



Welcome to 2024 and our first club newsletter of the year! Te Wero Gymnastics hopes that everyone has had a fun & safe Christmas/New Year break! We are so excited to see everyone again.

PACIFIC RIM CHAMPIONSHIPS - HERE WE COME!!



Congratulations to Alisa Wada and Jun McDonald! Our two Senior International gymnasts, after a grueling trial in January, have been selected to be a part of the NZ team to the Pacific Rim Championships held in Cali, Colombia 18-29 April 2024. Pacific Rim Champs is an international competition attracting attendance from known Olympic, Commonwealth and World champions. Te Wero Gymnastics wish them the best and a lot of fundraising will be needed! You can see Alisa and Jun training in the gym pretty much every day of the week in preparation!

NEW COACHES!

Te Wero have appointed 3 new coaches to join our team. Please warmly welcome Nisha (GFA) and Niamh & Kazu (recreation).

HELP ALISA & JUN GET TO PACIFIC RIM CHAMPS

Please help and give support to Alisa & Jun's 'Movie Night' Fundraiser on Saturday, 9th March 4.30-7.00pm.

** RSVP is essential to ensure that we have enough adults to supervise**



ENTRY \$25!!



A big thank you to the Chamberlain family for fixing our spotting platform over the pit. This platform gets heavily used, not only by the competitive girls but also from our Recreation classes and it is a fun base to stand on and wait before swinging off the high bars.,

SEEKING DONATIONS

Te Wero Gymnastics is seeking donations from our members. Your donations will go towards urgent repairs and/or maintenance to the gymnastics equipment used by your gymnasts. A recent grant application was unsuccessful, and other found of grants will take 1-2 months - successful or not.

Any donation amount will be accepted - and remember, one-third can be repaid back to you - applicable at the end of every tax year as a 'Rebate' claim to Inland Revenue.

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 arranged a weekly payment with us, please ensure that the complete term 1 payment will be paid by 14 April 2024.

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.

**Please note: any outstanding invoices older than 3-months, with no communication or agreed arrears payment plan, will be turned over to our debt collecting agency. All associated fees incurred by the agency will be transferred to you - as per our Fees Policy (see on our website).

CANTERBURY GYMSPORTS AWARD

On 18 February, the Canterbury Gymsports Awards was held to recognise and award achievements from 2023 across the Canterbury Gymnastics Clubs.

Te Wero was nominated for:

Junior WAG Gymnast of the Year: **Toreth Wongooen**

Senior WAG Gymnast of the Year: **Ivy O'Meagher**

International WAG Gymnast of the Year: **Jun McDonald**

Coach of the Year: **Svetlana Sazonova**

Judge of the Year: **Kyleab Ellis**

Volunteer of the Year: **Patti Renaud**



Congratulations to both Toreth & Patti for winning their categories. Thank you to those who attended. It was great to see all clubs gather for drinks & nibbles. Nigel Humphreys announced his retirement as Chair of Canterbury Gymsports, and Jane Clark will be succeeding him.



A huge thank you to the Kiwi Gaming Foundation Ltd who approved our funding application to help with the cost of keeping this gym operating. Their generosity is much appreciated.

UPCOMING DATES AND EVENTS

9th March: Movie Night Fundraiser 4:30 - 7pm

29th March: Good Friday - GYM CLOSED

30th March: Saturday preschool & recreation class STILL ON

31st March: Sunday preschool & recreation class STILL ON

1st April: Good Friday - GYM CLOSED

6th April: BBQ Bunnings still fundraiser

7th April: Awesome Autumn Competition (Regional/GFA)

14th April: END OF TERM

2nd May - 9th July: TERM 2

15th - 19th & 22nd - 26th April: Te Wero Holiday Program 9am (Details in March Newsletter)

16th - 29th April: Pacific Rim Championships @ Cali, Colombia

7th May: WAGS Competition (STEPS)

14th May: North Harbour Junior Competition (STEPS 5-9)

