

### **GYMNASTICS NOW@BTYC**

ISSUE 1 • APRIL 2025

#### Welcome to the BTYC Gymnastics Newsletter!

Each term, we take a moment to reflect on what's been accomplished and offer a sneak peek at what's to come.

As we kick off 2025, we're excited to welcome over 1,100 members to our classes at BTYC. We've seen new faces join our gym family, old friends return, and our coaches working tirelessly to make every session count. Together, we've achieved so much in this first quarter, and we can't wait to share more with you!

At the Gymnastics Victoria Annual Awards Night, we were thrilled to see our gymnasts and coaches recognized for their hard work and dedication. A huge congratulations to the following recipients:

- BTYC Trampoline and Tumbling Team Mega Club Competitive Coaching Team of the Year
- MAG Program Jameson O'Rielly Award
- Adult Coaching Team Mega Club Recreational Coaching Team of the Year
- Samuel Vagg MAG Level Athlete of the Year
- Alan Keating Outstanding Contribution to WAG

We're incredibly proud of all our coaches and gymnasts for their continued dedication and achievements.

Please enjoy reading this edition of the newsletter and stay up-to-date with everything happening around the gym.

Have a safe and happy break, and we'll see you back for Term 2!

**Acting General Manager** 

Susie Guttmann











## TERM 1 2025 HOLIDAY Program

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



ALL SESSIONS RUNNING FROM 9AM-12.30PM

- TUESDAY 8TH APRIL
- WEDNESDAY 9TH APRIL ٠ ٠
- **FRIDAY 11TH APRIL**
- MONDAY 14TH APRIL
- **TUESDAY 15TH APRIL**
- WEDNESDAY 16TH APRIL

If cancelling

#### **Cancellation Policy:** 24 hours or more, prior to the session a refund or

**CONTACT US** 9841 4773 admin@btycgymnastics.org.au

**BOOK THROUGH OUR CUSTOMER PORTAL** 

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.



### **BTYC Committee of Management**

The Committee of Management at BTYC is a dedicated group of elected volunteers who guide the club's strategic direction on behalf of our members. Each year, there are opportunities to join the committee at our Annual General Meeting (AGM).

This year, our AGM will be held on **Thursday, 22nd May, at 6:30 PM** in the BTYC Gymnastics Multipurpose Room. We are seeking enthusiastic members to join the committee and contribute to shaping the future of the club.

The AGM is an important opportunity for all members to learn about the club's performance and take an active role in its future. We encourage members from all of our programs to get involved with the committee, ensuring we represent the full spectrum of what BTYC Gymnastics has to offer.

Next term, we will be sending out nomination and proxy forms to all members via email.

For more information, please contact susie@btycgymnastics.org.au.

# **CHILD SAFETY MATTERS**

At BTYC, the safety and well-being of our athletes is our top priorities. In 2025, we will be conducting a comprehensive review of all our child safety policies and procedures to ensure they are clear, streamlined, and accessible to all members. As part of this process, we will also provide child-friendly versions of key policies and, where needed, translations into other languages to reach our entire community effectively.

Already this year, we have reviewed our complaints process and created a child-friendly poster to help athletes understand how and where they can speak up if they need support or feel like something is being done wrong. We believe it is essential that every BTYC athlete feels heard and valued within our club. We encourage families to review this poster at home with their athletes to help them feel confident in speaking up when they are in the gym.

If you would like to provide any feedback for our upcoming review, please email Jes at jes@btycgymnastics.org.au.



### SPEAK UP AND TELL US YOUR WORRIES



### SPEAK UP AND TELL US YOUR WORRIES

### We provide multiple childfriendly ways to make complaints:

Speaking directly to a trusted coach or staff member

Through a parent, guardian, or support person

Through our anonymous suggestion box in the gym

Via our child safety champions (designated staff member)

Through our online reporting platform (via website)





Kids Helpline Anytime Any Reason 1800 55 1800

### ALL ABILITIES

All Abilitie



What a great start to this year! Once again, we have a full class in the Sunday morning session and may potentially open more spots. We are still grouping by levels this year in the All-Abilities program.

