

MAG & WAG JUNIOR REGIONALS

Congratulations to all of our gymnasts who competed at Junior Regionals on 19 & 20 August. It was an awesome competition and everyone showed so much improvement from the beginning of the season. We are so proud of you all and can't wait to see you shine at Junior States this weekend!

MAG Results

Level 3 Under 9

Jude: 1st Floor, 2nd Pommel, 1st Rings, 1st P-Bars, 1st All Around 🥇

Connor: 3rd Floor, 3rd Pommel, 3rd Rings, 2nd Vault, 1st High Bar, 2nd All Around 🥈

Cam: 2nd Floor, 1st Vault, 2nd P-Bars, 3rd High Bar, 3rd All Around 🥉

William: 1st Pommel, 2nd Rings, 3rd Vault, 3rd P-Bars

Level 3 Open

Charlie: 3rd Rings, 2nd Vault, 5th High Bar

Level 4

Bailey: 1st Floor, 3rd Pommel, 1st Rings, 1st Vault, 2nd P-Bars, 2nd High Bar, 1st All Around 🥇

Blake: 2nd Floor, 1st Pommel, 3rd Rings, 2nd Vault, 3rd P-Bars, 3rd High Bar, 2nd All Around 🥈

Hartley: 3rd Floor, 2nd Pommel, 2nd Rings, 3rd Vault, 1st P-Bars, 1st High Bar, 3rd All Around 🥉

Level 5

Coen: 2nd Floor, 1st Pommel, 1st Rings, 3rd Vault, 1st P-Bars, 1st High Bar, 1st All Around 🥇

Leif: 3rd Floor, 3rd Pommel, 2nd Rings, 2nd Vault, 3rd P-Bar, 3rd High Bar, 3rd All Around 🥉

Congratulations also to the following boys who were selected to the CQ Regional Team who will compete in the Regional Challenge at Junior States next month!:

Level 3: Jude, Connor

Level 4: Blake, Bailey, Hartley

Level 5: Coen, Leif

WAG Results

Level 3 Under 8

Miah: 2nd Vault, 3rd Beam, 3rd Floor, 3rd All Around 🥉

Arielle: 4th Bars, 1st Beam, 5th Floor, 4th All Around

Sienna: 6th Vault, 5th Floor

Matilda: 5th Bars

Level 3 Under 9

Loni: 2nd Vault, 2nd Bars, 3rd Beam, 3rd Floor, 2nd All Around 🥈



Level 3 Open

Isabel: 3rd Vault, 5th Bars, 1st Beam, 2nd Floor, 2nd All Around 🏅

Level 4 Under 10

Sienna H: 4th Vault, 3rs Bars, 1st Beam, 1st Floor, 1st All Around 🏅

Ariana: 1st Bars, 2nd Beam, 2nd Floor, 3rd All Around 🏅

Sienna C: 3rd Bars, 4th Floor, 4th All Around

Quincy: 5th Beam, 6th All Around

Isabelle: 5th Bars, 5th Beam

Ayla: 3rd Beam

Level 4 Open

Maddi: 2nd Bars, 1st Beam, 2nd Floor, 2nd All Around 🏅

Audra: 5th Beam

Priya: 5th Beam

Level 5 Under 11

Kaylee: 1st Vault, 1st Bars, 4th Beam, 1st Floor, 1st All Around 🏅

Isabella: 6th Vault, 3rd Beam, 5th Floor, 2nd All Around 🏅

Kyah: 4th Vault, 2nd Bars, 4th All Around

Layla Ervine: 4th Bars

Level 6 Under 12

Destiny: 3rd Vault, 1st Bars, 3rd Beam, 2nd Floor, 2nd All Around 🏅

Elle-Jaye: 5th Vault, 5th Bars, 2nd Beam, 4th Floor, 3rd All Around 🏅

Penny: 2nd Vault, 4th Bars, 3rd Floor, 4th All Around

Indiana: 6th Vault, 2nd Bars, 4th Beam, 6th Floor, 5th All Around

Milaan: 6th Bars

Level 6 Open

Ellie: 2nd Vault, 1st Bars, 2nd Beam, 1st Floor, 1st All Around 🏅

Gemma: 1st Vault, 2nd Bars, 3rd Beam, 2nd Floor, 2nd All Around 🏅

Cadence: 3rd Bars, 1st Beam, 3rd All Around 🏅

Congratulations to the following gymnasts who finished in the top 6 of their level, out of all age divisions, and were selected to the CQ Regional Team, who will compete in the Regional Challenge at Junior State Championships next month:

Level 4: Maddi, Sienna H, Ariana, Sienna C

Level 5: Kaylee, Isabella

Level 6: Destiny, Elle-Jaye, Penny, Ellie, Indiana

In addition, at this event they name the club Regional Champion for each level. This tallies up points awarded over the course of the junior season.