21st May: Tri Star Champs (STEPS 5-9)

4th - 5th June: Auckland Manukau Champs (STEPS 5-9)

12th June: Incentive Awards Testing Day

13th - 24th June: GymFun Badge Testing (in class time)



MEET JUN

Jun is 16 years old and she competing Senior International this year

1. What is your favourite apparatus? **My Favourite apparatus is bar**
2. What is your favourite skill at the moment? **Jaeger release on bar**
3. What is your least favourite skill? **Yurchenko full twist on vault**
4. What is one piece of advice you would tell your younger self about gymnastics? **Believe in yourself**
5. How long have you been doing gymnastics? **Since 2yrs old, 14 years**
6. What are your other hobbies outside gymnastics? **Shopping**
7. What tips or advice would you give to other gymnasts? **Don't be too harsh on yourself, give everything a go**

JUDGE'S CORNER

Please email any judging related questions or curiosities you may have to info@tewerogym.org.nz, REF: Judge's Corner

UNDERSTANDING THE D-SCORES



E-Scores:

Execution scores. Judged out of 10. These are the deduction marks. Enough said.

D-Scores:

STEPS 1-6: Total of 5.0. It is a downwards scale. These are compulsory skills that must be shown within a routine (and sometimes in certain order) set out by the GNZ WAG Technical committee. For example - in a STEP 4 beam routine, judges must see a cartwheel, a split leap, a stretched jump connected to a split jump (and many more). Gymnasts are given the assumption of 5.0 D-score before they even start the routine. However, if they miss a compulsory skill, it is a deduction of 0.5 points/skill missed until 0. And sometimes, even when the skill is done, but not to its technical requirement, the 0.5 is also taken off [make sure the eg, part is a new line] eg. STEP 3 bar, the cast must be at a minimum of horizontal height to be counted. Anything lower than horizontal (referencing the lowest body part, i.e. the feet) also means 0.5 points taken off.

So, if you've ever been a recorder..... execution marks from the judges are subtracted from 10.0, then you add the D-score (should be 5.0 if all went well) and that equals the gymnast's overall score. [In MAG, the D-scores are 2.0].

Execution Score: 1.4 (10-1.4=8.600) PLUS D-Score of 4.5 (forgot a handstand on beam) = Total Score 13.100 (out of 15.000)

STEPS 7+: Gets a bit trickier, as the D-Score is made up of several elements

1) Composite Requirements' - there are 4x 'CR's', each worth 0.5 each. There is more freedom to choose the skills used in a routine as long as it meets the composite requirement set out by the WAG TC. For example, in a STEP 8 floor routine, the gymnast must show a dance passage (ie. leaps) incorporating a 180[degree sign] split: so this can be a split leap, a switch leap or a ring leap. Also, the Acro line (the tumble line) must show a 'backward salto stretch' (eg. layout, a full twist layout) AND show a forward Acro line (eg. front handspring, front layout, front tuck) and a backwards line (back tuck/pike, full twist, back handspring) in the routine.

The FIG code awards points to skills from easiest to hardest (A to J, 0.1 to 1.0). So the more harder skills a gymnast performs in the routine, the more points earned towards her D-Score (but don't forget, those pesky execution marks lurking to be deducted if the skills are performed poorly).

2) minimum number of elements/skills in a routine - eg. in STEP 8, there must be 7+ 'awarded' skills performed in a routine. (There is a penalty deduction if there are less than 7).

Execution Score: 1.4 (10-2.3=7.700) PLUS

D-Score: 1) CR's (all four requirements were in the routine) = 2.0

2) Skills used in the routine (skill points outlined by the current FIG Code)

eg. A+A+B+C+D+A+B = 0.1+0.1+0.2+0.3+0.4+0.1+0.2

= 1.4

Total D-Score: 2.0+1.4 = 3.4

Total Score 7.700 + 3.4 = 11.100

DID YOU KNOW?

There are different names for certain skills depending on what country you are in?

See if you can match these pairs!

