

## HOWICK GYMNASTICS

## NEWSLETTER

Message from the Board

Welcome back to another term of Gymnastics and we trust all our members and their families had a well deserved break over the holidays.

Over the last few months we have been working on our new strategy for the club and we are proud to be able to present these to our membership base.

**Our Vision** - A fun, reputable club where all members feel welcomed, valued, and empowered to thrive.

**Our Mission** - To foster a lifelong passion for gymnastics and inspire active, enriched lifestyles through innovative programmes, quality coaching, and strong community relationships.

**Our Values -**

- **Aspire** - We strive to be our best selves and dream big. We take pride in performing our skills and celebrating successes.
- **Belong** - We are welcoming and enjoy a sense of connection. This is a place we can try new things; it's okay to fall and try again because we support each other.
- **Care** - We are kind to ourselves and others. We take turns and listen. We are considerate and honest.
- **Develop** - We're here to work hard and become better sportspeople. We're growing physically, socially, and emotionally with every session.

A note in regards to our board members - Gordon Peele our current treasurer and Pamela De Afonesca have both tendered their resignations from the board. I would like to personally recognise the efforts and expertise they have brought to our board over the years and thank them for their commitment during their time with us. In consideration of their departures we are currently looking for new board members to step into these roles at our AGM happening next month. If you or others you know may be interested, please reach out to the club for more information.

**Club Information**

- **Parking:** Please make sure that you are not parking in front of the building as this is reserved for our staff who come and go throughout the night. We also ask that you are not parking down our neighbours side of the driveway as they have trucks coming at all hours and need their carparks for this.
- **Arrival:** We ask that your gymnast only arrives five minutes before class and is not playing on any equipment or furniture while they are waiting.
- **Attire:** Make sure that your gymnast always comes to class in appropriate attire, with long hair tied up and that they not wear any watches or jewellery in the gym.
- **Comments & Feedback:** During class times our coaches are busy and we ask that you please email our customer service team if you have any questions. As always we would like to thank you all for your endless support and we would like to remind you that we are always happy to receive feedback from our members.

**AGM INVITATION - MONDAY 16<sup>TH</sup> JUNE**

The HGC Annual General Meeting of the Howick Gymnastic Club will be happening on Monday 16th June at 7pm. We have a number of position vacancies this year on our board so we ask that you please take your time to read through the other attached documents and put yourself forward for a position if you have the ability.

We are looking for people who have a passion for helping our club to be the best it can be, have around 3 hours a month to donate time to the club, and attend a board meeting (online or in person) once a month. We hope to see you at our meeting either in person or online.

## New Mid-Term Classes Starting at HGC



Yoga Sessions at HGC

- **Breathe & Balance Yoga (Ages 16+):** One of our fabulous coaches Fiona is a qualified yoga instructor and she will be taking classes from 9.00-10.00am at the club on Tuesday mornings. These are \$15 per session and can be paid on arrival.
- **Balance & Beyond Exercise (Ages 55+):** Our resident occupational therapist Angela takes these sessions focusing on balance, co-ordination and fitness. These occur on Friday's at 10-10.45am and are \$15 per session which can be paid on arrival.
- **PlayGym All Stars (4-5 years):** Our new sessions beginning next week on Tuesday & Wednesday at 4.15pm in our sensory room meaning that the kids will be separated from our crazy afternoon gymnasium environment where parents can sit on our benches provided. Payment for the remainder of the term will be \$83 and we are accepting trials for these classes.

## New Sensory Space at HGC

We would like to thank everyone for their support of our Easter fundraiser as we have been able to purchase new equipment ready for our sensory space at the club. This space is in the front room of our building and has the ability to allow us to expand to our class offerings.

We are in need of some electrical services to get our room ready for customers and so if there are any electricians in our membership base that could donate some time to helping us to install lighting in this area we would be extremely grateful and please get in touch with our center manager at [manager@howickgym.co.nz](mailto:manager@howickgym.co.nz).

We will be finishing off this room in the next week and it will be a space that families and occupational therapists alike can hire out to use for sessions. Please contact [enquiries@howickgym.co.nz](mailto:enquiries@howickgym.co.nz) for more information.



Our sensory room will be getting its finishing touches on it this week ready to book out from the 26<sup>th</sup> of May.