The levels include:

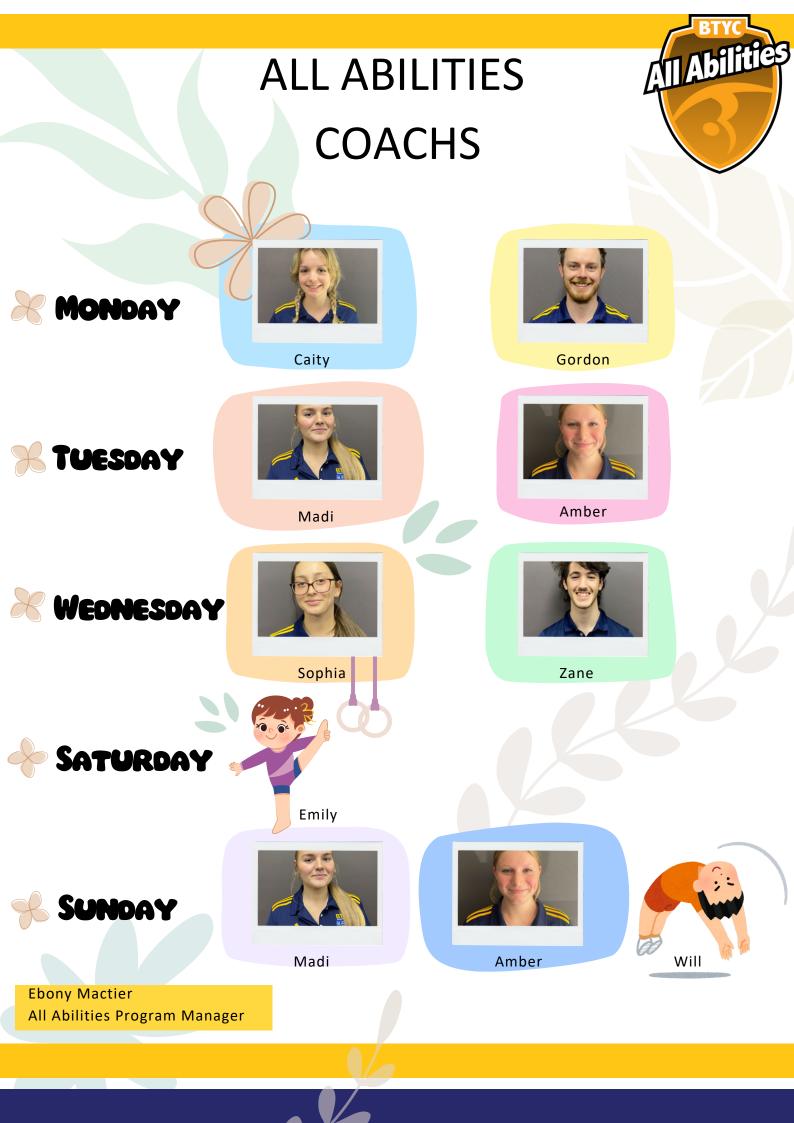
- Level 1: Tailored for those requiring low support.
- Level 2: Designed for athletes with moderate support needs.
- Level 3: Providing high support for those who require additional assistance.

I am also pleased to announce that we have All-Abilities Cosmos athletes this year, which is our new competitive stream within the program. We already have three athletes in this program congratulations to Emily, Daisy, and

Rhys! Our wonderful coaches, Gordon and Emily, are coaching this stream on Mondays and Saturdays, respectively. I am excited to run the All-Abilities program again this year and look forward to the rest of the year ahead.

Ebony Mactier All Abilities Program Manager





# MENS ARTISTIC GYMNASTICS



2025 marks the end of one Olympic cycle and the start of the next, and with that comes a lot of changes. We started the year with our athletes attending a 3-day summer clinic over the January school holidays. At our clinic, the boys were able to learn about the rule changes this cycle brings, have some team-building and culture-building activities, and get a deep dive in skill development, ready for the upcoming senior season.

Our Friends from Japan:

In February, we hosted a group of Japanese athletes to come and train with our senior athletes. While our Japanese friends were here, they stayed with a couple of our BTYC senior athletes and their families to get the full Australian experience. This was a fantastic opportunity to share and learn from each other and try new training styles, techniques, and competition prep. On February 16th, we hosted a Friendship Competition between the Japanese team and our very own BTYC Seniors! It was a great and fun way for our senior athletes to prepare for competition and create friendships that will last for years to come.

While they were here, the Japanese athletes also shared their knowledge with our junior athletes, taking time to teach them techniques and progressions they had learned when they were their age.





