

# COUNTIES MANUKAU GYMNASTICS



## Newsletter



### PRESIDENTS UPDATE

Hello to our Counties Manukau Gymnastics members and families,

I'm the first to acknowledge that it has been some time since the last Club Newsletter. Some of you won't have seen one at all. Increasing communication with our membership is a clear piece of feedback we have received, and it is one of the committees' primary objectives for the start of this year and moving forward.

While we are only at the start of another busy year, there has been a lot of activity in the gym and for many of our members. The Club recently had four of our Senior Artistic Gymnasts compete in the USA, while several of our Rhythmic gymnasts have been vying for spots in various NZ teams. In addition, our International Trampoline and Tumbling athletes have been participating in trials for a spot on the NZ team to compete at the Australian Nationals. As ever the results achieved speak for themselves. Our athletes continue to be a credit to themselves, the coaching team and the Club as a whole. Alex, Meshay, Sienna and Chelsea have provided great reports on their American experiences – they are worth taking the time to read.

There has been a new Trampoline and Tumble initiative introduced this year by GNZ aimed at high performance. We have also had athletes attending the MAG 360 Program again aimed at high performing athletes. These athletes have had very little 'break' from training or much downtime at all.

Many of our Coaches and Judges have attended revalidation of their credentials, as we are at the start of another Olympic cycle. There have been some particularly notable results. Tracey Redhead attended a Rhythmic Intercontinental Judging Course in Switzerland and achieved qualifications to the highest standard available as a Rhythmic Judge. Caleb Higham attended a FIG Level 1 Trampoline/Tumble Coaching course in Australia and was in the top 3 of all attendees.

Whilst hardly as exciting as competing in Texas, the Club Committee had a valuable planning session in January to look at ways to keep the Club moving forward on a sound financial footing and looking at ways to continue to offer our coaches and athletes the best opportunities for development in the coming season. There are always lots of positive ideas that emerge from these discussions. How to implement them is harder to solve. We are hugely dependent on volunteer time and effort. Building the understanding within our community of the need to pitch in, is challenging. As a Club we are committed to supporting our members (Coaches, Judges and athletes) as much as possible in the development. Where we are able, we provide financial support to our members who are selected to represent NZ in any of these capacities. This is only possible through our collective hard work in all areas of fundraising. The hosting of competitions at our Club is our primary opportunity to raise funds. All funds are used directly to benefit our Club Members. I fully understand the 'Fundraising Fatigue' that occurs through the requests for support from schools and sports clubs but we simply cannot provide the best environment possible without member support.

With that in mind I would like to promote our upcoming Quiz Night to you all. Last years event was a lot of fun and a great success. The Funds raised were largely used for coach support and education. This year it is being held at The Gardens School Hall and I would urge you all to use this opportunity to reach out to friends and workmates outside of our gym community and bring them along. It is great fun, and great value so I look forward to seeing a full hall of tables.

We have our annual Club AGM on Thursday 27<sup>th</sup> March at 6:30pm. It isn't a long meeting but is necessary for us to meet our obligations as an Incorporated Society. We need a quorum of 25 members to attend in person, with the potential for online Zoom attendance also. Please help us fulfill this requirement so as a committee, we can focus on other upcoming events.

Finally, I would like to thank those of you who attended our New Member meeting recently. Our Code reps did a fantastic job of answering questions and leading an informative discussion around what gymnastics at Counties looks like. Their knowledge and enthusiasm are a real asset to our Club.

No doubt your athletes are now settled in and working hard towards their immediate goals. It is always an exciting and productive time of the year, and I wish them well for the upcoming season.

