

# GYMNASTICS NOW@BTYC

ISSUE 4 • DECEMBER 2024

## Thank You and Happy Holidays!



And that's a wrap for 2024. What an amazing year of achievements at BTYC Gymnastics with:

- 100s of friendship formed.
- 1000s of personal goals achieved.
- 1000s and 1000s of new skills learnt.
- Too many fun and rewarding sessions to count.
- So much teamwork and encouragement fostered.
- And an endless number of smiling faces!!

Thank you to each and every one of you for being part of our BTYC gymnastics family. I would like to express my heartfelt gratitude to:

- Our amazing coaches for their dedication and expertise.
- Parents and guardians for their unwavering support.
- Gymnasts for their hard work, perseverance, and enthusiasm.

Thank you for an unforgettable year. Here's to more flips, smiles, and victories in 2025!

Susie Guttman  
Acting General Manager

## Important information

- Don't miss out on registering for 2025 classes. Secure your place by booking through the customer portal. No places are held from 2024, everyone must book in to secure their place. So don't miss out, book today!!!
- The BTYC office will be closed from Friday 20th December and reopening Monday 6th January.



# JANUAARY 2025

# HOLIDAY PROGRAM

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

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CUSTOMER PORTAL**

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**admin@btycgymnastics.org.au**

ALL SESSIONS RUNNING FROM 9AM-12.30PM

- THURSDAY 16TH JANUARY
- FRIDAY 17TH JANUARY
- 
- TUESDAY 21ST JANUARY
- WEDNESDAY 22ND JANUARY
- THURSDAY 23RD JANUARY



### 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.



# ALL ABILITIES

What a year it has been in the All Abilities program for 2024!

We have seen lots of new faces of both coaches and gymnasts this year which has been amazing. I have absolutely enjoyed seeing all the personal and skill growth from all the gymnasts this year. I would just like to give a massive thank you to all the amazing staff, gymnasts, and families in the All Abilities program this year.

With this being my first year as the program manager, I can honestly say it has been a very smooth transition and I owe it all to the patience, understanding and community of the gymnasts and families in this program and of course the coaches who have made it very easy to work alongside. They are always very adaptive and constantly willing to take on new challenges and ideas every day.

With that said, I am very much looking forward to 2025 and all that we have planned!

In 2025 I am very pleased to announce that we are now offering our All Abilities Cosmos squad. This is a squad class in the All Abilities program that ties in with our Gymstar competitive program. In 2025 we will have our coaches Sofia and Emily taking this class on Saturdays. They will be working towards building competitive skills and eventually routines with the students who have been chosen to join the program. Then we will aim to enter into competitions in the 2026 season.

## **Some other exciting news for 2025:**

We will be having even more new coaches join the Program next year with Caity coaching on Mondays, Will coaching on Sundays, and Tiffany coming back to the program for Tuesdays! Also, Sunday classes have already hit its maximum capacity numbers for 2025!

## **Please don't forget to re-enrol for your 2025 classes.**

(if your child is interested in the Cosmos squad, please feel free to contact me via email [ebony@btycgymnastics.org.au](mailto:ebony@btycgymnastics.org.au))

Thank you for an amazing year!

Ebony Mactier  
All Abilities Program Manager

# ALL ABILITIES

## 2025 All Abilities Coaches!



**MONDAY**

- Caity
- Gordon

**TUESDAY**

- Madi
- Tiff

**WEDNESDAY**

- Zane
- Sofia

**SATURDAY**

Sofia

Emily

**SUNDAY**

Madi

Amber

Will

Ebony Mactier  
All Abilities Program Manager



# MENS ARTISTIC GYMNASTICS

## Victorian Championships wrap up.

What a season it has been! The Junior Mag program finished up the year with a tremendous effort at the Victorian Championships held in the Geelong Arena. Full list of Level 3 & 4 results can be found on the Gymnastics Victoria Website but here are some special highlights in case you missed it!

### Level 3 under:

Sena winning gold, Dexter winning silver and Jenson winning bronze making three BTYC athletes taking home 1st-3rd in the All Around!