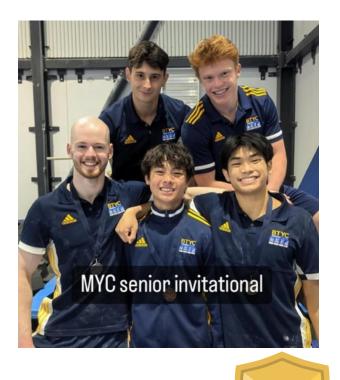




Gymnastics Victoria Awards Night: At the 2025 Gymnastics Victoria Awards night, the BTYC MAG program won the Jameson O'Reilly Shield. This award is presented to the highest-scoring MAG Victorian Club over the Junior season. In addition to this, our very own Sam Vagg won the Levels Athlete of the Year award due to his amazing efforts in Level 10 last year.

With March came the start of our competition season! That's right, Pre-Season is finally over, and Comp Season is upon us! Our results at Knox, BTYC, MYC, and SGC Senior Invites show good progression as we work towards the trailing events for the National Championship next month. It is exciting to see the MAG program settle into another year of gymnastics and get ready to show off their routines on the comp floor! Bring on 2025!









Lachlan Graham MAG Head Coach

# WOMENS ARTISTIC GYMNASTICS

I know we say this every term, but what a busy term we have had! Firstly, welcome to our new WAG gymnasts and families, of which there are many. I received a staggering number of enquiries last year and early this year, most of which I had to turn away because our program is nearly at capacity with 89 enrolments. This shows just how popular the WAG program is and how special it is to be a part of. We hope our new families are settling in well and enjoying gymnastics at BTYC.

Starting in mid-January, we had our first-ever WAG Clinic. It was so rare and exciting to have all WAG groups in the gym at the same time and to have the entire gym to ourselves! During the session, we did physical testing and some apparatus work with senior coaches and specialists. Numbers were low due to many of you still being on holidays, but we hope we can have more days like this during the year if the schedule allows. For the girls who attended, it gave them a great head start to the year. Around this time, we also held several days of WAG coach meetings to discuss the implementation of new programs. The WAG team is very committed to making this a bigger and better year than ever before. I'd like to take this opportunity to officially welcome our new WAG coaches – Rachel Keane & Rylee Saavedra, both of whom have settled in easily and are loving being a part of the BTYC community.

While that was all happening in January at BTYC, one of our Senior Development gymnasts, Annabella, traveled with the Australian Level 10 team to the USA. Belle competed in competitions in Texas and Sacramento, and also went to see an NCAA college meet and had a backstage tour of a Cirque du Soleil show in Las Vegas. Belle placed very well in her competitions but, more importantly, came home inspired to upskill for the Australian season. It is always exciting to see a WAG athlete get their picture on a poster up on the wall at BTYC, and we hope that inspires our

younger athletes.







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Sally Young WAG Head Coach For our gymnasts in the Foundation, Junior, and Intermediate groups, Term 1 focused on basics, quality, physical conditioning, and setting up a good training culture. Our new beam complexes and floor lines have been learned and are now being perfected, and our confidence on all basic skills is building. Everyone has settled into the school and gym routine and has dealt very well with the heat, which seems to have been a constant in Term 1.

In February, our Junior Development and Intermediate Development groups attended a testing day for the 2025 Victorian Development Squads. We are pleased to announce that the following girls have been selected: Maeve Walker-Briggs, Ella Greig, Jovie Dirkx, Kotomi Lee, Emma Cox, Leah Boulos, Aleila Brand-Starkey, Arabelle Ng, Kay-Lee Chin, and Sybella McGregor. These girls will attend three clinics during the year and train with the best gymnasts in each age group from around Victoria.

Most recently, our Senior gymnasts have started their competition season at our home competition – the BTYC Senior Invitational. Even though it's early in the year, great results were achieved, and many new skills were competed for the first time. It was exciting to unveil the new Level 10 leotards, and the team camaraderie was outstanding. The seniors continue their competition season in Term 2, so there will be much to talk about in the Term 2 newsletter.

If you haven't already, make sure you follow BTYC on Instagram. We have just started a WAG-specific Instagram account so we can share more of what's happening in the gym. Please email either myself or Ross if you don't want your child featured in our photos and videos. Just a reminder that in Terms 2 and 3, leotards must be worn for training. Crop tops can only be worn in the warmer Terms 1 and 4.

By now, you should have received the holiday training schedule and competition schedule from Ross. If you haven't, please chase that up with him as soon as possible. Enjoy your Easter break, and I look forward to seeing everyone back for another busy and exciting time in Term 2.

### GYMSTAR



Term 1 is officially complete, and it has been wonderful to welcome everyone back and get to know both our new coaches and gymnasts. This term, we have already been able to witness and celebrate amazing achievements, and we can't wait to see what's to come!

