

Club Newsletter

September 2021

PRESIDENTS UPDATE

Hello again to our Counties Gymnastics members and families

Well unfortunately this newsletter arrives during some challenging times. Once again, we are having to cope with lockdown limitations which are impacting every aspect of our lives. I hope you are all handling the current situation as well as you possibly can.

The effect it is having on our school aged children is impossible to measure, particularly those kids who are at some critical stages in the educative journey. As parents it is incredibly challenging to try and keep our kids motivated for home learning, to stick to some sort of routine and not let this feel like another long holiday.

This obviously spills over into the sports activities. I'd like to pass on a personal thanks to our coaches who have continued to reach out to the kids, hold the Zoom trainings and try to keep the enthusiasm burning in the current climate. The importance of that contact with a group outside of the home environment can't be overlooked.

Our Competitive Program Managers will touch on this years Nationals results, but once again our Counties gymnasts represented themselves incredibly well as part of the Gymsport Manukau team. We have National Champions from our Club, both in the All-round and apparatus finals. Importantly and irrespective of placings, many athletes went to Nationals and performed at their best, achieving personal milestones at the biggest event of the year. This reflects on the preparation they put in, as well as the efforts of the coaching group. I would also like to thank our volunteer group of Managers and other Club Members who were part of the judging panels and Event management.

One of the glaring problems at several of the competitions Counties have attended this season has been a lack of volunteer help. At all the away competitions my children went to they needed outside assistance to run the comp. It is becoming common for Clubs to ask for outside help to fill recording roles in particular. In my opinion our Club should never be in this position. We have a large base of membership, and it is the club that benefits from holding any competition. They are the single largest fundraising avenue that we have. I would sincerely hope that we don't find ourselves in that position. The strength of our club comes from the members, so please when the call goes out for volunteer rosters to be filled lets continue to be able to fill the roles from within.

This time of the season is when our Recreational programs should be in full swing, with our own Gymfest competition and several other Rec. competitions on offer. I'm not sure of what will be possible in the coming weeks. We intend to provide a competition for our recreational competitors, but things are very uncertain at present. All I can say, is that when we know, you will know as to what is possible.

If you have the opportunity, I recommend looking at the Balance is Better Webpage. There are some interesting webinars around youth sport which will be very relevant right now.



Counties Manukau
Gymnastics

CODE REPRESENTATIVES

MAG

Robyn Daniel

E: robyn.m.daniel@gmail.com

WAG

Corina Keating

E: keatingsnz@gmail.com

Trampoline / Tumbling

Stellest De Villiers

E: countiesmgymnastics@gmail.com

Rhythmic

Tracey Redhead

E: tracey.redhead@brucepulmanpark.com

Gym For All

Jessica Pirie

E: emailjessicap@gmail.com

Lastly, a big thankyou to the Club Members who pitched in with the foam pit cleanup. It is a priority for the Club to have the pit in its best condition and everyone's help was much appreciated.

Best of luck to you all as we hope to move out of lockdown and get back into the Gym as soon as possible.

Kieran Quinn
President

RG NEWS

Competitive update – Seniors

In May and June our senior gymnasts travelled to Wellington and Te Awamutu as well as attending our very own Counties Manukau Rhythmic Invitational and the Margaret Woolf Memorial Cup. We continued to see awesome results with many podium finishes. At the New Zealand Secondary Schools Championships our gymnasts finished first in Level 5, 7, 10 and Senior International.



In July we had 17 gymnasts representing our region (Gymsport Manukau) at the New Zealand Gymnastics Championships at The Trusts Stadium in Henderson. I am very proud of the amazing effort that everyone put in, we had some excellent performances and results. It was great to see everyone at The Trusts Arena supporting their teammates. I would like to thank our awesome team manager Elaine Parnell for all her hard work both in the lead up to and at the event along with coaches Elena Pirozhenko and Ellysa Mulcahy. Everyone put in long hours to ensure a smooth competition for our girls.