### Level 3 open:

Rafferty winning silver and Ashkan winning bronze in the All-Around event!

### Level 4 open:

Zac winning silver All Around!

### Level 4 under:

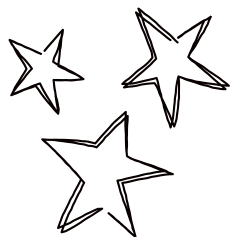
James winning silver All Around!

Term 4 also saw our athletes travel to the Gold Coast to compete in the National Clubs Carnival bringing home 5th place. We had our team on pommel for level 4 and 5 as well as our High-performance Juniors competing at the Southern Cross classic. What a year!

We finished off 2024 with a senior training camp in Japan, where the level 10s and seniors BTYC athletes were able to train among some of the best athletes in the world at Nihon and Nippon Universities.

Lastly, I want to say a huge thank you to all BTYC Mag Families. You all make a fantastic community and I'm excited for what 2025 brings.





Lachlan Graham  
MAG Head Coach

# WOMENS ARTISTIC GYMNASTICS



For those not able to join us at Presentation Night recently, I would like to share my speech that includes some of my reflections and gives a good summary of the 2024:

## **2024 Gymnast Standout Achievements**

In January Tahli represented Australia in the Level 10 Australian team competing at 2 competitions in the USA.

At Senior Vics in April, the BTYC athletes competed solidly all around. Congratulations Brontë, Sophie, Chloe, Indi and special mention to Elle for winning beam and the artistry award in L8 D2.

The following gymnasts were selected onto the Victorian team for Australian Championships held in May on the Gold Coast - Brontë, Annabella and Eleanor. Unfortunately Brontë was unable to compete due to injury but Eleanor did a great job at her first Nationals at L9 and Annabella placed 4th AA at Level 10. From this, Annabella was selected for the Australian Level 10 team which competes in the USA in Jan 2025.

In the Junior competition season, highlights included 2 teams winning Regionals and a huge number of athletes qualifying individually to compete at Victorian Championships across all levels from 3 to 7. Congratulations to our level 3's for winning the spirit award and Nikki finishing 2nd in the Southern Cross competition at Future International level.

Most recently Nikki has been selected to attend a Team Future training camp at the AIS a few weeks from now.

In 2024 we had 8 BTYC gymnasts selected for the various Victorian Development Squads: Elsie, Malaika, Kaylee, Leah, Ava, Arabelle, Nikki & Jasmine. Congratulations!

## **My Reflections:**

After reading all of those impressive achievements, I would like to change direction a bit and share something that I hope you find worthwhile:

I'm at the rewarding stage of my career where I can watch gymnasts develop knowing how the journey will likely go and what the eventual outcomes are likely to be. In my 36ish years of coaching gymnastics I have coached hundreds of young athletes and without fail they have all grown up to be exceptional members of our society. I believe that gymnastics has a profound impact on its participants, particularly at a high competitive level. The daily training environment serves as a mini big wide world where children get to experience bite sized pieces of the good and the bad that adult life will inevitably throw at them. I could talk all day about the benefits of our sport but one of the greatest gifts gymnastics gives your children, particularly in this day and age where mental health is at the forefront, is a healthy self-esteem. I follow and have met a prominent American sports psychologist - Alison Arnold, who has done a lot of work with USA gymnastics and many other competitive sports. She also develops programs for athletes to help them overcome fears and mental blocks.

Many years ago, I purchased a DVD from her about how to parent athletes that I thought could be valuable for my gymnasts' parents at the time. Parents are always keen to learn how they can better support their children in sport. In the end I found the dvd incredibly useful for parenting in general, so much so that I made my husband watch it too. The message that stood out to me that I would like to share with you now is how we as parents and coaches can help build our children's self-esteem with the language we use and what we focus on. Alison helped me understand how powerful 'I am...' Statements are to our sense of self. I am strong, I am brave, I am kind. These are statements that form a large part of our inner dialogue and that we believe to be true about ourselves. Similarly, negative 'I am' statements such as I am bad at maths, I am weak, I am dumb can be devastatingly impactful on our sense of self. So how can you support your children in their sporting journey and build their self-esteem? Alison recommends 'You are' statements that relate to your child's character and are long lasting, rather than their achievements which are short-lived.

