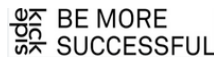


te wero GYMNASTICS



Welcome to the last 2023 newsletter! Lots of new news about 2024 that we're very excited about! Te Wero Gymnastics Management Committee, staff & coaches would like to wish everyone a Merry Christmas and a safe and happy New Year! We hope to see you all back for 2024!

SAVE THE DATE!

It's OUR Recreation
Xmas Fun Day
On Saturday, 16 December
4.30-6.00 pm

Please join us to celebrate all things gymnastics & your achievements at Te Wero this year. There will be games, free-play & an early visit from Santa (ssshhhhh). Come join us for a heap of fun!

**For safety reasons, we ask that children under 5 years must be accompanied by an adult on the gym floor*

Free Entry

OLYMPIA REGIONAL COMPETITION (14-15 OCTOBER)

Silver (Under)

Gwen Clare - 3rd Bars

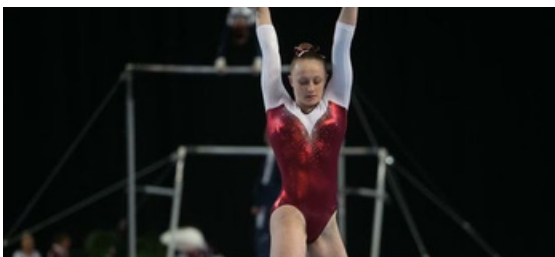
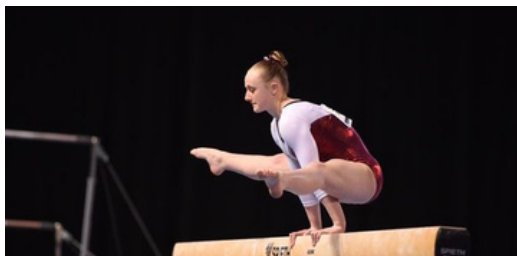
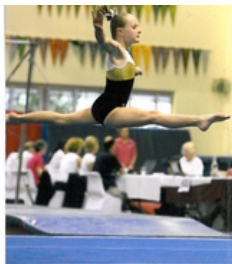
Sincere apologies - as we did not include Gwen Clare's podium placement in last month's newsletter

INTRODUCING ISSABELLA ROBIN

Te Wero would like to introduce our newest WAG coach, who is set to start in 2024. Issabella will be coaching our pre-competition and STEP 1 squads, as well as overseeing some of our other STEP squads under the mentorship of coaches Svetlana, Kyleab & Emma Green. Issabella hails originally from Australia, as a gymnast from the age of 6 years from one of the leading Queensland gymnastics clubs. There, she has won several State & Regional Championship titles between 2015-2017, before moving to Auckland, New Zealand with her family, where she began coaching at Eastern Suburbs Gymnastics Club between 2019-2022. Issabella then moved to Christchurch for her tertiary education and coached at Christchurch School of Gymnastics.

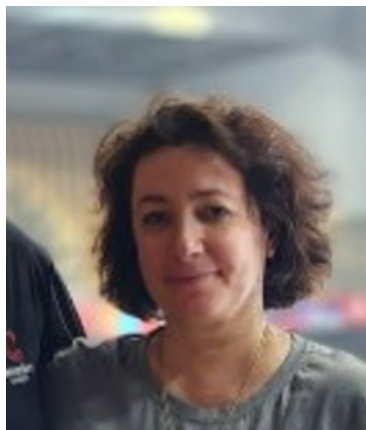
We are excited to have Issabella join our WAG coaching team! Her experience and love of high performance and attention to technique will be a great asset for our squads. Her dedication to ensuring that her gymnasts are happy, well trained in the fundamental skills and are well prepared, suits perfectly to Te Wero's club ethos.