Level 3: 3rd

Level 4: 2nd

Level 5: 2nd

Level 6: 1st

Overall: 2nd

Go Gladstone!! 🇺🇸❤️🇺🇸

GLADSTONE MASTERS

Congratulations to all of the incredible Masters gymnasts who took part in our Gladstone Masters Invitational on 27th Augus! It was amazing to see so many athletes out on the floor in such a great competition. Your hard work, commitment and awesome talent inspires us all. Well done to everyone for the fantastic results!



Thank you to all of the volunteers who helped run the event, and of course to Mrs T for all of your dedication and effort in organising such a wonderful event!

Our Masters and Adults classes run on Tuesdays, Thursdays and Saturdays. If you are interested in trying gymnastics, please contact the office – gymnastics really is for EVERY body!



MAG GYMFINITY GRAND PRIX

Our junior MAG gymnasts competed at the Gymfinity Spring Event on 3 September, which was a Grand Prix event. Congratulations to all the boys for their fantastic efforts and showing great improvement! As a team, Gladstone placed 2nd All Around, winning a \$200 prize for the club!

Results

Level 3

Cam: 1st Floor, 2nd Pommel, 5th Rings, 1st Vault, 3rd P-

Bars, 5th High Bar, 1st All Around 🥈

Jude: 6th Floor, 5th Pommel, 2nd Rings, 2nd Vault, 4th P-

Bars, 4th High Bar, 5th All Around

Charlie: 6th Rings, 4th Vault

Level 4

Bailey: 1st Floor, 3rd Pommel, 3rd Vault, 2nd High Bar,

2nd All Around 🥉

Hartley: 2nd Floor, 2nd Rings, 3rd P-Bars, 3rd High Bar,

3rd All Around 🥈

Blake: 2nd Pommel, 2nd Vault

Level 5

Coen: 2nd Floor, 2nd Pommel, 2nd Rings, 3rd Vault, 1st P-Bars, 1st High Bar, 1st All Around 🥇



Congratulations boys, and good luck at Junior States this weekend!

HARBOUR CITY CLASSIC

On 9-10 September we hosted the Harbour City Classic here at our club, and it was a fantastic weekend of gymnastics. Congratulations to all the gymnasts who competed this weekend, you all showed some amazing work! As always, a huge thank you to all the volunteers who helped run the event, we are so appreciative of the effort you put in to support our club and gymnasts!