Powerful stuff!

### Now onto my thank yous...

I would like to thank and congratulate our Senior athletes that have made the difficult decision to retire from competitive gymnastics in 2024 - Elle, Sophie & Brontë. All of these girls have been outstanding role models and have devoted many years to BTYC. Brontë in particular is finishing at 21 years old and I think we can all agree that her contributions to BTYC have been immense.

I am really impressed with this club as a whole. The staff are very dedicated and caring with a passion for gymnastics and your children. I want to congratulate and thank the WAG coaches on the great job they have done all year - Bridget, Hannah M, Tay, Kate, Jo, Amy, Karina, Jordan R, Jordan M, Hannah T, Alan, Cassie, Brontë. Thank you to the BTYC judges without whom we wouldn't be able to compete - Alan, Amy, Jordan R and Emily.

I would like to thank the committee and the management team for their support of the program, particularly the WAG Manager Ross for all of his work behind the scenes.

Finally, thank you to the gymnasts... we are incredibly proud of all of our WAG gymnasts this year, regardless of results because **YOU ARE** all so dedicated and so hard working. **YOU ARE** great team mates, **YOU ARE** good sports, **YOU ARE** strong, **YOU ARE** smart and to our senior athletes in particular... **YOU ARE** exceptional role models.

The BTYC WAG program has had a fantastic year and it has a lot of potential that I'm excited to see develop over the coming years.

Merry Christmas and safe holidays to you all!



Sally Young  
WAG Head Coach







# GYMSTAR

That's a wrap of 2024! Congratulations to all of our Gymstar athletes! From all the coaches, it has been a pleasure to coach your girls this year! Watching them train and grow as gymnasts and individuals, persisting through learning new skills and creating long lasting friendships!

Here are a few highlights from the term:

- We finished the year with over 110 athletes ranging from Shooting Stars all the way through to Level 8 and 13 amazing and dedicated coaches
- Competition season ended and development season begun! The exciting time to learn new skills and upgrades in preparation for next year

We held our annual Awards Night, with many of our Gymstar families attending and dressing to our 'enchanted' theme wonderfully!

## An honourable mention to our award winners for 2024

### Coaches Award

Pre-squad – Level 3

#### Nominated

Indie D

Lili H

Audrey N

Zoe R

Eugenie L

Caydance L

#### Award winner

Valerie Y

### Most Improved

Pre-squad to Level 3

#### Nominated

Helena L

Hannah J

Catherine Z

Haper P

Isabella R

Madeleine J

#### Award winner

Sarah C

Level 4 – Level 6

#### Nominated

Lara Y

Melody L

Stephanie Z

Constance L

Eden W

#### Award winner

Rylee C

Level 4 – Level 6

#### Nominated

Lara T

Vanessa S

Samantha M

Kate Z

Sya J

#### Award winner

Erin B

Level 7+

#### Award winner

Elaina H

Level 7+

#### Award winner

Bianca S



# GYMSTAR

- Our final winning house for Term 4 is... Blueberries, Congratulations!
- Display Day! Sunday the 15th, this year our theme is Olympics, all of our classes have picked a sport to create a fun routine to show off their skills.

Wishing you all a Merry Christmas and a Happy New Year. We can't wait to see you all back in the gym for a new year for more flipping and fun!



Bridget O'Donnell  
Gymstar Program Manager



# JUNIOR COACH PROGRAM

BTYC'S Junior Coach Program has officially ended for 2024, and I would like to say a HUGE congratulations to our JCP class of 2024 who have completed their Intermediate Coaching Qualifications: Zoe O, Bella H, Farah A, Will A, Jessica Z, Kate-Lynne G, Edith P, Kyara L, Giorgio P, Madi M

This years cohort were a wonderful group of people to work with, who hit the ground running and absolutely took every challenge in their stride and worked super hard across the year. We are looking forward to seeing them all on their classes in 2025!