**Read our 'Meet Te Wero's STEP coaches' on the next page to learn more about Issabella.



MEET OUR TE WERO STEP COACHES

WAG COACH - SVETLANA SAZONOVA



1. How long have you been coaching at Te Wero? **Since its conception - late 2015.**
2. What is your gymnastic background? **I was a gymnast since I was 7 years old in Yaroslavl, Russia**
3. What motivated you to become a gymnastics coach? **After I retired from gymnastics, I began coaching to help in my learning for my sport science degree.**

4. What hobbies/activities do you do outside of coaching? **I love to travel.**

5. What is your favourite apparatus to coach on? **Beam and Floor**

6. If you weren't a gymnastics coach, what would have you pursued as an alternative career? **This is so long ago for me - but in an area involved with science.**

7. What is your biggest achievement in gymnastics (either as a gymnast or coach)? **NZ Team coach for 2014 Commonwealth team in Scotland, and team coach to several World Cups, Pacific Rim Champs and Youth Commonwealth Games, travelling to lots of different countries: South Africa, Canada, Holland, India, China, Singapore, Isle of Man, USA & Australia.**

WAG COACH - KYLEAB ELLIS



1. How long have you been coaching at Te Wero? **4 years**
2. What is your gymnastic background? **I started gymnastics when I was 5 years old and finished competing in 2019. Starting coaching 2013**
3. What motivated you to become a gymnastics coach? **To share my passion for gymnastics**

4. What hobbies/activities do you do outside of coaching? **Spending time watching movies tv series etc**

5. What is your favourite apparatus to coach on? **Vault!**

6. If you weren't a gymnastics coach, what would have you pursued as an alternative career? **Some career to do with being outside**

7. What is your biggest achievement in gymnastics (either as a gymnast or coach)? **2x world championship team member and 2018 commonwealth team member**

WAG COACH - EMMA GREEN



1. How long have you been coaching at Te Wero? **I have been coaching at Te Wero since August of 2021.**
2. What is your gymnastic background?
I was a competitive gymnast for 8 years before I became a competitive dancer for 4 years. I have now been coaching gymnastics for 9 years!
3. What motivated you to become a gymnastics coach? **Initially it was because I needed an after school job. However, as I got older I realised I had a passion for giving back to a sport I loved.**

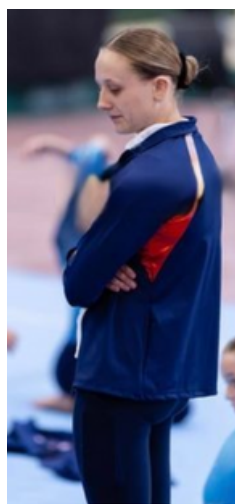
4. What hobbies/activities do you do outside of coaching? **Outside of coaching I love to go for walks, spend time with friends/family and read in the sun.**

5. What is your favourite apparatus to coach on? **Beam and anything to do with artistry!**

6. If you weren't a gymnastics coach, what would have you pursued as an alternative career? **Alongside coaching at Te Wero, I also work full time as an early childhood teacher.**

7. What is your biggest achievement in gymnastics (either as a gymnast or coach)? **Supporting my gymnast to achieve 3 perfect scores this season 🥰**

WAG COACH - ISSABELLA ROBIN



1. How long have you been coaching at Te Wero? **It will be starting at Te Wero in 2024!! 😊**
2. What is your gymnastic background? **I have 15 years of experience as a gymnast, with 13 of those in Australia and now 2 here in New Zealand. I competed at the National level from the age of 6 and represented the Queensland State Team in my first senior level. Ever since, my passion for the sport only continues to grow, and I am now entering my 5th year as a coach. I have been in Christchurch for 1.5 years now whilst completing my university degree, however before this, I was located in Auckland, where my coaching career began.**
3. What motivated you to become a gymnastics coach?
After retiring from the sport after 15 years, I knew that I couldn't just let it go, so I decided to start helping out with some classes. Before I knew it, I had found a new passion for being able to guide and lead the next generation of gymnasts with big ambitions and dreams just as I did when I was their age. One of the most influential parts of being a coach is the ability I have to connect with each individual

and their families to understand exactly what it is that each gymnast needs to reach their full potential - something I wish I had as a young girl growing up in the sport. Not only this, but seeing the spark light up in the gymnast when all of their hard work comes together and they achieve more than they ever thought they could is what keeps me going each and every day.