WAG Results

Level 3 Under 9

Miah: 1st Vault, 1st Bars, 3rd All Around 🥈

Loni: 6th Bars, 1st Beam, 4th All Around

Sienna: 5th Floor



Arielle: 4th Beam

Level 3 Open

Isabel: 2nd Vault, 2nd Bars, 1st Beam, 1st Floor, 1st All Around 🏅

Isabella F: 2nd Beam, 3rd All Around 🏅

Level 4 Under 10

Sienna H: 1st Vault, 4th Bars, 2nd Beam, 2nd Floor, 2nd All Around 🏅

Ariana: 3rd Vault, 5th Bars, 3rd Floor, 3rd All Around 🏅

Ayla: 1st Beam, 6th Floor, 4th All Around

Sienna C: 4th Floor

Isabelle: 5th Floor

Level 4 Open

Maddi: 4th Vault, 1st Bars, 2nd Beam, 2nd Floor, 1st All Around 🏅

Priya: 5th Vault, 4th Bars, 5th Beam, 4th All Around

Audra: 2nd Bars

Level 5 Under 11

Kaylee: 1st Vault, 5th Bars, 2nd Beam, 3rd Floor, 2nd All Around 🏅

Isabella: 1st Beam, 4th All Around

Kyah: 2nd Bars, 6th Floor, 5th All Around

Layla Elkins: 6th Beam

Level 6

Elle-Jaye: 2nd Vault, 1st Beam, 3rd Floor, 1st All Around 🏅

Gemma: 4th Vault, 4th Bars, 2nd Beam, 5th Floor, 2nd All Around 🏅

Ellie: 1st Bars, 3rd Beam, 4th Floor, 3rd All Around 🏅

Milaan: 6th Vault, 5th Bars, 4th Beam, 2nd Floor, 3rd All Around 🏅

Destiny: 2nd Vault, 5th Bars, 1st Floor, 5th All Around

Indiana: 5th Vault, 2nd Bars, 6th Beam

Level 7

Mia: 2nd Vault, 2nd Bars, 1st Beam, 1st Floor, 1st All Around 🏅

Level 8

Ava: 1st Vault, 1st Bars, 2nd Beam, 1st Floor, 1st All Around 🏅

Zara: 2nd Vault, 2nd Bars, 1st Beam, 2nd Floor, 2nd All Around 🏅

Level 9

Jenna was the only athlete to compete on all four apparatus, so placed 1st on Vault, Floor and All Around 🏅

Jenna: 1st Bars, 1st Beam

Felicity: 2nd Bars, 2nd Beam

MAG Results

Level 1

Austin: 1st Floor, 1st Pommel, 1st Rings, 3rd Vault, 1st P-Bars, 1st High Bar, 1st All Around 🏅

Simeon: 3rd Floor, 3rd Pommel, 2nd Rings, 1st Vault, 2nd P-Bars, 2nd High Bar, 2nd All Around 🏅

Lochlan: 2nd Floor, 2nd Pommel, 3rd Rings, 2nd Vault, 3rd P-Bars, 3rd High Bar, 3rd All Around 🏅

Level 2

Brayden: 1st Pommel, 2nd Rings, 1st Vault, 1st P-Bars, 1st All Around 🏅



Darcy: 3rd Floor, 1st Rings, 2nd Vault, 2nd P-Bars, 2nd All Around 🏅

Level 3

Cam: 3rd Floor, 1st Pommel, 2nd Rings, 4th Vault, 1st P-Bars, 1st All Around 🏅

Jude: 3rd Pommel, 4th Rings, 1st Vault, 5th P-Bars, 3rd All Around 🏅

Charlie: 6th Floor, 4th Pommel, 1st Rings, 4th Vault, 3rd P-Bars, 2nd High Bar, 4th All Around

Connor: 1st Floor, 6th Pommel, 5th Rings, 3rd Vault, 3rd High Bar, 5th All Around



Level 4

Hartley: 3rd Floor, 2nd Pommel, 2nd Rings, 3rd Vault, 1st P-Bars, 3rd High Bar, 1st All Around 🏅

Bailey: 1st Floor, 3rd Pommel, 1st Rings, 2nd Vault, 2nd P-Bars, 2nd High Bar, 2nd All Around 🏅

Blake: 2nd Floor, 1st Pommel, 3rd Rings, 1st Vault, 3rd P-Bars, 1st High Bar, 3rd All Around 🏅

Level 5

Coen: 1st on all 6 Apparatus, and 1st All Around 🏅

Level 6 Optional: as the only competitor in this level, Jackson placed 1st on all apparatus and 1st All Around 🏅

Level 9 Open: as the only competitor in this level, Ethan placed 1st on Floor, Pommel, and Rings



Congratulations also to Jackson for passing his Level 6 Test!

SAVE THE DATES

The dates have been set for our end of year events, the Annual Display and Annual Awards night. Make sure you put these in your calendar! More information will be sent out closer to the date.

A reminder to respond with your 'expression of interest' if your child will be participating in the Annual Display. Please check your email (and junk folder) and contact the office if you haven't received one (all members from Kindy Groovers/4yrs and up are invited to participate in the Annual Display).



UPCOMING EVENTS

September					
16-20	MAG & WAG	Junior State Championships	WAG 4-6 MAG 3-6	Brisbane	
19-22	Acro	National Clubs Carnival		Gold Coast	
21-26	MAG	National Clubs Carnival	6-10	Gold Coast	
24-1 Oct	WAG	National Clubs Carnival	5-10	Gold Coast	
October					
2		King's Birthday			
November					
26	Club Event	Annual Awards		Moonbar Moments	
December					
3	Club Event	Annual Display		Gym	

HOLIDAY PROGRAMS



HOLIDAY PROGRAM
Ages 5-12 Years

MON 18/9, WED 20/9, THURS 21/9
MON 25/9, WED 27/9, THURS 28/9

9.00am - 12.00pm

ONLY \$33 PER DAY!

