

ROLL ON!

The end of term 3 has rolled around already and it's been a full and busy term despite the disruptions caused by lockdowns.

Lead by Amy Hooson, a term highlight was having PE school students working across our programmes. Not only have they been super helpful assisting coaches, but it has been great sharing with them the benefits of gymnastics. I wanted to share some snippets that came directly from one of their reflections: *"there are many programmes that support children and athletes in all sorts of ways.... developing body strength, flexibility, co-ordination but most importantly self confidence..... gymnastics is about how the body moves which is the foundation sport for all physical activity and sports..... athletes are comfortable with trying new moves and are wanting to learn more"*.

The Vogel Street gym has undergone some a mammoth clean & refurbishment. Thanks to the Hooson, Hollows, Harrop, Higgs and Brummit families who worked on this during the last holidays. We have a new Bluetooth speaker and PA system thanks to a grant from Fresh Choice Roslyn and the final part of the makeover will be a new heat pump care of Harrex Electrical which will create a warm-zone in the floor area for gymnasts. We all love our new rainbow staircase painted by Coach Sapphire & Coach Kane.

The competitive season concluded and what a way to finish, with DGA's Intermediate and Senior Gymnasts putting on an incredible performance at 2021 New Zealand Nationals (see page 3).

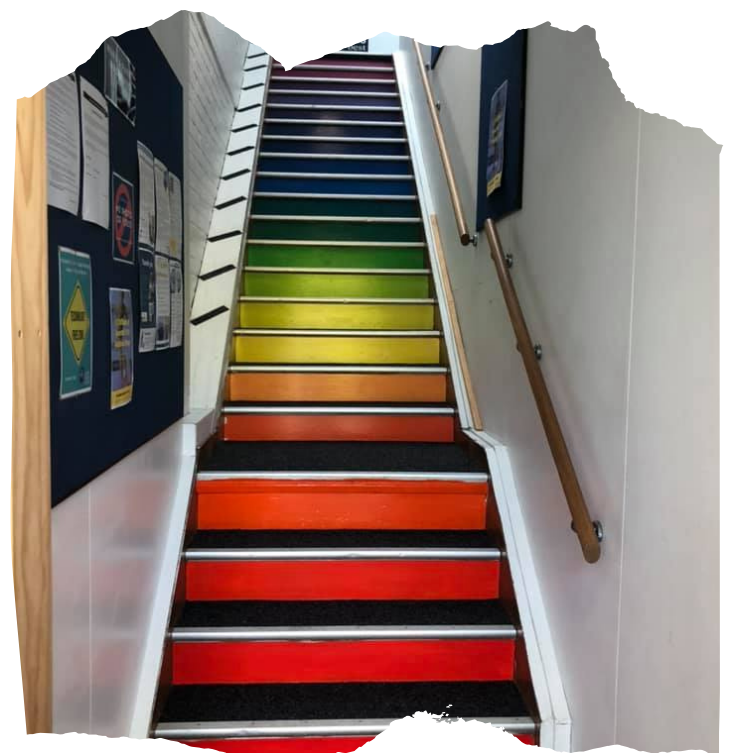
8 of our coaches attended the Gymnastics New Zealand Elementary workshop, presented by our very own Krystal Cameron. The workshop was an incredible success and the knowledge attained will be a major asset to the club.

This week we are enjoying celebrating our recreational gymnasts over their 'Festival Week'. Gymnasts are demonstrating the skills they've been working on and are earning their achievement ribbons. Our recreational athletes don't compete or often get to display the skills they are working on so this is a fantastic opportunity to recognise the hard work they've been putting in this year to learn new skills.



I would like to finish by thanking everyone for your incredible support and positive words through lockdown - coaches, parents and gymnasts. We received many compliments and the coaching team were amazing at adapting their sessions. I loved seeing their creativity and innovation.

Gwen - General Manager





GFA & Parkour Gymnasts of the Month: September

Congratulations to our GFA Gymnasts of the Month for September!!!

Emmerson Hawken (GYMfun Extension), Jela Talahma (SportGYM), Zaffire Barbara (GYMfun) and Harper Levy (Trampoline). Well done.

Pictured below are our Parkour Gymnasts of the Month:

Senior - Natalie McDonald | Junior - Iwan Hartley | Mini Ninja - Yumi Senanayake |



Congratulations must also go to coaches Alex Livingstone and Abby Green along with their school team mate Robert Donohoe, who have won a spot at Expo 2020 in Dubai for their Young Enterprise business Abalro Health. Abalro Health has created a supplement to help those suffering from acne. Using locally sourced products and reusable packaging, the company is the only New Zealand-based company using barberries. Abby and Alex have put the discipline they've learned as gymnasts to good use - juggling school, work and sporting commitments to create and sustain this award winning business - we are so proud of you.



