

HOWICK GYMNASTICS

# NEWSLETTER



## Message from the Board

Kia ora HGC whānau,

Welcome to Term 3! We're excited for a new term of gymnastics ahead — especially as we support our WAG and MAG athletes preparing for Nationals later this term. Good luck to all our gymnasts and coaches involved — we're behind you every step of the way!

Term 2 Highlights:

- We held our Annual General Meeting and celebrated a year of growth, including surpassing 1,000 members and launching our new club strategy.
- We farewelled long-standing board members Gordon Peele and Pamela De Afonseca, and welcomed new board members Kerry Ludlam (Treasurer), Sarah Rider and Merran Greenhalgh
- Our Recreational and Invitational Club Competitions were a great success — thanks to all gymnasts, coaches, judges, and volunteers who made these events possible.

Looking Ahead:

- The Lloyd Elsmore Community Hub project has reached a milestone, with consent plans now lodged with council. The next focus will be fundraising to help bring this dream facility to life.
- We are preparing for our re-registration under the Incorporated Societies Act 2022, which all societies must complete by 5 April 2026. This includes reviewing and updating our constitution to ensure compliance. Please look out for more on this in coming weeks.

Term 3 brings new goals, new skills, and plenty of energy — we can't wait to see our gymnasts continue to develop and thrive. Thank you to all our families for your ongoing support. Let's make it a great term!

Ngā mihi, The HGC Board

## 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. Please make sure that you are putting your shoes away in the cubbies provided so that we do not have a tripping hazard on the floor.
- **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 and they will pass it onto the relevant managers. 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.

## RECREATION UPDATE

Ange Jaksic - Recreation Manager

### School-Aged Recreation Programmes

This term your gymnast will be working on our progression skills in the hopes of receiving a certificate at the end of the term. Testing happens in throughout the term in their sessions. You can check their process by logging into their account and heading to the Awards section of their profile. If you are interested in what skills they will be learning throughout the term click on your child's programme below:

- GymKour Classes
- Tumbling Classes
- Trampoline Classes
- Recreational All Stars Boys
- Recreational All Stars Girls

### Saturday Playgym

From now on the roll will be available on a block in the gym for you to tick your child off on the list. Next to your child's name will be the coaches name for the group you will start with. When the warmup is finished you will move directly to this coach. We are trying to reduce the time it takes to settle the children into groups so we can have maximum time on the circuits.

### Invitational Programmes

Competition season is in full swing and the gymnasts are working hard to improve at every training. Our invitational squads are currently at record breaking numbers and that is down to our fantastic coaches who dedicate so much time and energy into supporting their gymnasts.



**IN HOUSE COACHING  
WORKSHOPS RUN IN JUNE**



**JUNIOR INVITATIONAL SQUAD  
HARD AT WORK**



**COMPETITORS IN OUR GYM FEST  
WARMING UP FOR COMPETITION**

## New Sensory Space at HGC

Our sensory room is now available for bookings for private use for our neurodiverse community. Please email us for booking information. The sensory room is also available when not in use for parents to allow their children to play in when siblings are doing gymnastics. Please respect the space as this is a room used for classes. Do not allow your children in the room with food or shoes. Please put the room back in the condition it was found in. Please do not allow your children to access any boxes in the room as this is equipment for our coaches and Occupational Therapists to use. If you have friends with neurodiverse children or children requiring sensory input, please refer to them to our space. We would love to see more children in the gym.

## COMPETITIVE SQUADS UPDATE

### WAG (Women's Artistic Gymnastics) & MAG (Men's Artistic Gymnastics)

Both our Junior & Senior Squads have been doing some excellent work in trainings, and have competed all over the country including Hamilton, Christchurch and Tauranga. With their final competitions approaching we are eager to see which of our gymnasts will qualify to the New Zealand National Gymnastics Championships happening next school holidays in Auckland.

### Tumbling

Last term we had our first competitors back in Competitive Tumbling for a number of years and they are making us so proud with their results. We have had many qualify already for the National Championships and cannot wait to see them perform on the National Stage!



## HGC GYM FEST & RECREATION COMPETITION

our GymFest & Recreation Competition was held over two weekends at the club in June & July with over 600 athletes competing across 9 different clubs. It was a true celebration of skill, dedication, and sportsmanship.

We were proud to see so many athletes performing at their best and supporting one another. A heartfelt thank you goes to our amazing panel of judges for their expertise and professionalism, to our volunteers for keeping everything running smoothly, and to our coaches for guiding our gymnasts with care and encouragement.

Finally, thank you to our families and supporters for creating such a positive atmosphere – your cheers mean the world to our athletes!

## THANK YOU PAK'nSAVE Highland Park



**PAK'nSAVE**  
HIGHLAND PARK

Thanks to the amazing team at PAK'nSAVE Highland Park for their support for our competition in June. They donated a large number of our food that stocked our canteen over the weekend and fed our wonderful judges.