Here is a recap of our Term 1:

- Parent Information Meeting: Families came along to go over important information regarding the Gymstar Program. All meeting notes have been emailed out, but please feel free to ask if you have any additional questions.
- House Teams: Each athlete in the Gymstar program was assigned a house for the year: Pineapples, Limes, Blueberries, or Watermelon. This is used as a reward system when gymnasts display the BTYC values. This term, our winner was... Watermelons! Well done to ALL the gymnasts and their hard work!
- Goal Setting: Athletes worked alongside their coaches to come up with personal goals they'd like to achieve in each of the following categories: Skill, Strength, Flexibility, and Competition.
- Term 1 reports have been completed online by coaches and will be live and accessible for you to view via the parent portal.

Things to look forward to:

- Team Bonding Day on the 13th of April: A fun social event that allows the gymnasts to get to know fellow athletes from different classes and levels. The girls will get to participate in different games and challenges to earn points for their house!
- Skill Testing: Completed during class and will go live to families at the end of Term 2.
- Practice Comp on the 29th of June: A huge event featuring ALL levels, assisting in preparing gymnasts for the comp session.



### JUNIOR COACH PROGRAM

We've once again had a fantastic start to our JCP Program!

For those who don't know, JCP stands for BTYC's Junior Coach Program. It's designed for up-and-coming coaches, offering them opportunities to gain the education they need to become fully qualified, knowledgeable coaches. Successful applicants spend the year going through a structured learning process, which helps ease them into the world of coaching, alongside encouraging and experienced mentor coaches. This year, we have many coaches who were former BTYC gymnasts themselves returning, which is always wonderful to see!

Throughout the year, the JCP coaches will meet once a month to receive guidance on completing necessary online work, skills required for coaching, and BTYC's values and coaching philosophy. This also involves practical, scenario-based work, which can be adapted into their own coaching styles. This term, we had two different meetings, which focused on Communication and the different

Movement Patterns used in gymnastics.

This year's coaching cohort includes:

Bess, Lauren, Jemima, Indi, Rory, Kalita, Becca, Laura, Bianca, Lucy, and Ayla. We're loving having them in our Recreational classes across MAG, WAG, Tramp and Tumble, and Aerobics!





Bridget O'Donnell Junior Coach/ Squad JCP Program Manager



#### SQUAD JCP

After a successful first year last year, we've decided to bring back our secondary education pathway as part of our Junior Coach Program. Squad JCP is for current Intermediate-level coaches who had to apply for the program. Throughout the year, we assist them with knowledge and fundamental skills to one day lead their own competitive squads. They assist on a competitive squad once a week, where they're guided by some of our wonderful MAG, WAG, and Gymstar coaches to help them on their coaching path.

Squad JCP coaches also have monthly meetings focusing on key areas that make competitive squad coaches even better, including lesson planning, year plans, warm-ups, conditioning, and practical skills they can use when assisting with their mentor classes. In addition to these meetings, we have termly catch-ups to go over scaffolding the coursework necessary for their Advanced Coaching qualifications and support them in the best way possible.

Already, we've seen our Squad JCP coaches really step up, showing they are keen to learn, adapt on the fly, and take on challenges thrown their way. We can't wait to see them thrive throughout the rest of the year! Please congratulate the 2025 BTYC Squad JCP coaches: Will, Zoe, and Bella!

### RECREATION

It has been a great start to Term 1, 2025, in the Recreational program.

I've really enjoyed stepping into the role of Recreational Program Manager this year, and I'm already bringing in some exciting changes to the program. I look forward to more fun events and improvements throughout the year and beyond!

Everyone is loving the new T-shirt for this year! If you haven't received your recreational T-shirt yet, they can be collected at the front office.

This year, we'll be conducting our 3-star ratings of the children's skills in Term 1 and Term 3 to evaluate their progress and allocate them a bronze, silver, or gold level within their classes. We've also introduced lesson plans into our recreational classes this year to help our coaches ensure that the children are progressing well.

I'm pleased to say that our boys' Recreational Grades 4 and above classes, which have introduced ninja and parkour skills, are running very well! A big thank you to coaches Gordon, Ben, Scott, and Chris for adapting these aspects into their lessons and making it a fun environment!

Looking ahead to Term 2, we have our REC Challenge Day on Sunday, June 1st, for all recreational gymnasts. Keep the afternoon free and stay tuned for more information to follow. General Reminders:

No photos or videos are allowed inside the gym at any time. Only gymnasts and staff are permitted past the gate onto the gym area.