Bookings Essential: contact 07 4972 0300
Bookings close 16/9

INCLUDES MORNING TEA



Kindergym Holiday Program

Tues 19th & Fri 22nd Sept
Tues 26th & Fri 29th Sept

6 mths - 2 yrs 9.00 to 10.00am
2 - 3 Yrs 10.30am to 11.15am
3 - 4 yrs 11.30am to 12.15pm

\$11.00 per class
To book phone 49720300
Open to the public! Bookings close 16/9/23

Grow * play * learn * explore



TUMBLE + TRAMP HOLIDAY CLASS

Mon 18th Sept 12:30-2:00pm
Mon 25th Sept 12:00-1:30pm

BOYS AND GIRLS
AGES 8 - 17 YEARS

\$22 per class

To book Phone 49720300



NINJA FREESTYLE HOLIDAY PROGRAM

ACROBATICS AND TRICKS
Tumbling, flipping, and jumping

PARKOUR-STYLE GYMNASTICS
Vaulting, striking and jumping

OBSTACLE COURSES
Climbing, aiming and strength training

Wed 20/9 & Fri 22/9 - 1-2pm
Wed 27/9 & Fri 29/9 - 1-2pm

Open to public (min 7 yrs of age). Bookings essential.
office@gladstonegymnastics.org.au

ONLY \$17 PER CLASS



STAFF PROFILE: KAUSHIKA ALAHAKOON

Kaushika is one of our junior coaches, and you might see him around the gym coaching Steps, MAG squads, Kindergym as well as our school programs. Kaushika is an ex-gymnast who trained for several years in our competitive program when he was younger. His greatest achievement in gymnastics was placing 6th overall in the Queensland MAG Juniors State Competition. Kaushika spends his spare time learning guitar, exercising and cooking. His favourite aspect of coaching is seeing his gymnasts grow, in particular he loves teaching the Still Rings to the Step 3 Boys. Kaushika firmly believes that the best coaches raise gymnasts to be headstrong, self - sufficient and disciplined individuals. Please say hi if you see him around!

LOST PROPERTY

As it is end of term, please check the lost property box to see if your child has misplaced any items. All items remaining by the holidays will be donated to charity.



DROP OFF/PICK UP FOR CLASSES

A reminder to parents that children **should not arrive more than 5 minutes before their class** is scheduled to begin, and should be collected promptly at their class finish time. Children waiting before and after classes are not supervised and can be disruptive to classes and spectators.

Also, please **do not** stop, drop and go out the front – this is a safety hazard for pedestrians and other vehicles. Please park, and escort your children inside the building.



GLADSTONE COACH JOINS QLD SMC

We are so proud to announce that our Acro Head Coach, Omer FINDER, has been selected to join the Acrobatics Sport Management Committee for Gymnastics QLD. The SMC helps facilitate and manage the discipline of Acrobatics in QLD, and is a vital part of improving the quality of the sport. Congratulations Omer!



