

Athlete of the term

We'd like to take a moment to acknowledge our Athlete of the Term, Rory. Rory has been a regular on the Unlimited plan for a while now and his dedication each week is truly remarkable. He has been working incredibly hard on Double Mini, making impressive strides in both skill acquisition and overall improvement.

His commitment, work ethic, and positive attitude have been inspiring to everyone in the gym. Rory's drive is a shining example of what makes our Adult Gym program such a positive and supportive space.

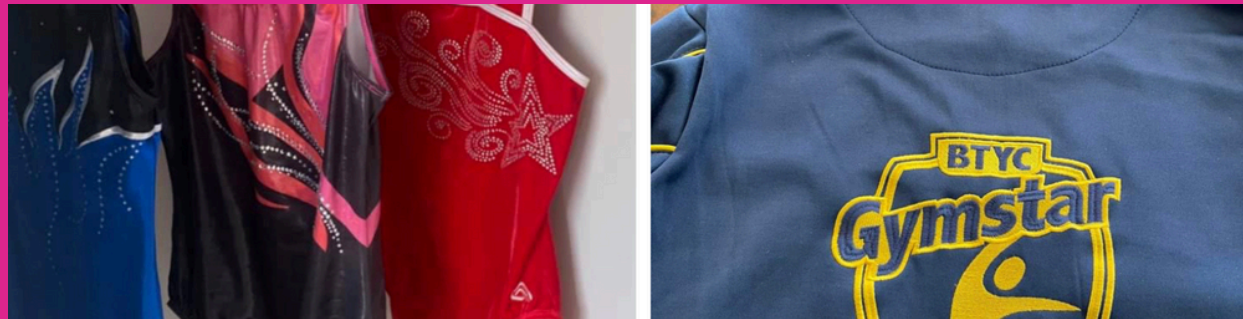
We're looking forward to seeing even more growth and achievements in the coming term. Thank you to everyone who has made this term so successful—here's to more progress and fun in Term 4!

Chris Ciemcioch
Adult Program Manager

2024 Term Dates

Term 1	Monday 29 January	Thursday 28th March
	Fri 26th Jan Australia Day, Mon 11th March Labour Day, Fri 29th March Good Friday, Sat 30th, Sun 31st March, Mon 1st April Easter	
Term 2	Monday 15th April	Sunday 30th June
	Thurs 25th April ANZAC Day, King's Birthday Mon 10th June	
Term 3	Monday 15th July	Sunday 22nd September
	Friday before AFL grand final TBC	
Term 4	Monday 7th October	Saturday 14th December
	Mon 4th and Tues 5th Nov Melbourne Cup Day, DISPLAY DAY Sunday 15th Dec, Wed 25th Dec Xmas day, Thur 26th Dec Boxing day	

****PUBLIC HOLIDAYS IN RED - NO CLASSES & NO CHARGES ON THESE DAYS**



BTYC GYMNASTICS

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BTYC MEMBERS CAN
BUY, SELL AND SWAP
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GYMNASTICS
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EQUIPMENT.

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Current WAG competition leotards are not to be sold on this page. They can be brought to the office and sold on your behalf to ensure correct fitting.



Training items for sale



Girls Leotard
\$66

Singlet
\$55



Sizes range
from size 4 to
Adult

PURCHASE THROUGH THE
CUSTOMER PORTAL OR FRONT
OFFICE

HOW TO BOOK A CLASS

To book into a class, visit the customer portal at www.btycgymnastics.org.au and follow the steps below:

- Sign into your account or for new members create an account
- Click 'Booking' (left upper corner)
- Click 'Find a class'
- Select the program and class recommended by your Program Manager
- Select student
- Follow steps to make payment
- If a credit is on your account. This can be viewed and applied on the payment page

For further information:

Phone: 9841 4773

Email: admin@btycgymnastics.org.au

Website: www.btycgymnastics.org.au

Follow us on Facebook and Instagram

CONTACT DETAILS

DO YOU HAVE A QUESTION FOR OUR PROGRAM MANAGERS

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Boys and Girls Recreation Program Manager – Amy@btycgymnastics.org.au

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Kindergym Program Manager – Jo@btycgymnastics.org.au

MAG Program Manager - Ross@btycgymnastics.org.au

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WAG Program Manager – Ross@btycgymnastics.org.au