### Teen Challenge Cup

For our older gymnasts looking for a bit more of a challenge, we're excited to offer the Teen Challenge Cup. This event will include overall medals and placings to sixth, alongside the usual ribbons of our GymFest. It's open to all gymnasts aged 11 and over, providing them with a chance to experience a more competitive environment while still having fun and giving it a go.

## HGC GymFest & Competition

- **What is a GymFest?** A GymFest is a fun, friendly, and supportive in-house competition. It gives our gymnasts the chance to perform their routines in front of a judge, show off their skills, and experience the joy of performing—all in a relaxed, positive environment. Every gymnast will receive a participation medal and a ribbon that reflects their average score across the four apparatus. There'll also be spot prizes, a canteen, and visiting clubs joining in—creating a wonderful community atmosphere. If you haven't signed up yet, we encourage you to get involved. GymFest is all about confidence, celebration, and fun!
- **How do I enter my child?** Simply click accept on your email invitation (we will be sending this out again today if you have not received) or email [enquiries@howickgym.co.nz](mailto:enquiries@howickgym.co.nz)
- **When is this happening?** Please check below as this will depend on which class your child attends:
  - Recreation All Stars - Sat 28<sup>th</sup> or 29<sup>th</sup> of June
  - GymFit - Sat 28<sup>th</sup> or 29<sup>th</sup> of June
  - Tumbling - Sun 20<sup>th</sup> July (Competition with Placings)
  - Trampoline - Sun 20<sup>th</sup> July
  - GymKour - Sun 20<sup>th</sup> July (Speed & Trick Challenge)
  - Acro - Sun 20<sup>th</sup> July

## RECREATION UPDATE

Ange Jaksic – Recreation Manager

### Term Update - Kicking Off With a Bang

We've started the term on a high with a fantastic competition at Tristar for our invitational gymnasts. Dressed proudly in their uniforms, they represented Howick Gymnastics Club with great team spirit, big smiles, and the support of an enthusiastic group of parents cheering from the sidelines. We're thrilled to share that one of our gymnasts achieved a perfect 10 on bars, and another earned an impressive 9.9 on beam! What a way to begin the season. Training continues as we set our sights on the next competition—this time on home ground at Howick.



*Invitational Gymnasts at Tri Star Competition*

### Rec All Stars – Preparing for the Howick GymFest

Our Rec All Stars are now working hard in preparation for the upcoming Howick GymFest. Routines have started, the gym is buzzing with energy, and the excitement is building!

### Home Practice

Routines for all classes and levels will be sent out over the next few weeks so gymnasts can continue to practice at home. Please check in with your child and ask them what routine they're working on—we love seeing your support in their journey!

### Gymkour Update

We've been busy behind the scenes developing a skill progression plan for our Gymkour program. Children will now work through some exciting levels, focusing on specific skills at each stage across a range of categories such as tricking, wall work, and landings. Once they've mastered the required skills, they'll move up to the next level. At the end of Terms 1 and 3, we'll celebrate their achievements with certificates marking their progression. Our new levels include:

- **Rookie:** Advanced Ninja Steps, Side Vault, Precision Jumps
- **Challenger:** Palm Spin, Cartwheel, Breakfall Safety Roll
- **Elite:** Kong Vault, Crane Hang, Tac 180
- **Bossmode:** Wall run, Dash Vault, Muscle Ups

### Tumbling, Trampoline & More

Our tumblers recently took part in their first-ever competition outside of Auckland! It was a fantastic experience for everyone involved and a great start to the season—highlighted by one gymnast qualifying for Nationals! Our recreational tumblers also competed at Tri Star, with several participating in their very first competition. Despite some nerves, they showed great courage and were well supported by their coach. We're proud of their efforts and look forward to building on these skills, encouraging more tumblers to give competitions a go in the future.

## Competition Sponsorship & Volunteer Call Out

At our upcoming competition we have a number of opportunities for our members to be a part of the action, and sponsor our competition. We have a number of ways to support including donating items towards our raffles, gifting us something towards our judges thank-yous, or a monetary donation from your business. In return, we will have you thanked and mentioned throughout our competition day and in all of the promotional material surrounding the event.

For those able to volunteer some time, we will be sending out volunteer schedules to everyone for various jobs including certificate writing, selling raffles and working at the canteen. These jobs are vital in helping our competition run more smoothly so please sound out if you are available for a session.