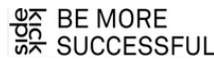


te wero

GYMNASTICS



Welcome to the October edition of Te Wero Gymnastic Club's newsletter. As for all families, times are getting busy as the weeks slowly creep towards Christmas: recitals, prize giving's, break-up events, work parties, present shopping, handing in your child's 'Santa wish list' in time - please take this quiet time to read our informative, yet short newsletter

OLYMPIA REGIONAL COMPETITION HELD ON 14-15 OCTOBER 2023

SILVER (under)

Aria Anglem:

2nd All Around, 2nd Bars, 1st Beam, 1st Floor

Sasha Yee:

3rd All Around, 1st Bars

Esmae Schroder:

2nd= Beam, 2nd= Floor

RUBY

Eilidh Taylor:

1st All Around, 1st on vault, bars, beam, floor

Tynesha Tainui:

2nd All Around, 2nd on vault, bars, beam, floor

EMERALD

Manaia Brown:

2nd All Around, 1st Beam

Oceannah Bennett:

1st= Bars

Marley Johnson:

3rd= Vault

Pearl Phillips:

1st= Vault



GYMFUN CHALLENGE - REGIONAL NATIONALS

LEVEL 6 (AKA RUBY)

Eilidh Taylor: 3rd Vault, 2nd Floor -- 5th All Around

LEVEL 5 UNDERS (AKA EMERALD)

Pearl Phillips: 4th Vault, 4th Beam, 4th Floor -- 5th All Around

Manaia Brown: 3rd Floor -- 7th All Around

Oceannah Bennett: 3rd Bar -- 9th All Around

Marley Johnson: 11th All Around

THE GFA SENIORS COMPETED IN PALMERSTON NORTH ON 21 OCTOBER FOR THEIR ANNUAL REGIONAL NATIONAL COMPETITION.

IT WAS A GREAT EXPERIENCE FOR THEM, AND THE FIRST COMPETITION IN THE NORTH ISLAND FOR THEM THIS YEAR!

SHOUT OUT TO COACH ERIKA FOR HELPING THEM PREPARE.



A huge congratulations to all our girls who competed and also a big shout out to our amazing Coach Erika for her work!

'XMAS FUN DAY' - RECREATION END OF YEAR BREAKUP



XMAS FUN DAY

SAVE THE DATE! - SATURDAY 16TH DECEMBER
- 4:30-6:30PM
- FUN, GAME, DISCO

UPCOMING FUNDRAISING EVENT



Calling out for volunteers for our club's Bunnings BBQ fundraiser on Saturday 18 November @ Shirley/Homebase.

For this event, the club is approaching fundraising differently, in which all proceeds will be split between those who volunteered, and that such proceeds can be used towards training fees or credit into your gymnasts' Friendly Manager account or upcoming international competitions!

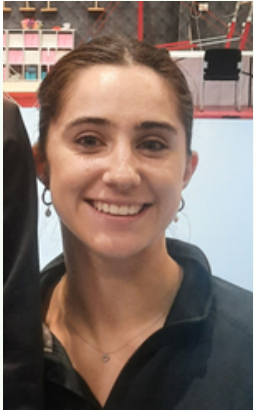
****An email will be sent out to members asking for volunteers shortly**

A TEARY FAREWELL!

Te Wero will mourn the loss of our great Recreation & GFA coach, Erika. Erika's last day at Te Wero will be on the 9th November, before she returns home, to Auckland - after recently graduating with her Bachelor of Design degree.

Erika came to Te Wero with a cheerleading background and a passion for coaching kids. She quickly became a part of the Te Wero whanau and took a leading role in our recreation programme. She stepped into the GymforAll (GFA) shoes, when the club needed her and we're ever so lucky to have Erika coach for us. We're very sad to see her go (have begged her many times to stay), but the Te Wero whanau wish her all the best back home with her family and partner, in Auckland.

Fear not, we have arranged replacement recreation coaches until the end of the year.



