



Welcome to our March club newsletter. Term 1 has seen our new coaches (Nisha, Niamh, and Kazu) in our recreation, preschool, and GFA (Gym For All) programs, easing in their roles and we thank all our club members for their support in making them feel at ease and welcomed. We also began a new recreation program in Term 1 which will better develop skills, conditioning, and flexibility into our keen gymnasts, as well as having loads of fun doing it! As we lead in Term 2, our competitive squads in both STEPs and GFA are preparing for their competition season's first competition - the first one on 07 April for GFA and 11-12 May for STEPs, and our two senior international gymnasts and our head coach and MAG FIG judge head off to Colombia in April for the international Pacific Rim Championships. Our newsletters in the coming months will be buzzing with news...

THEY'RE ON A ROLL! CONGRATULATIONS TO ALISA & JUN!



Te Wero Gymnastics is pleased to announce that once again, our two Senior International gymnasts and our women's head coach have been selected to the New Zealand team going to the World Challenge Cups being held in Bulgaria and Slovenia in May/June 2024. This is an amazing achievement for a small club of less than 160 members. Our staff and gymnasts' achievements include New Zealand team representatives, national champion title winners, Canterbury Championship winners, and a Men's FIG/Brevet level judge (there are only 2 in the South Island) not bad for a club that first began in 2015/2016.

SEEKING DONATIONS & SPONSORSHIP!

Te Wero Gymnastics is the only gymnastics club in Christchurch that pays commercial rent for their building. As a non-profit organization, as much as we want to continue to keep our program fees and training costs down for our members, we rely heavily on grants, donations, and sponsorships every year to do so and to keep us going. Our club is proud of our whanau and the comradery we have for each other to all gymnasts, staff, colunteers, and parents.

We are seeking private and/or corporate sponsorship to assist us with our journey, our mission, and our commitment to continue to provide gymnastics to all children and adults wishing to participate. not only does gymnastics provide the building blocks for all other sports, dance, and martial arts, it also provides superb physical and mental training, as well as introducing discipline, socialization, and work ethics values towards future life skills.

We are also seeking kind donations, of any amount will help us continue to deliver our quality training, up skill our coaches, upgrade our equipment and maintain our small gym building. Please if you of if you know of anyone or company who would be proud to help us - please email info@tewerogym.org.nz

MEET DAISY

Daisy is 10 years old and is a member of the GFA senior squad. She has been competing in the silver level this year

1. **What is your favourite apparatus?** Bar
2. **What is your favourite skill at the moment?** Round off back tuck
3. **What is your least favourite skill?** Mounting the Beam
4. **What is one piece of advice you would tell your younger self about gymnastics?**
Be prepared to be sore and tired sometimes
5. **How long have you been doing gymnastics?** Almost 3 years now
6. **What are your other hobbies outside gymnastics?** Swimming, art and reading
7. **What tips or advice would you give to other gymnasts?** Try hard and never give up

JUDGE'S CORNER

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



JUDGES SYMBOLS

Ever seen the scribble judges do when judging? Contrary to rumours that judges are letting loose their (bad) artwork, the circles, squiggles, dots, lines, and zig-zagging things actually mean certain skills, depending on what apparatus they are judging on. This helps a judge refer to the (E) execution deduction points against what skills performed.

See if any of these make sense to you.

Uneven bars

	Cast		Cast to handstand
	Back hip circle		
	Tap swings (no, judges aren't drawing boobies on their pages)		
	Glide kip		

Beam

	Forward kicks (ie. 2x forward kicks)		
	Cartwheel (same symbol for floor as well)		
	Full spin		
	Round-off		

Floor

	Backwards walk-over		Tic Toc		Flick
	Split leap		Split jump		
	Switch leap				
	Round-off + back flic + back tuck				

DID YOU KNOW?

The vault table has seen many changes since the Romans first developed them to train how to mount and dismount their horses quickly.



Then, in the early 19th century, the 'father of gymnastics' Friedrich Ludwig Jahn, rounded-off the head - leaving a long vaulting 'horse'. For many decades, this was the vault table - longways for the men's vault, and turned 90 degrees for the women's.



In 2001, the vault changed to what we know it as today for both men and women's. It is much safer and allows for more difficult vaults to be performed.

UPCOMING DATES AND EVENTS

6th April:

BBQ Bunnings stall fundraiser

7th April:

Awesome Autumn Competition (GFA)

14th April:

END OF TERM 1 and
Recreation/Preschool classes

15th - 19th April:

Te Wero Holiday Program 9am - 1pm

26th - 29th April:

Pacific Rim Championships @ Cali,
Colombia

11th - 12th May:

Affinity Challenge Competition (STEPS)

14th May:

North Harbour Junior Competition
(STEPS 5-9)

21st May:

Tri Star Champs (STEPS 5-9)

29th May:

Term 2 - Recreation/Preschool classes
commences

4th - 5th June:

Auckland Manukau Champs (STEPS 5-
9)

12th June:

Incentive Awards Testing Day

13th - 24th June:

GymFun Badge Testing (in class time)



April School Holiday Programme

Week 1 only: 15-19 April 2024

Ages 5-13 years

Love gymnastics? Join us during your school holidays for heaps of fun and a bit of gymnastics! Non-members welcomed!

Spaces are limited so ENROLMENT IS ESSENTIAL. Please email info@teverogym.org.nz to enroll your child/children on the below days:

Monday 15 th	9am-1pm
Tuesday 16 th	9am-1pm
Wednesday 17 th	9am-1pm
Thursday 18 th	9am-1pm
Friday 19 th	9am-1pm

Cost: \$40 per child per day

**10% discount full week

Your child will enjoy half a day of gymnastics, games, arts & crafts and more!

General Information

For working parents with children, you are welcome to drop off from 8.30am. Children will be supervised with quiet activities to entertain them.

Supervision & Safety

All Te Wero coaches are registered with Gymnastics New Zealand and are qualified to the level that they are coaching.

PAYMENT OF FEES

As a non-profit organization we rely on all invoices to be paid in full, prior or on its due date. This is to ensure that the club's invoices can also be paid in time

RECREATION: If you have arranged a weekly payment with us, please ensure that the complete term 1 payment will be paid by 14th April 2024.

STEPS & GFA: Please ensure that you are up-to-date with your invoices or agreed payment plans please. Any accounts in arrears may result in non-entry to competitions

If anyone is struggling to pay their fees in full, please contact info@teverogym.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).