Gymnasts must wait upstairs until they are called down by their coaches.

Parents/guardians are to drop off and pick up their children upstairs. There should not be anyone standing or waiting in the area at the bottom of the stairs; this area is for flowing foot traffic.

At the 5:00 PM (weekdays) / 10:45 AM (Saturday) class finish times, everyone must exit via the pit end upstairs to help keep the stairs clear and safe.

If you have any questions or concerns regarding the boys' or girls' Recreational program, please feel free to contact me at

ebony@btycgymnastics.org.au.

Ebony Mactier Recreational Program Manager















### KINDERGYM



What a wonderful, fun-filled Term 1 we've had in the Kindergym program! We've welcomed lots of new gymnasts over the term.

Welcome, and I hope you have enjoyed your first few gymnastics classes!



I can't wait to see all the fun and excitement continue in Term 2!

Finally, here are just a few quick reminders to help keep everyone safe and ensure 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. Skirts or dresses are not permitted, and please ensure hair is tied up and off the face.
- All parents must supervise their gymnast during the free play period at the start of class. This applies to children in the KG4 Kangaroo classes as well.
- All gymnasts and families must wait upstairs at the start of their class until they are called down by their coach. This rule also applies during class.
- KG4 Kangaroo families should go upstairs after the parent-assisted free play. No phones, food, or coffee are allowed on the gym floor.

Johanna Godfrey Kindergym Program Manager





This term we have gotten off to a great start, officially welcoming 11 new competitive athletes, and two new coaches to the program. Meet the team!

During this term, the athletes have begun developing and finetuning their basic aerobics steps, which has lead to the beginning stage of learning their routines. With competitions slowing approaching, they have begun to learn the routines that they will be competing later in the year, and they are looking great!

We also had our Youth International athlete, Emilija, attend the Aerobics National Training Camp, held in Sydney during March. She was involved in a selection competition, as well as several workshops with professionals from across the globe to help her develop her routine and skills. This is the first training camp that BTYC Aerobics has attended, and it was an amazing opportunity. We look forward to see the further development of her routine throughout the year!





Amy Channon Aerobics Program Manager

During the April holidays, we will have holiday training, which is live on the customer portal to book into. This is compulsory for all competitive athletes, unless prior notice is given.



Got any questions about aerobics? Please get in contact with Amy about our recreational aerobics class, which runs on a Friday from 4-5pm!

#### MEET THE BTYC AEROBICS COACHING TEAM!!

- Intermediate Blue Class Currently competes Level 9 Gymstar
- Studying a Communications degree full time
- Coaches the Recreational Aerobics Used to compete as an

Aerodance individual Currently completing Year 12!





- Currently in the Junior Coach Program, learning about the fundamentals of coaching
- Currently competes Level 7 Aerobics Currently completing Year 10!



# TRAMPOLINE AND TUMBLING



#### A Strong Start to the Year!

Term 1 has been an incredible start to the year, with our first senior competition seeing our athletes smash goals and achieve fantastic placings across the board. A huge congratulations to all our competitors for their dedication and hard work!

#### Coach Development & Growth

Our T&T competitive coaches have taken their skills to the next level, successfully completing their Advanced Tumbling Coaching accreditation. This was led by our Presenter and Head Coach, Jordan Janicke, who continues to elevate the standard of coaching at BTYC. Congratulations to Edith, Henry, Chris, Jeremy, and Emily!

#### Upcoming Events – Don't Miss Out!

As we build into the senior competition season, we invite everyone to witness some of Victoria's best Double Mini and Tumbling athletes at the State Team Trial Competition on April 12th, proudly hosted by BTYC. Come along to see high-level performances and support our incredible athletes! The event will start at 10:00 AM.

#### Recreational Program – Thriving!

Our recreational gymnasts are absolutely smashing it, learning new skills and routines within their classes. If you're looking to join, spots are still available – but they're filling fast! Now is the perfect time to get involved before all spaces are gone.

#### Advanced Tumbling – Join Now!

For those looking to take their tumbling to the next level, don't forget to check out our 12+ Advanced Tumbling class on Thursdays. This class is a great opportunity for athletes to refine their skills and push their limits in a dynamic and supportive environment.

We're excited for everything Term 1 has brought and can't wait to see what the rest of the year holds. Keep training hard and striving for greatness!

**Recreational Trampoline and Tumbling** saw a massive shift in class structure, merging all trampoline and tumbling classes together, enabling our gymnasts to practice and perfect old skills, and learn exciting new skills across all disciplines of trampoline gymnastics.