Bridget O'Donnell  
Junior Coach/ Squad JCP Program Manager



# RECREATION

This term in REC, we have had heaps of fun developing and fine-tuning our skills. We also had a number of things happen this term. Here is what we got up to:

## Annual Recreational 10 Activity Day:

This year was a huge success with many of our athletes attending the 10 Activity Day in October. The athletes were able to display the routines that they have been working on during the term to earn points, lollies, a certificate and a medal! We also had a boogie break where our athletes showed us their awesome dance moves, and they even got to explore the gym in some free time at the end of their session. We look forward to next year's event!

## Display Day practice:

Our athletes have also spent the last few weeks learning a dance to perform at BTYC's Annual Display Day, and the theme is OLYMPICS! Make sure to head down to BTYC on Sunday the 15th at 9:30am to see your gymnasts (our Olympic Champions!) perform the routine they have been working on. This is also a chance to check out some of the squads and the cool tricks they've been working on during the year. We hope to see you there!

## Games week!

During our final week of classes, the gymnasts have been participating in some of the awesome games and circuits we have had set up around the gym. We had relay races on the beams, a "Floor is Lava" circuit where they had to not touch the lava on the floor, and our classic pit circuit with the ninja net over the bars. Our gymnasts had so much fun and so did the coaches!

As the year comes to a close, I just wanted to say a big thank you to all the families, gymnasts, and coaches within the Recreational Program! I have enjoyed overlooking the program over the past two years and working with so many lovely people.

As of 2025, I will be starting a position as a Registered Nurse, which unfortunately means I will be stepping down from the Recreational Program as the manager. I will still be at the gym within a coaching capacity, but I will be handing the role over to Ebony Mactier! She has been my assistant over the past year, and she has contributed greatly to the recreational program since being with BTYC. I look forward to seeing what she brings to the Recreational Program in 2025!



Amy Channon  
Recreational Program Manager



# KINDERGYM

Our kinder gymnasts have had a wonderful year! It has been so exciting watching all of the little athletes grow and develop new skills as the year has progressed.

Thank you to all the grown-ups for bringing your gymnasts along every week and for getting involved in all of the activities. We hope you have enjoyed trying out different things to be when you grow up, immersing yourselves in the Wild West, pretending to be Disney characters and going down Santa's chimney.

I hope you all have a wonderful Summer break and I look forward to seeing you all again in the New Year!

Here are some photos of our gymnasts enjoying their last week of term.



Johanna Godfrey  
Kindergym Program Manager

# SCHOOLS



# SCHOOLS GYMNASTICS

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FRIDAY

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Brett Tomsett  
Schools Program Manager

# AEROBICS

Aerobics in Term 4 has been buzzing with excitement, with the conclusion of our competition season, display day practice, games and new activities within classes. Here's a summary of what we got up to during Term 4:

## Junior Victorian Championships:

Our Level 2-4 athletes competed for the final time at the Junior Victorian Championships in Geelong on the 19th of October. Check out our awesome results!

- 🏆 Vivian, Level 2 Individual
- 🏆 Zoe – Level 3 Individual, 6-8yrs
- 🏆 Claire - Level 3 Individual, 6-8yrs
- 🏆 Elli – Level 3 Individual, 9-11yrs
- 🏆 Amaira – Level 3 Individual, 12-15yrs
- 🏆 Claire and Zoe, Level 3 Multiple
- 🏆 Elli and Amaira, Level 3 Multiple
- 🏆 Jade, Sophie, Amaya, Level 4 Multiple
- 🏆 Cleo, Myrah, Anastasia, Level 4 Multiple
- 🏆 Anastasia – Level 4 Individual, 12-15yrs
- 🏆 Farah – Junior Aerodance Individual
- 🏆 Anastasia, Cleo, Myrah, Jade, Sophie, Amaya, Emilija – Division 1 Aerodance



During class, we've been working on some choreography activities. The girls have been given the opportunity to choreograph sections of a routine by themselves and they've done an awesome job! You may even get a sneak peak of some of the choreography during the Display Day routine!