4. What hobbies/activities do you do outside of coaching? **Travel, spending time with friends, and above all... Shopping!!!**

5. What is your favourite apparatus to coach on? **100% Beam! And not too far behind, Bars.**

6. If you weren't a gymnastics coach, what would have you pursued as an alternative career? **If I wasn't a gymnastics coach, I would definitely still be heavily involved in the sporting world, and would love to take my degree to the next level by working with elite athletes in all different sports within the realm of sports psychology and/or strength and conditioning.**

7. What is your biggest achievement in gymnastics (either as a gymnast or coach)? **Representing the Queensland State Team in 2017 would have to be one of my biggest achievements in gymnastics at a younger age. However, after entering the coaching world and deciding to return as a gymnast after 6 years leading to competing at the AUS National Club Carnival this year, despite experiencing a major knee injury along the way, would have to top all of my achievements by far!**

CONGRATULATIONS TO ALISA WADA & JUNE MCDONALD!

Te Wero Gymnastic have two Senior International athletes, and both have been selected into the 2024 NZ WAG National Squad. The National Squad is the pathway for NZ's Senior International athletes to compete internationally in World Cup Championships, Commonwealth and Olympic competitions.



TE WERO AGM

Te Wero held their 2022/2023 AGM meeting on Tuesday, 31 October 2023 via Microsoft teams.

Thank you for all who attended, as we made the required quorum and more.

If anyone would like a transcript of the meeting minutes, please email to info@tewerogym.org.nz.



LAST RECREATION CLASSES: WEEK 11-16 DECEMBER 2023

LAST GFA CLASSES: SATURDAY, 16 DECEMBER 2023

LAST STEPS CLASSES: FRIDAY, 22 DECEMBER 2023

RETURN DATES:

RECREATION: FROM MONDAY 5TH FEBRUARY 2024

GFA: TBC

STEPS: TBC

GoCardless

GOCARDLESS - MONTHLY AUTOMATIC PAYMENTS FOR YOUR TRAINING FEES

We have now (finally) established a working Go Cardless account.

To make payments more convenient, Go Cardless is an alternative way to pay for your gymnasts' monthly training fees where the club can securely collect payments on the invoice's due dates. This is a think-free, stress-free option, allowing our members to not have to remember to pay the monthly invoices.

An email to our competitive members will be sent out with a link to set up your payment authorisation if you are interested in paying your monthly invoices and/or all of your future invoices this way.

TE WERO'S NEW RECREATION PROGRAMME FOR 2024!

We will be rolling-out our new and exciting Recreation programme in Term 1 2024.

This programme will allow better transparency of your gymnasts' progressions of skills, as well as opening up progression pathways to intermediate level classes and/or into our (by invite only) GFA or STEPs programmes. It is a programme to ensure that your gymnasts develop gymnastic skills at their own pace, and achievements are recorded along the way.

Please look out for our new class schedule on our website in early January 2024.

DID YOU KNOW?

According to ESPN in 2022, Gymnastics is ranked #8 place as the most difficult sport in the world. All the sports were scored by sport scientists from the US Olympic Committee for: Endurance, Strength, Power, Speed, Agility, Flexibility, Nerve, Durability, Hand-eye coordination & Analytical Aptitude and then ranked accordingly.

1. Boxing
2. Ice Hockey
3. Football
4. Basketball
5. Wrestling (not WWF)
6. Martial Arts
7. Tennis
8. Gymnastics

Compared to other NZ's more funded sports: Soccer is #10, Rugby is #13, Swimming is #36 and Rowing is #39

Key
ENDURANCE: The ability to continue to perform a skill or action for long periods of time. Example: Lance Armstrong
STRENGTH: The ability to produce force. Example: NFL linebackers.
POWER: The ability to produce strength in the shortest possible time. Example: Barry Bonds.
SPEED: The ability to move quickly. Example: Marion Jones, Maurice Green.
AGILITY: The ability to change direction quickly. Example: Derek Jeter, Mia Hamm.
FLEXIBILITY: The ability to stretch the joints across a large range of motion. Example: Gymnasts, divers.
NERVE: The ability to overcome fear. Example: High-board divers, race-car drivers, ski jumpers.
DURABILITY: The ability to withstand physical punishment over a long period of time. Example: NBA/NHL players.
HAND-EYE COORDINATION: The ability to react quickly to sensory perception. Example: A hitter reacting to a breaking pitch; a drag racer timing acceleration to the green light.
ANALYTIC APTITUDE: The ability to evaluate and react appropriately to strategic situations. Example: Joe Montana reading a defense; basketball point guard on a fast break.