HOLIDAY TRAINING

Term 3 2023 School Holidays Training Schedule								
WEEK 1 - 18th September - 24th September								
	Monday 18/9	Tuesday 19/9	Wednesday 20/9	Thursday 21/9	Friday 22/9	Saturday 23/9	Sunday 24/9	
WAG T1 Seniors	1:30pm-5:00pm	1:30pm-5:00pm	1:30pm-5:00pm	1:30pm-5:00pm	3:00-6:30pm	Travel	Competition (L9)	
WAG T1 Juniors	Competition	Competition	Competition	Travel	3:00-6:30pm	8:00am-11:30pm		
WAG T2	Competition	Competition	Competition	Travel	11:00am-2:30pm	8:00am-11:30pm		
WAG T3	Competition	Competition	Competition	Travel	11:00am-2:30pm	8:00am-11:30pm		
WAG T4	Holiday	Holiday	Holiday	Holiday	Holiday	Holiday		
MAG Gold	Travel	2:00 - 6:00pm	2:00-6:00pm	2:00-6:00pm	2:00-6:00pm			
MAG Silver	Travel	2:00-6:00pm	2:00-6:00pm	2:00-6:00pm	2:00-6:00pm			
MAG Bronze	Travel	2:00 - 5:00pm	2:00 - 5:00pm	2:00 - 5:00pm	2:00 - 5:00pm			
MAG Green	Holiday	Holiday	Holiday	Holiday	Holiday			
MAG Yellow	Holiday	Holiday	Holiday	Holiday	Holiday			
DVLP	Holiday	Holiday	Holiday	Holiday	Holiday			
JNR	Competition	Competition	Competition	Competition	Competition	Competition		
SNR	Competition	Competition	Competition	Competition	Competition	Competition		
HOLIDAY	VAC 9am-12pm Tumb 12.30-2.00pm	KG 9am-12.15pm	VAC 9am-12pm NINJA 1.00-2.00pm	VAC 9am-12pm	KG 9am-12.15pm NINJA 1.00-2.00pm			
Step 5+6	2:00 - 4:00pm		2:00 - 4:00pm		2:00 - 4:00pm			
Step 7	2:00 - 4:30pm		2:00 - 4:30pm		2:00 - 4:30pm			
Masters				5.30 - 7.30pm		3.30 - 5.30pm		
Fitter for Life	8.00 - 9.00am		8.00 - 9.00am	8.00 - 9.00am				
WEEK 2 - 25th September - 2nd October								
	Monday 25/9	Tuesday 26/9	Wednesday 27/9	Thursday 28/9	Friday 29/9	Saturday 30/9	Sunday 1/10	Monday 2/10
WAG T1 Seniors		Competition (L9)	Holiday	Holiday	Holiday	Holiday	Holiday	Holiday
WAG T1 Juniors	3:00-6:30pm	3:00-6:30pm	Travel		Competition (L6)		Competition (L6)	Holiday
WAG T2	11:00am-2:30pm	11:00am-2:30pm	Travel	Competition (L5)		Competition (L5)		Holiday
WAG T3	11:00am-2:30pm	11:00am-2:30pm	Holiday	Holiday	Holiday	Holiday	Holiday	Holiday
WAG T4	12:00-2:30pm		12:00-2:30pm		12:00-2:30pm			Holiday
MAG Gold	2:00 - 6:00pm	2:00 - 6:00pm	2:00 - 6:00pm	2:00 - 5:00pm	2:00 - 6:00pm			
MAG Silver	Holiday	Holiday	Holiday	2:00 - 5:00pm	2:00 - 6:00pm			
MAG Bronze	Holiday	Holiday	Holiday	2:00 - 5:00pm	10:00 - 1:00pm			
MAG Green		2:00 - 5:00 PM		2:00 - 5:00 PM	2:00 - 5:00 PM			
MAG Yellow	2:00 to 4:30PPM		2:00 to 4:30PPM					
DVLP		12:00-3:00pm		12:00-3:00pm	12:00-3:00pm			
JNR	4:30-7:30pm		4:30-7:30pm	4:30-7:30pm		9:00-1:00pm		4:30-7:30pm
SNR	4:30-8:00pm	Tops- 9:00-11:00	4:30-8:00pm	4:30-8:00pm	Bases- 9:00-11:00	9:00-1:00pm		4:30-8:00pm
Steps								
HOLIDAY	VAC 9am-12pm Tumb 12.00-1.30pm	KG 9am-12.15pm	VAC 9am-12pm NINJA 1pm-2pm	VAC 9am-12pm	KG 9am-12.15pm NINJA 1pm-2pm			
Masters				5.30 - 7.30pm		3.30 - 5.30pm		
Fitter for Life	8.00 - 9.00am		8.00 - 9.00am	8.00 - 9.00am				

Sport-Related Concussion Short Course
ENROL NOW!
www.connectivity.org.au

Close to 20 percent of concussions are sport-related. Learn more with our FREE Sport-Related Concussion Short Course!

Connectivity
Traumatic Brain Injury Australia

GYMNASTICS CORNER

Learn about all things gymnastics, interesting facts, important information and thought of the day.

Concussion is a brain injury caused by a knock to the head or anywhere on the body, where the force is transmitted to the head. It can also be caused by a fall. Concussion involves temporary; neurological impairment. The symptoms may evolve over the hours or days following the injury.

While all concussions should be assessed by a doctor, most will resolve without the need for specific treatment. A short period (24-48 hours) of relative rest, followed by gradual return to activity is the main treatment.

All concussion is serious.

A Sport-Related Concussion short course has been created by Connectivity, [Sport-Related Concussion Short Course - Connectivity](http://www.connectivity.org.au). Coaches, umpires/referees, parents, volunteers or anyone who may witness concussion should do this course.

**Thank you to our sponsors. We appreciate your support.
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QGC