Kieran Quinn  
**President**

## ATHLETES VOICE - TEXAS TRIP

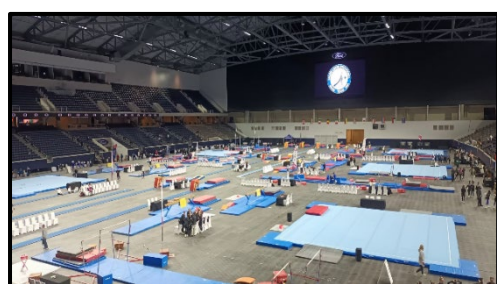


**Alex Reed, MAG Level 7**

Texas was an unforgettable adventure, full of excitement, new experiences, and plenty of great memories. From thrilling rides to unexpected surprises, this trip had it all.

It was awesome being able to represent New Zealand in both the Horton Challenge and the Valeri Liukin competition, and I was really happy with how I

performed, getting 2nd place in the all around competition at the Horton Challenge and 4th place at the Valeri Liukin competition. I also got a couple of apparatus medals and the NZ team placed first at both competitions.



A huge bonus was getting to meet Jonathan Horton, such an inspiring moment! It was so cool to see how different the competitions are over there. We also got to watch the elite session and get to see some very good gymnastics

Outside of gymnastics, Texas had so much to offer. Visiting a pet store might sound simple, but for me, it was fascinating to see all the different animals they had—some that we don't even see in New Zealand!

Another completely new experience was going to a rodeo. The atmosphere, the energy, and the skills of the riders were incredible. It felt like stepping into a different world.

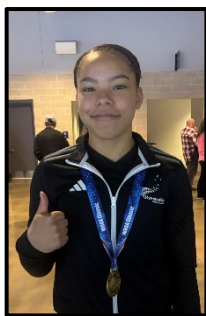


Another of the highlights was visiting Six Flags which is an amusement park that is 10 times bigger than Rainbow's End. The adrenaline rush from the roller coasters was incredible, but the real adventure came when I got stuck in an elevator and had to get rescued by the fire department. It was definitely not part of the plan, but looking back, it just adds to the list of crazy travel stories I'll never forget.



The aquarium was another great attraction, with its incredible sea life displays, and exploring Dallas City Center gave me a taste of the vibrant urban side of Texas. Even something as everyday as walking through Walmart was an experience, just seeing the sheer size of it and the variety of things they sell was eye-opening.

Overall, my trip to Texas was absolutely awesome. It was a mix of competition, adventure, and experiencing things that are completely different from life in New Zealand. I made so many great memories, and I'd love to go back one day to experience even more!



### **Meshay Paulsen, WAG STEP 9**

During my trip to Texas, I was excited to witness the state's diverse culture and enormous landscapes. Upon arriving, I was struck by the residents' warmth and the distinct blend of traditions that distinguish Texas. The bustling cities of Dallas were alive with great music, excellent barbeque, and friendly people, making for an amazing experience.

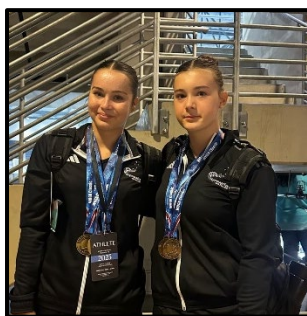
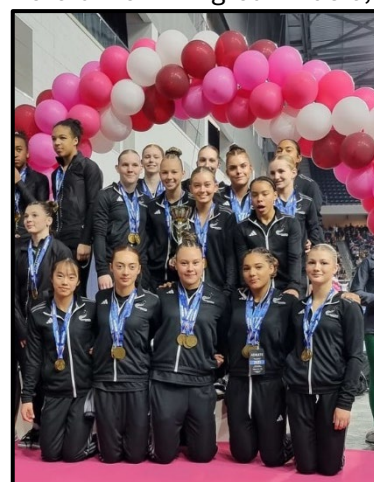
One of the highlights of the trip was taking part in the WOGA Classic that exhibited various abilities and skills. It was thrilling to see so many great gymnasts come together, each demonstrating their own distinct qualities. The atmosphere was exciting, with family and peers cheering for the gymnasts. As we competed, I had the opportunity to meet some wonderful people, share our stories, and learn from them.