JUDGE'S CORNER

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

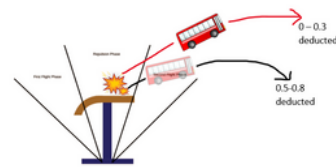


THE DYNAMIC VAULT!

It happens so fast and it's over in about 3 seconds.

There are many deductions for Vault, and it all adds up: with the usual 0.1 to 0.5 points off for the severity of bent legs/arms, head position, open/closed hip angle in flight, and 'prop' force off the vault table. But did you know there is also an 0.8 deduction for lack of height and insufficient dynamics?

What is dynamics? Well in conjunction with propping off the vault table, this relates to the BAM!! factor (the energy shown) in one's vault as they leave the vault table (known as the 'Second Flight Phase'). Gymnasts must show power and height (the BAM! or Explosion) as they leave the vault table. A good indicator of this would be how far the gymnast has travelled from the vault to where she lands. A good analogy would be the bus scene in the movie 'Speed' as they attempted to cross the large missing section of an unfinished motorway. At a slower speed, the bus would have hit the ramp, would not have achieved enough height and power (the BAM!) and would have fallen short of the gap, limply falling to its (and to Keanu's and Sandra's) demise.



GYMNASTS CORNER

MEET ESMAE

Esmae is 10 years old and competed in Bronze & Silver (GymForAll/GFA) this year.

1. What is your favourite apparatus? **Bars**
2. What is your favourite skill at the moment? **Back handspring (on floor)**
3. What is your least favourite skill at the moment? **Backwards roll into pike**
4. What is one piece of advice you would tell your younger self about gymnastics? **Keep practicing because you do improve**
5. How long have you been doing gymnastics? **3 and a bit years**
6. What are your other hobbies outside gymnastics? **swimming, singing and basketball**
7. What tips or advice would you give to other gymnasts? **stay tight!**



SOLARA BURROWS

Meet Solara Burrows!

Solara is 13 years old and she competed STEP 6 this year.

1. What is your favourite apparatus? **My favourite apparatus is floor, because I can express myself and have fun!**
2. What is your favourite skill at the moment? **Giant flyaway double back! (on bars)**
3. What is your least favourite skill at the moment? **Tsukahara on vault**
4. What is one piece of advice you would tell your younger self about gymnastics? **To keep trying and you will eventually get there**
5. How long have you been doing gymnastics? **I have been doing gymnastics since I was 5 years old, so 9 years in total!**
6. What are your other hobbies outside gymnastics? **I also do ballet at school, which helps with dance!**
7. What tips or advice would you give to other gymnasts? **Top tip to believe in yourself - always give 100% and you must try your best to be able to succeed!**

GENERAL INFORMATION

Term 1 2024

Term 1 will commence on Monday 05 February 2024
Enrolment for all members will be open from 15 January 2024
Enrolment for the open public will be open from 22 January 2024
End of Term 1: 14 April 2024

Payment of Fees

As a non-profit organisation, we rely on all invoices to be paid in full prior or on its due date.

@Recreation: If you have been paying weekly, please ensure that full payment will be paid by 16 December 2023

@STEPS & GFA: Please ensure that you are up-to-date with your invoices or agreed payment plans.

If anyone is struggling to pay their fees in full, please contact info@tewerogym.org.nz to discuss whether a suitable payment plan can be arranged.

TERM 4 IMPORTANT DATES

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: Last day of GFA training

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

Friday 22 December: Last day of STEPs training

*****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.