All our gymnasts have shown great enthusiasm and development throughout the term, and we coaches have thoroughly enjoyed working with them.

We are looking forward to the rest of 2025!

Jordan Mitilineos-Janicke Trampoline & Tumbling Head Coach



### SCHOOLS

We had the pleasure of running two school programs this term, the first notably being Yarra Valley Grammar's Grade 1 students for the first time at their school. Secondly, we were delighted to host Donvale Christian College's program again this year.

All participants worked hard, many trying gymnastics for the first time, and enjoyed the experience very much.

We are looking forward to the remainder of 2025 and are eager to share our sport with the school community.



Schools Program Manager

### ADULT GYMNASTICS

Term 1 has kicked off strong, and it's been fantastic to see so many familiar faces from last year back in the gym, picking up right where they left off. The energy and enthusiasm have been incredible, with athletes jumping straight back into training and making the most of every session.

We've also welcomed plenty of new faces, with trial participants getting a feel for the program and new members joining the Adult Gym community. It's always great to see fresh energy in the gym, and we love how welcoming everyone has been to those just starting their journey with us.

A special shoutout to Rory, one of our long-time Adult Gym members, who has taken the exciting step of joining our Junior Coach Program! It's been awesome watching him transition from athlete to coach, and he's doing a fantastic job learning the ropes and developing his coaching skills.

And of course, a massive celebration for Adult Gym winning the Recreational Coaching Team of the Year (Mega Club) at Gymnastics Victoria's Awards Night! This award is a testament to the incredible community we've built—our athletes, our supportive environment, and most of all, our amazing coaching team.

A huge thank you to every athlete who has been part of the program, as well as all the coaches who have stepped in to run sessions, cover classes, and contribute to the success of Adult Gym. But the biggest thanks goes to our core coaching team—Alex, Jordan, Jess, Cass, Tom,

Chloe, and Lachlan—who bring their expertise, energy, and passion to every session, week in and week out. This award is a well-earned recognition of the strength of our team, and we couldn't be prouder!

Looking forward to another great term ahead—see you all in the gym!

Chris Ciemcioch Adult Program Manager



2025 Term Dates	
Tuesday 28th January	Sunday 6th April
Term 1 Mon 27th Jan Australia Day, Mon 10th March Labour Day, Fri 18th April Good Friday, Sat 19th, Sun 20th, Mon 21st April Easter holidays	
Tuesday 22nd April	Sunday 6th July
Term 2 Friday 25th April ANZAC Day, King's Birthday Mon 9th June	
Monday 21st July	Sunday 21st September
Term 3 Friday before AFL grand final TBC	
Monday 6th October	Saturday 13th December
Term 4 Mon 3rd and Tues 4th Nov Melbourne Cup Day, DISPLAY DAY Sunday 14th Der Thurs 25th Dec Xmas day, Frid 26th Dec Boxing day	
	Tuesday 28th JanuaryMon 27th Jan Australia Day, MonFriday, Sat 19th, Sun 20th, Mon 2Tuesday 22nd AprilFriday 25th April ANZAC Day, KinMonday 21st JulyFriday before AFL grand final TBCMonday 6th OctoberMon 3rd and Tues 4th Nov Melbor

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



### BTYC GYMNASTICS buy, sell and swap facebook page

A PLACE WHERE BTYC MEMBERS CAN BUY, SELL AND SWAP THEIR UNWANTED GYMNASTICS CLOTHING AND EQUIPMENT.

JOIN THE PAGE TODAY



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

Singlet \$55

Girls Leotard \$66

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# Sizes range from size 4 to Adult

BTYC

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

Aerobics Program Manager – <u>Amy@btycgymnastics.org.au</u> Adult Program Manager – <u>Chris@btycgymnastics.org.au</u> All Abilities Program Manager – <u>Ebony@btycgymnastics.org.au</u> Boys and Girls Recreation Program Manager – Ebony@btycgymnastics.org.au Gymstar Program Manager – <u>Bridget@btycgymnastics.org.au</u> Junior Coach Program Manager – <u>Bridget@btycgymnastics.org.au</u> Kindergym Program Manager – <u>Jo@btycgymnastics.org.au</u> MAG Program Manager - <u>Ross@btycgymnastics.org.au</u> Trampoline and Tumbling Program Manager – <u>Ross@btycgymnastics.org.au</u> WAG Program Manager – <u>Ross@btycgymnastics.org.au</u>