Competing against some of the best gymnasts in the region was both exhilarating and nerve-wracking. I had trained hard for this event, and it was rewarding to see my efforts pay off as I performed my routines. The judges were attentive, and I could feel the support from my teammates and fellow competitors. Each routine demonstrated not only our skills but also the passion we all shared for the sport.

My favourite part of the trip was going to watch the elites train and compete. Watching their lines, strength and confidence in routines and the skills they performed was a reflection on how I want to train and compete. It was a great experience as it inspired me to improve and work harder to reach my goal.

Another highlight of my trip was connecting with other gymnasts, sharing tips and experiences, which made the trip even more memorable. Overall, my time in Texas was filled with unforgettable moments, both on and off the mat. The team spirit and friendly rivalry made the event even more fun, and I departed Texas with fond memories and new connections.

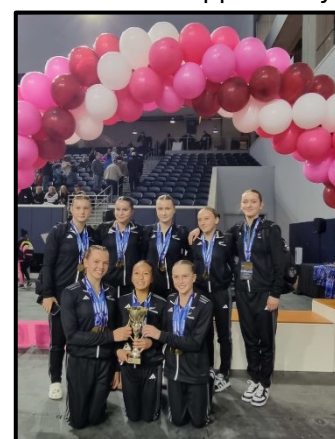


### **Sienna Pirie and Chelsea Brennan, WAG STEP 8**

We were beyond thrilled to represent New Zealand at the WOGA Classic competition in Texas. This trip really felt like a dream come true. We had the incredible opportunity to train at the World Olympics Gymnastics Centre, where we watched elite athletes like Hezly Rivera (USA Olympian) in action. The competition atmosphere was unlike anything we had ever experienced in New Zealand. Watching gymnasts from 11 different countries showcase their skills that left us in awe of their technique and dedication, making this an unforgettable experience. We are incredibly proud to have had the honour of representing both our country and our club. This journey was filled with new friendships, challenges, and memories that we will treasure for a lifetime.



We'd also like to say a huge thank you to the club for helping us with some funding to get there. Without their support this experience would never have happened. A massive thank you to our incredible coaches as well, who have been with us every step of the way. They've pushed us to do our best, supported us through every challenge, and believed in us even when we doubted ourselves. We couldn't have done it without them and we are so grateful for their hard work and encouragement. This trip was something we will never forget and it would not have been possible without the support of our friends and families who believed in us.



## Follow us:

**Facebook:** Counties Manukau Gymnastics

**Instagram:** counties.m.gymnastics

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Counties Manukau  
Gymnastics

# Quiz Night

WE INVITE YOU TO JOIN US FOR SOME FUN & LAUGHS

**SATURDAY 5 APRIL 2025**

**DOORS OPEN 5:30PM, FUN STARTS 6:00PM**



THE GARDENS SCHOOL HALL  
101 CHARLES PREVOST DRIVE  
THE GARDENS



**\$160 PER TABLE, MAXIMUM OF 8 PER TABLE**

**NOTE THIS EVENT IS RESTRICTED TO 18 YEARS+**

**ONE PAYMENT PER TABLE**

*SNACKS INCLUDED ► BAR AVAILABLE ► RAFFLES ► PRIZES*

CONTACT JILL VIVIAN TO BOOK YOUR TABLE  
CELL: 021 329 755  
EMAIL: [TUMBLING@CMGYMNASTICS.ORG.NZ](mailto:TUMBLING@CMGYMNASTICS.ORG.NZ)



## EASTER HAMPER RAFFLE

A big thank you to everyone who has generously donated delicious Easter treats!

Thanks to your contributions, we've put together 5 hampers for 5 lucky winners!

**A raffle relies on ticket sales, so please help us by increasing your sales.**

Once sold, drop off your ticket stubs and money at the office where you can also get more tickets to sell.

The raffle will be drawn on Wednesday, 9th April 2025

All funds raised will be used for maintaining equipment

Thanks for your help  
CMG Committee