

HOWICK GYMNASTICS

NEWSLETTER



Message from the Board

Welcome back to all our families, athletes, and supporters as we begin another exciting year at the club. We hope you've had a wonderful break and are feeling refreshed and ready for the season ahead. It's always special to see the gym buzzing with energy again, and we're thrilled to have our community back together.

This year marks an incredible milestone — 50 years of our club. Reaching this anniversary is something we are immensely proud of. It reflects decades of dedication from our athletes, coaches, volunteers, staff, and families who have helped shape the club into what it is today. We're excited to kick off our celebrations with our upcoming Club Carnival on Sunday 8th of March from 12-3pm, which will be a fantastic opportunity to honour our history while showcasing the vibrant future of our programmes.

We are also pleased to share positive progress on our proposed new facility at Lloyd Elsmore Park. Gaining consent is an important milestone in this journey, and it represents a significant step forward in securing a purpose-built home that will support the growth of gymnastics in our community for many years to come. While there is still work ahead, we are excited about what this development will mean for our athletes, families, and future members.

Over the past four months, we have also invested heavily in coach development opportunities. Our coaching team has participated in a range of workshops, courses, and collaborative learning experiences designed to strengthen their skills and bring fresh ideas into the gym. This ongoing commitment to professional growth ensures we continue delivering high-quality, safe, and engaging programmes for every child who walks through our doors.

Thank you for being part of our community and for the continued support you give our club. We look forward to celebrating this special year together and to another season of growth, achievement, and fun.

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.
- **Uniform & Merchandise Pre-Order:** Please keep an eye on your email regarding the pre-order of our club leotards, t-shirts, bags, singlets, drink bottles, caps, socks, shorts and hoodies. Gymnasts can wear their club uniform at training if you choose and they are compulsory at our club competitions. Orders can be placed on our [website](#) and will close on the 27th of March to be given out in May. We will only be doing one large order of merchandise and uniforms this year so don't miss out on your only opportunity especially if your child is wanting to participate in our events.



50 Years of Howick Gymnastics

History of the Club

Our club's journey began in the early 1950s with a small but passionate group of young gymnasts training in a local hall. Building on those strong foundations, the club was formally established in 1976, marking the beginning of the organisation we proudly celebrate today. What started with borrowed equipment and big dreams quickly grew into a thriving community programme built on dedication, opportunity, and a love of the sport. Over the decades, the club has continued to evolve - expanding its programmes, developing competitive pathways, and inspiring generations of athletes and coaches. As we celebrate 50 incredible years since 1976, we honour the thousands of gymnasts, families, volunteers, and staff who have shaped our story and helped build the vibrant club community we are so proud of today.



Sunday 8th March - 50th Celebration Carnival

We're excited to invite our entire community to celebrate our club at our Celebration Carnival on Saturday 8 March from 12.00-3.00pm. This is a wonderful opportunity to bring together past and present members, families, and supporters to honour the journey that has shaped our club since 1976. It's set to be a fun-filled day for all ages! Enjoy the bouncy castle, grab some cotton candy and tasty food, try your luck at our carnival games, place a bid at our silent auction, and let the kids explore our free play area. Entry to the event is completely free, and tokens will be available to purchase on the day for food and those wanting to take part in the activities run by our comp squad.

Throughout the day, you'll also be able to soak up the vibrant club atmosphere, reconnect with familiar faces, and celebrate the incredible community that has grown around our gym over the past five decades. Bring your friends, bring your family, and come help us mark 50 amazing years - we can't wait to celebrate with you!



Calling All Past & Present Gym Families

As we get ready to celebrate our 50th Celebration Carnival on March 8th, we would LOVE your help bringing our club's history to life. Do you have old photos from your gymnastics days? Any videos of competitions, trainings or club events? An old leotards (especially vintage ones!) Or any Memorabilia or special memories from your time at the club? We're putting together a special history display for the carnival and would love to showcase the incredible journey of our gym over the past 50 years. Whether you trained last year or 40 years ago — you're part of our story! Please send us through your photos/videos - if you have items to lend (like leotards), we'll make sure they are well cared for and returned safely.

Recreation Update

Ange Jaksic - Recreation Manager

Thank you to everyone who came along and participated in our Show Off Week at the end of last year. We loved having our parents on the floor able to watch their gymnasts up close. Let us know if this is something you would enjoy seeing in the future!

For those new to our club, here's an introduction to our progression levels for school-aged gymnasts in our Recreation All Stars, GymKour, Tumbling, and Trampolining classes. Our programme is derived from the Gymnastics New Zealand Gym for All framework, which includes up to 5 - 10 levels of achievement designed to encourage steady progression. Each level has a set of skills that gymnasts must master before moving on to the next. Some apparatus may take longer to achieve due to the complexity of the skills involved, so progress may vary.

At the start of each term, gymnasts are ability-tested and placed into groups based on skill level to ensure they are working on appropriate progressions in every lesson. If you see our coaches with tablets in hand they are likely testing you children on the skills.

Our development programme is designed for ongoing improvement rather than passing a level each term. If a gymnast doesn't pass on their first attempt, we encourage parents to support and motivate them to keep working toward their goals. Upon completing a level, gymnasts will receive a certificate at their final class of the term.

Additionally, in term two & term four, they will have the opportunity to participate in a friendly competition where they can showcase their skills in routines set by the club.

We look forward to helping each gymnast grow in confidence and skill!



Show Off Week 2025



Competitive Squad Prizegiving 2025



Coaches Training Workshops

More Gymnastics, More Fun!

Have you ever thought of another class for your child or yourself?

- **Homeschool Sessions** (Monday 11.45-12.45pm & Thursday 11.00-12.00pm) - these are small class groups for your child to have a free format session in the gym with one of our experienced coaches. Each class is \$16 and can be booked on our website.
- **Adult GymFit Sessions** (Monday 7.15-8.45pm) - coached by the amazing Kirsten our adult exercise classes welcome both ex-gymnasts and new members alike for \$25 per session.
- **BabyGym Classes** (Monday & Thursday 9.15am, Friday 10.00am & Saturday 9.15am) - these sessions are for our smallest members building the foundations of movement and exploring our equipment with classes only \$72 for the remainder of the term.
- **Extra Gymnastics Classes** (Monday-Friday 4-7pm) - with many spaces still remaining in our gymnastics classes this term there is an opportunity for your gymnast to come along twice a week to burn off their energy and have fun! With a discounted second class of only \$115 for the remainder of the term why not book them in?

Email us at enquiries@howickgym.co.nz to book!



Pre-Training Fueling

Before class it is important to give your body the fuel to perform. Think about a car with an empty petrol tank, would it move? Of course it wouldn't! Carbohydrates are the main source of energy during exercise. We need them to prevent fatigue and improve concentration in class. [Here are some great ideas to try before your child's next class.](#)

Coach Fiona - Nutri Asana