We look forward to welcoming everyone back to the aerobics program in 2025, with new classes and different coaches. And we look forward to welcoming some new athletes into the program! Have a happy holiday and happy new year!

Amy Channon  
Aerobics Program Manager



# TRAMPOLINE AND TUMBLING

Dear BTYC T&T Families,

As we close out an incredible year in 2024, it is time to reflect on the fantastic achievements, milestones, and progress we have made together as a club. Our athletes, coaches, and families have worked tirelessly to ensure this was a year of success, growth and new opportunities for all.

## Competition Highlights

- **Australian National Championships:** This year, our athletes once again showcased their skills on the national stage.
  - **VIC Tumble Team** secured an outstanding 4th place overall, a testament to the hard work and dedication of both athletes and coaches.
- **International Success:** For the first time in Victoria's history, our international team proudly represented us on the national floor, achieving a remarkable 4th place finish. This is a massive milestone for our program and demonstrates the incredible talent and teamwork of our athletes and coaches.
- **Junior Season Dominance:** Our junior athletes had a phenomenal season, showcasing their skills and consistently achieving top placements across competitions. Their results highlight the strength of our program and its bright future.

## Athlete Achievements

- **Senior Athletes:** A special shoutout to Edith, who has pushed boundaries this year with her exceptional training and focus. Edith's incredible progress has been rewarded with selection to the 2025 Senior National Squad.
- **Rising Stars:**
  - Olivia Mitchell has been selected for the 2025 Team Future Program, marking her as one of the nation's most promising athletes.
  - Chloe KP earned a place as Reserve for the Senior National Squad, a fantastic achievement and recognition of her dedication.
  - Tommy Nikko earned two 2nd place medals within junior under 17 DMT and the Australian National Championships & also National Clubs Carnival
  - Dakota achieved an extraordinary 1st place finish, an amazing accomplishment that highlights her dedication and talent.

Across all levels, our athletes in Tumbling and Trampoline from Level 1 through to Senior International have demonstrated improvement in technique, strength, and skill execution throughout the year.



# TRAMPOLINE AND TUMBLING

## **Recreational Program Success**

We've had an amazing year in our recreational program, with incredible new skills learned and countless memorable moments. The enthusiasm and commitment shown by our recreational athletes and their families has been inspiring, and we're excited to see what's in store for 2025!

## **Excitement for the January Camp**

As we look ahead to January, we're thrilled to kick off the year with our upcoming camp. This is a fantastic opportunity for athletes to bond, refine their skills, and set the tone for an exciting 2025 season.

## **A Word from Our Program Head**

"I am so proud of everything we have accomplished this year as a team. The growth, determination, and spirit shown by our athletes, supported by their incredible families and our dedicated coaching staff, has been inspiring. As we move into 2025, we have even greater goals to achieve, and I cannot wait to see what the future holds for this program. Thank you for being part of our BTYC T&T family."

*Jordan Mitilineos-Janicke*

## **Looking Ahead to 2025**

We are excited to continue pushing boundaries in the year ahead. From refining fundamentals to introducing new challenges, 2025 promises to be another exciting year for all our athletes. Stay tuned for more details on camps, competitions, and exciting initiatives to come!

Thank you for your ongoing support, dedication, and commitment to the success of the BTYC T&T program. We wish you all a safe and happy holiday season and look forward to an exciting year ahead!

Jordan Mitilineos-Janicke  
Trampoline & Tumbling Head Coach



# ADULT GYMNASTICS



## *2024: A Year of Growth and Connection*

2024 has been an exciting and transformative year for Adult Gym! We introduced several new initiatives and enhancements that have contributed to the success and vibrancy of our program:

- Expanded to **four nights of Adult Gym**, adding new opportunities for athletes to train.
- Launched **Teen Gym**, providing a dedicated space for teens to enjoy gymnastics alongside our Adult program.
- Introduced **new payment options**, including Punch Passes for flexibility and **Adult Gym Unlimited**, which has helped athletes accelerate their skill progression and achieve their goals.