NATIONALS 2021

2021 saw DGA experience one of the most successful Nationals to date. 14 gymnasts and 3 coaches from DGA made the trip to Auckland along with 2 gymnasts from St Bernadette's.

For many, this was the first Nationals competition and all our athletes did themselves proud.

Molly Ballard, Step 9
1st All Around, 2nd beam, 3rd floor
Rainbow cup best result for a senior gymnast in any grade.

Alex Livingston, Level 8
1st floor, 1st high bar, 3rd rings

Preston Cruz Wheeler, Level 4,
1st All Around, 1st parallel bars, 1st rings

William Cresswell, Level 7
1st rings, 3rd vault

Charlotte Watkins, Step 5,
1st = bar, 3rd vault

Aggie Austin, Step 5
1st = bar

Charlotte Bloxham, Step 5
3rd bar

Eden Brummit, Level 4
1st Vault



The following athletes achieved proficiency pins for high All Around scores:

Molly Ballard, Ella Rowe, Zuzanna Kochen, Charlotte Watkins, Charlotte Bloxham, Holly Weatherall, Aggie Austin, Saki Ishikawa, Preston Cruz Wheeler. Eden Brummit.

Coaches medals were awarded to:

Hayley Storey
Krystal Cameron
Josh Plowman

CONGRATULATIONS!



Cheers for CheerGYM

New to DGA's programmes in 2021, CheerGYM is the perfect class for those gymnasts who like to work mostly on tumbling, dance and acrobatics. We caught up with coach Cailie and CheerGymnast Ciara Coffey.

Coach Cailie Ward - Cheer coach and Masters student in zoology/genetics

I started cheerleading 10 years ago but I took a break for when I moved to Dunedin as there were no cheerleading clubs in the city. Some of my highlights include coming 1st place in the University division last year and winning overall grand champions with my old club in Australia.

I think cheer is a great sport for all ages as there are aspects of both teamwork and individual development. There is also a spot for everyone on the team, whether you're a flyer, base or tumbler. My favourite skills I've ever competed have been flying a basket toss or basing switch ups to the top.

Favourite hobbies: Cheer or spending time with friends

Favourite Food: Anything from Asia

Favourite Travel destination: Asia

Favourite quote: If you want something, make it happen

Favourite gymnast/cheerleader: Gabi Butler because she is one of the best cheerleaders in the world and has managed to show people how difficult cheerleading is while reducing stereotypes.



Ciara Coffey - CheerGymnast

How long have you been involved in gymnastics/CheerGYM for?

I started CheerGYM in Term one this year.

What is it that you love about CheerGYM?

I really like stunts, especially cradle, which is where you throw up and then catch the flyers.

If you had any words of advice for kids out there looking to try CheerGYM, what would you say?

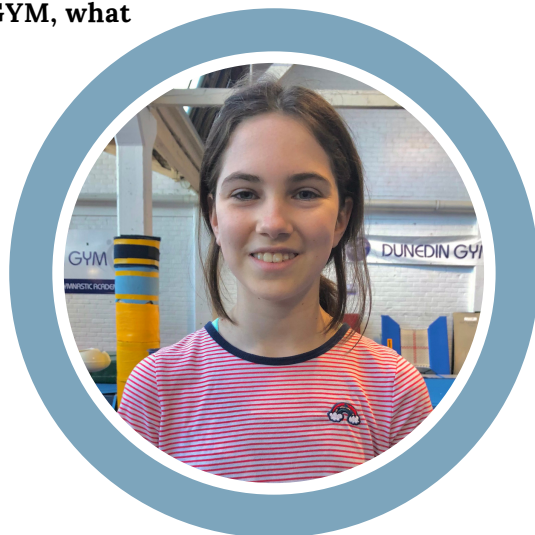
I would tell them that it is really fun and there is an important role for everyone.

Favourite Cheer/Gymnastics skill to perform: cradle, cartwheels and handstands the best.

Favourite gymnastics role model: Simone Biles.

Favourite food: chocolate and sushi.

Favourite movie: Probably Harry Potter or Star Wars.





BALANCE IS BETTER



A Balanced Approach

A Balanced Approach is our new health and wellbeing column. This term we check in with Amy Hooson. A former gymnast, coach, Physio and Mum to two boys. Amy is a wealth of knowledge on why taking a balanced view to training really is the best approach.