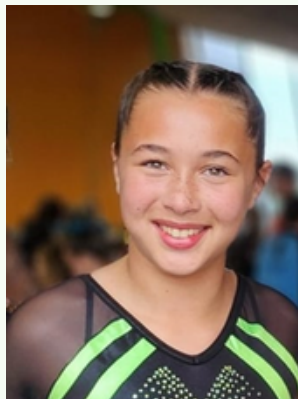
SPONSORSHIP

Would you or do you know someone or business who would like to donate or sponsor Te Wero Gymnastics? As a non-profit club we are looking for sponsors to help support us finding us a bigger gym where we can provide more recreation & competition programmes to our current community.

Please email

info@tewerogym.org.nz to receive our 2023

Sponsorship Package or to discuss further.



GYMNASTS CORNER

MEET TYNESHA!

Tynesha is a GFA Senior at Te Wero - who competed at RUBY in 2023.

What is your favourite apparatus? - **Floor**

What is your favourite skill at the moment? - **Arabian**

What is your least favorite skill at the moment? -

Stoop on Bar

What is one piece of advice you would tell your younger self about gymnastics? - **Don't be hard on yourself. Practice makes perfect.**

How long have you been doing gymnastics? - **Since Te Wero started? 7 years**

What are your other hobbies outside gymnastics? - **Volleyball and Netball**

What tips or advice would you give to other gymnasts? - **Don't compare yourself to other gymnasts.**

DID YOU KNOW?

You may have seen this lovely lady, Dido Gotz, as a judge at the Tri Star Champs (Auckland), but did you know her real name is Theodora, and was born Theodora Hill?. And in 1964, at 18 years old, Theodora (Dido) represented NZ in the 1964 Olympics in Tokyo. She is one of only 6 NZ female gymnasts who have competed at the Olympics - the most recent, Courtney McGregor in 2016 (who was coached by our very own Svetlana Sazonova from 2010-2014).



JUDGE'S CORNER

Please email your Judges Corner questions to info@tewerogym.org.nz - subject heading 'Judge's Corner.'



WHAT'S IN A LEAP?

Leaps are judged accordingly, depending on the STEPS or GFA competitive level. The higher the level, the wider the split needs to be! Leaps (if in the routines) are applied to both beam and floor apparatuses. A full 180° split leap is required from STEP 4s and Gold+ (GFA) upwards.

In all jumps and leaps with split, 180° leg separation is required
For insufficient split:

160°-179°	award DV and deduct -0.1
135°-159°	award DV and deduct -0.3
<135°	no DV OR credit another element

180° split	up to 20° missing	up to 45° missing	less than 135° split
Award DV, no deduction	Award DV, deduct -0.1	Award DV, deduct -0.3	No DV, deduct -0.3

GENERAL INFORMATION

TERM 4 OPEN DATES

Monday, 09 October -
Saturday, 16 December

Term 4 Recreation classes - Enrolment

Enrolment is currently open, and will remain open until the last month of the year!
Please enrol online via our website OR email info@tewerogym.org.nz

Payment of Fees

As a non-profit organisation, we definitely rely on our gymnasts' fees to be paid in full prior to:

- Recreation: third week of Term 4
- STEPS & GFA: the due date of monthly invoices

If you are struggling to pay the fees in full, please contact info@tewerogym.org.nz to discuss whether a suitable payment plan is possible.

TERM 4 IMPORTANT DATES

Saturday 04 November: Te Wero Prizegiving (competition only) at 12 noon

Friday 17 November: CLOSED FOR CANTERBURY SHOW DAY

Saturday 18 November: CLOSED FOR SHOW WEEKEND (no preschool, recreation and squad training)

Saturday-Sunday, 02-03 December : GFA CSG Christmas Competition (@ ChCh School of Gymnastics)

Saturday 16 December: Last day of Term 4 Recreation class

Saturday 16 December: Recreation Xmas Fun Day 4.30-6.00pm

Friday 22 December: Last day of squads training (TBC)

*****There will be no make-up recreation sessions available.**

However, please email into info@tewerogym.org.nz to see if your gymnast is able to attend another day of the same week.

Attendance - Sign in

We have set up a computer at Faye's front desk for all Recreation, Preschool and Competitive gymnasts to mark themselves present.

We remind all gymnasts to get in the habit of doing this upon arrival.