Across every night of Adult Gym, we've been privileged to have **highly qualified coaches**—including Advanced and FIG 2 and FIG 3-accredited coaches across various gym sports—helping athletes of all levels learn, grow, and thrive.

We've welcomed many **new faces** this year, while also seeing our consistent athletes show incredible dedication, improving their skills and abilities week by week.

## *Building a Thriving Community*

One of the most heartwarming highlights this year has been the organic growth of the **Adult Gym community**. From welcoming and encouraging newcomers to forming lasting friendships, it's been amazing to witness how supportive and inclusive everyone has been.

The social culture has been a standout—whether it's athletes training together in class, hanging out for a game of pool after sessions, organising a **Bread Night picnic**, or heading out for a **cheeky Maccas run**, the camaraderie has been inspiring.

## *Looking Ahead to 2025*

As we reflect on this year, we're also making updates to improve your experience in 2025:

- **Punch Pass Expiry Update:** All Punch Passes now have a **1-year expiry from the date of purchase**, offering even greater flexibility.

We're excited to continue finding ways to make Adult Gym even better and to help every athlete achieve their goals.

## *Holiday Break*

Enjoy your holiday break, and we'll see you back in the gym in 2025! Thank you for an incredible year—let's make next year even better.

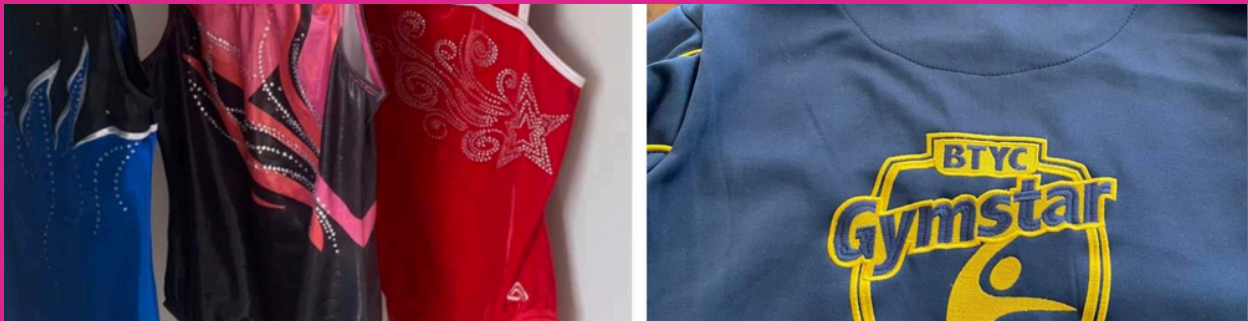
Chris Ciemcioch  
Adult Program Manager



# 2025 Term Dates

<b>Term 1</b>	Tuesday 28th January	Sunday 6th April
	Mon 27th Jan Australia Day, Mon 10th March Labour Day, Fri 18th April Good Friday, Sat 19th, Sun 20th, Mon 21st April Easter holidays	
<b>Term 2</b>	Tuesday 22nd April	Sunday 6th July
	Friday 25th April ANZAC Day, King's Birthday Mon 9th June	
<b>Term 3</b>	Monday 21st July	Sunday 21st September
	Friday before AFL grand final TBC	
<b>Term 4</b>	Monday 6th October	Saturday 13th December
	Mon 3rd and Tues 4th Nov Melbourne Cup Day, DISPLAY DAY Sunday 14th Dec, Thurs 25th Dec Xmas day, Frid 26th Dec Boxing day	

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



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GYMNASTICS

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- 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](mailto:admin@btycgymnastics.org.au)

Website: [www.btycgymnastics.org.au](http://www.btycgymnastics.org.au)

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## CONTACT DETAILS

DO YOU HAVE A QUESTION FOR OUR PROGRAM MANAGERS

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