In April it was announced that Gymnastics NZ was committed to the Sport New Zealand initiative 'Balance is Better' promoting balance in youth sport. Aligning well with DGA's values, this has been welcomed by our club.

Gymnastics has traditionally been associated with long training hours at a young age. Current research discourages early specialisation, which occurs before the age of 12, where a child participates in one sport for more than 8 months of the year at the expense of playing other sports or enjoying unstructured play.

It is really important to make space in their lives for unstructured sport or “free play” – this is time on the trampoline at home, backyard sport or down at the skate park. Unstructured sport is not coached and kids rely on, and develop, their own “inner coach” or self-feedback mechanism. Sport NZ's Balance is Better approach suggests that the ratio of time spent in structured sport to unstructured sport should not exceed 2:1.

We should encourage our children to play a diverse mix of sports that develop different movement patterns, teamwork & tactical challenges. This will develop a broad “physical literacy” or increase deposits in their “movement bank”. Gymnastics is rather unique in that it develops a vast array of physical competencies – perfect for building your child's ‘movement bank’

I am so pleased that over the years DGA has grown to provide more opportunities for all gymnasts. The growth of our many recreational, parkour and perform competitive programmes is a testament to the fact that gymnastics can extend far outside of the competitive arena for which it is traditionally known. The ability of gymnasts to move sideways within different streams of the club allows our gymnasts to continue their participation in a way that fits with their changing goals and aspirations over the years.

How refreshing it was to see Simone Biles put her mental health first at the recent Tokyo games? Perhaps the first high profile gymnast to do so in that arena. Gymnastics is tough, and requires a significant time commitment and effort to master, but peak performance can and should exist alongside self-care.



Photo Fundraiser

Kea Photos have generously offered to support our fundraising efforts this year through their stunning photography.

Using photography to express his artistic vision has been a part of owner Andrew's life for over 40 years. He has worked in most of the major disciplines and now concentrates his efforts in studio photography of dancers and dogs. Based in Dunedin, with his wife Robyn, daughter Tara and Tobi the dog

Kea Photos are offering a \$50 photography session of ½ hour, at the Otaki St gym on Saturday and Sunday afternoons throughout October and November. \$30 from each session is returned to the Academy, proofs from each session are viewable online and you will receive 2 complementary downloadable files for printing. We recommend Dunedin's Happymoose as our printing partner and offer a 10% discount code with them.

To book your spot to go:

<https://keaphotos.simplybook.me/v2/#book/count/1/>

Click on the Gymnastic Photography Session.



Events

Holiday Programme - DGA are running their popular Holiday Programme October 4-8 & 11-15. Info & Register on the website:
<https://dunedingymnastics.co.nz/holiday-program>

Lockdown threw a spanner at our 2021 Competitive Programmes Prize Giving plans. Currently the revised tentative date for this is October the 30th. We will keep you posted as we are limited by building capacity.

Follow Us

Keep up to date with the latest news, stories & successes by following our social channels.



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Shop and Support DGA!

We're excited to announce that our DGA merchandise is now available online all year round and what's more, we're fully stocked and ready to help you fill those Christmas stockings!

By kitting your gymnasts out in DGA merchandise you'll not only help them feel the team DGA vibes, you'll also be helping the club raise money to go towards our facilities and equipment.

To order go to:

www.promo-x.co.nz/shop/

Click on the DGA shop and use the password: DGAT4



DGA Adults Hoodie black (AUR-XTH)

\$65.00



DGA Adults Polyester Long Sleeve top Navy (JB-7PLFT)

\$40.00



DGA Back Pack Black/Cyan (CAT-BGMB)

\$65.00



DGA Duffle Bag Black/Cyan (AP-4001)

\$65.00



DGA FOLDUP BEANIE NAVY - HWS-4243

\$20.00



DGA Kids Hoodie, Black (AUR-XTH)

\$65.00



DGA Kids Polyester Long sleeve top Navy (JB-7PLFT)

\$40.00



DGA POMPOM BEANIE NAVY/WHITE - HWS-4256

\$20.00

Leotards

We also have DGA training leotards available for sale at Otaki St Gym. We particularly love the range of coloured Mystique options with DGA in rhinestones on the chest. These leotards are imported directly from California from Snowflake Designs and are on-sold at a wholesale price. Most are \$50-\$55 and come with a matching hair scrunchie.

Available at Otaki st gym or by emailing manager@dunedingymnastics.co.nz



A few of our new Pre comps: Iris, Hope, Barbara, Ivy and Hayley in their DGA training leotards