Medal Summary:

Level 7 - Dalina Bond 1st Rope, Abby Snooks 2nd Clubs

Level 8 - Anita Cheng 2nd Ball

Level 9 - Zoe Parnell 2nd Clubs

Level 10 - Olivia Lin 1st Hoop, 1st Ball, 1st Ribbon, 1st Overall - NATIONAL CHAMPION Level 10, Alysha Read 2nd Clubs, Carlene Smith 3rd Ball

Stage 3 - Sofia Bregmen 3rd= Free, 1st Hoop, 2nd Ball, 3rd Overall, Sunni-Rose Bright 3rd= Free

Stage 4 - Ashlyn Chancellor 1st Free, 2nd Hoop, 3rd Clubs, 2nd Overall

Senior International - Havana Hopman 1st Hoop, 1st Ball, 1st Clubs, 1st Ribbon, 1st Overall - SENIOR INTERNATIONAL NATIONAL CHAMPION, Highest Apparatus Score, RHYTHMIC GYMNAST OF THE COMPETITION, Anais Bebelman 3rd Hoop, 3rd Ball, 3rd Overall

This is a total of 27 medals - 12 Gold, 7 Silver and 8 Bronze. All our gymnasts earned proficiency pins and all our coaches were awarded Coaches medals.

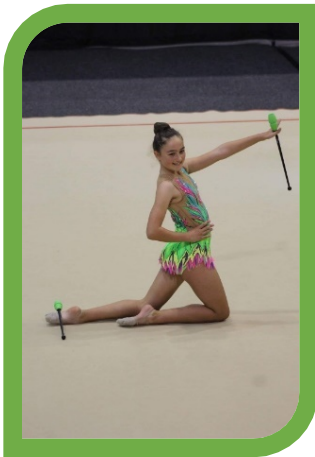
Now we look forward to 2022!





World Championships

Congratulations to Havana Hopman for her selection to represent New Zealand at the 2021 Rhythmic Gymnastics World Championships at the end of October in Kitakyushu, Japan. Unfortunately, the decision was made by the Gymnastics New Zealand Board not to travel due to Covid restrictions but we are proud to have acknowledgement of all the work Havana has put in to achieve selection.



Competitive update – Juniors

For our Level 1-4 competitive gymnasts the competition season has been cut short by Covid and the current Level 4 lockdown. We had some great results at the Midlands Junior Championships hosted in Tauranga on 12th June. At the beginning of July, we headed to Te Rapa, Hamilton for the Spiralz Junior Competition and we were very fortunate to host our own Junior competition at the Pulman Recreation Centre on Sunday 15th August. Thank you to all of the volunteers that made the event possible, it was great to see so many of our senior gymnasts and their families helping out. Congratulations to Ariel Chen who received the Erin Pearce Memorial Trophy for artistic performance.

We have had official communication from Shore Rhythmics and North Harbour Xtreme that their September events are cancelled.

Zoom Training

With Alert Level 4 we have resumed our online Zoom training sessions for our competitive gymnasts. It is great to stay connected and keep working on our skills so that we are fit and ready when we can return to the gym. We will keep everyone up to date as Alert Levels change.

Rhythmic Recreation

Before the start of Term 3 our rhythmic recreation classes were fully booked. This is exciting for the future of the rhythmic programme and thanks to the efforts of our junior coaches – Chalisa Bond, Anais Bebelman and Olivia Lin. Our recreation classes offer 5+ year olds a chance to play, move to music, work on co-ordination, flexibility and learn the basic body and apparatus skills of rhythmic gymnastics. Covid-19 has disrupted our plans again this term but we hope to see you all back in the gym as soon as we are able to return.

Tracey Redhead
Rhythmic Head Coach



MAG AND WAG

Nationals Recap

Congratulations to our 26 Artistic gymnasts who represented GymSport Manukau at the National Gymnastics Championships in July in Auckland where our team won a total of 25 medals (8 x Gold / 8 x Silver / 9 x Bronze)!

What an awesome way to wrap up a big week of high-quality competition, and a tremendous testament to all the hard work that everyone continued to put in throughout last year and this year, including the countless quiet hours spent building skills and staying ready with online training throughout Covid19 lockdowns.



Special mention goes to our **National Champions**:

- * Chelsea Brennan - Step 5 Over AA National Champion
- * Gurjeeva Kaur - Step 6 Over AA and Floor National Champion
- * Mya Hoskins - Step 7 Under Beam National Champion
- * Step 7 Team (Charlotte, Mya, Anna and Niamh) - National Champions
- * Liam Quinn - Level 6 Floor National Champion
- * Rory Quinn - Under 18 AA National Champion and Floor National Champion

I would like to take this opportunity to thank everyone for their dedication and support for this year's National Championships Campaign - coaches, judges, volunteers, choreographers. Our result is a superb example of what can be achieved when an entire team sets their mind on a single goal: To be the best we can be!



Moving Forward ...

Pre lockdown the whole artistic programme started the build up towards next years requirements. With every Olympic cycle the rules etc change to the Code of Points and National programmes. This is still in working progress, however it sounds like the changes to the National programmes will not be of a large scale but more at elite levels.

Zoom Training

With this current lockdown, again all groups have been set up for Zoom trainings. This is more to keep everything as routine as possible for both gymnasts and coaches. These are going very well given that this is our 4th lockdown. Attendance is very high, and everyone is engaged in their sessions. We also have the support of Casey (Lauren's sister) doing Pilates, and Teigan doing ballet with our senior and intermediate girls.

MAG 360

Congratulations to the following MAG athletes selected to trial for Squad 360!

- Louis Zhao
- Hiro Kobayashi
- Alex Reed
- Liam Quinn
- Josh Vivian
- Matthew Arck-Weeber
- Duncan Ramsey
- Rory Quinn

Squad 360 is a development training programme for Mens Artistic Gymnastics and provides support for athletes and coaches through training camps, professional development and access to some of the most experienced MAG coaches in New Zealand.

Adrian Coman

MAG & WAG Head Coach



COUNTIES MANUKAU

ARTISTIC
GYMNASTICS

TRA AND TUM NEWS

Nationals Recap

Congratulations to our 29 Tumbling and Trampoline gymnasts who competed at the 2021 National Championships, across the four days of competition with 24 finalists.

A special mention to the following **National Champions**:

- Sub Junior International Tumbling: Rachel Scott
- 15-16 Women's Tumbling: Regina Sutjahjo
- 11-12 Women's Tumbling: Briana Vivian
- 11-12 Women's Trampoline Nikita Nicholl-Jones



Silver & Bronze Medallists:

Michaela Willmer
Cara de Villiers
Thomas King
Bethany Hyde
Emmerson Windmill
Riley Gavin-Crawford
Casey Quinn.



Well done to you all what a great success. Thank you to our coaches Grace Hynes, Emily Knight & Alison Payne for supporting and giving their time to developing the athletes.



Moving Forward ...

For the competitive stream, our focus from now until early 2022 is skill development, planning and goal setting, ready for the coming year, becoming as prepared as possible to have great success.

Our Development and Recreation Trampoline & Tumbling have had an awesome Term 2 upskilling and are now polishing their level routines hopefully to finish the year with a few competitions.

Trampolining will be holding open trials for those wishing to progress into a more tight, tidy, focused and committed level of the sport we are especially looking for age 12+. This will happen early term 4. (please email Alison if interested) If you have any question regarding Tumbling & Trampoline or for more info please contact our head coach: Alison Payne Alison.payne@brucepulmanpark.com

Alison Payne
Trampoline & Tumbling Head Coach

GFA NEWS

The GFA (GYMFUN) programmes have seen a strong increase in numbers this term, with most of the classes full. This may be a reflection of having the Olympics games coverage on TV this year.

BABYGYM & PLAYGYM programmes during the week, have doubled in numbers from last term which is great to see and are getting enquiries daily/weekly for these programmes.

We also welcomed some new equipment to our GFA space which has been excellent and exciting to add these into the circuits.

Work has started on display items for the clubs prizegiving night which will be held on Saturday 30th October.

We have the Rosehill Special needs group coming to the gym twice a week. This group has also increased in numbers.

We have a preschool group of 3 - 4 years that have booked an hour session per week for the term, working on their fundamental movement patterns.

We have a group of homeschool children for an hour session per week, that are coming for 8 weeks, working on the fundamental movements also.

Dianne Cunningham
Gym For All Program Leader

