

GLADSTONE INVITATIONAL

We hosted our Gladstone Invitational event on the weekend of 12-13 September, this is the biggest home event on our calendar and it was a huge success! Congratulations to all the gymnasts who competed, you represented our club beautifully and we loved seeing your incredible performances in our home gym!

A HUGE thank you to all the volunteers who helped run the event. It was a mammoth task and we couldn't do it without all of the people who volunteered to help! We are so appreciative



WAG Results

Level 3 Under 8

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

Hannah: 5th Vault, 3rd Beam, 5th All Around

Madeline: 6th Vault, 1st Beam, 6th Floor, 6th All Around

Sienna: 3rd Vault, 6th Beam, 5th Floor

Arielle: 6th Vault

Matilda: 4th Bars

Level 3 Under 9

Loni: 2nd Vault, 6th Beam, 6th All Around

Level 3 Under 10

Isabel: 3rd Vault, 3rd Bars, 2nd Beam, 4th Floor, 2nd All Around 🥈

Level 3 Open

Amariah: 5th Vault

Level 4 Under 9

Ariana: 1st Bars, 1st Beam, 2nd Floor, 1st All Around 🥇

Sienna H: 3rd Vault, 2nd Bars, 4th Beam, 1st Floor, 2nd All Around 🥈

Ayla: 5th Vault, 3rd Bars, 3rd Floor, 4th All Around

Level 4 Under 10

Isabelle: 2nd Bars, 2nd Beam, 4th All Around

Quincy: 3rd Bars, 4th Beam

Level 4 Under 11

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

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

Level 5 Under 11

Kyah: 3rd Vault, 1st Bars, 6th All Around

Layla Elkins: 1st Beam

Isabella: 3rd Beam

Layla Ervine: 2nd Beam

Level 6 Under 12

Penny: 1st Vault, 1st Bars, 4th Beam, 3rd Floor, 1st All Around 🥇



Destiny: 3rd Vault, 3rd Bars, 6th Beam, 4th Floor, 3rd All Around 🏅
 Elle-Jaye: 5th Bars, 2nd Beam, 2nd Floor, 4th All Around 🏅
 Indiana: 5th Beam 🏅
 Milaan: 6th Vault, 6th Floor 🏅



Level 6 Open

Ellie: 6th Vault, 3rd Bars, 1st Beam, 4th Floor, 2nd All Around 🏅
 Gemma: 4th Vault, 2nd Bars, 6th Beam, 3rd Floor, 3rd All Around 🏅
 Cadence: 5th Bars, 3rd Beam 🏅

Level 7:

Mia: 1st Vault, 3rd Bars, 3rd Beam, 3rd Floor, 3rd All Around 🏅

Level 9:

Jenna: 1st Bars 🏅

Congratulations also to Mia for passing her Level 7 Test this weekend!



MAG Results

Level 1

Austin: 1st on every apparatus and All Around! 🏅
 Simeon: 3rd Floor, 1st Pommel, 3rd Rings, 2nd Vault, 2nd P-Bars, 2nd High Bar, 2nd All Around 🏅
 Lochlan: 2nd Floor, 3rd Pommel, 2nd Rings, 3rd Vault, 3rd P-Bars, 3rd High Bar, 3rd All Around 🏅

Level 2

Darcy: 1st Floor, 5th Pommel, 3rd Rings, 1st Vault, 3rd P-Bars, 2nd High Bar, 1st All Around 🏅
 Brayden: 3rd Floor, 2nd Pommel, 2nd Rings, 2nd P-Bars, 1st High Bar, 2nd All Around 🏅
 Jaxon: 1st Pommel, 3rd Vault, 1st P-Bars 🏅



Level 3

Cam: 1st Floor, 4th Pommel, 2nd Rings, 1st Vault, 5th P-Bars, 3rd All Around 🏅
 William: 2nd Floor, 3rd P-Bars, 4th All Around 🏅
 Connor: 6th Floor, 3rd Vault, 5th P-Bars, 5th High Bar 🏅
 Jude: 4th Rings, 4th P-Bars, 6th High Bar 🏅
 Charlie: 4th Floor 🏅

Level 4

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

Level 5

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

Level 6 Optional



Jackson: as the only competitor, Jackson placed first on all apparatus and All Around 🏆

Level 9 Open:

Ethan: as the only competitor, Ethan placed first on all apparatus and All Around 🏆

Congratulations also to the following gymnasts for passing their Level Tests this weekend!

MAG Level 1: Austin, Simeon, Lochlan

MAG Level 2: Darcy, Brayden, Jaxon

MAG Level 3: Cam, William, Jude, Charlie

MAG Level 4: Hartley, Bailey

MAG Level 5: Coen, Leif

ACRO JUNIOR STATE CHAMPIONSHIPS

Congratulations to all of our gymnasts who competed in the ACR State Championships last weekend. What an incredible weekend with some beautiful performances! We are so proud of all your hard work, and it certainly paid off!

And a huge thank you to Laura Tyson for stepping in to help coach!

ACR Results

Level 1 Pairs:

Amber & Olivia: 1st group, 5th Sync, 1st All Around 🏆

Ethan & Jorgie: 3rd Group, 4th Sync, 3rd All Around 🥉

Level 2 Trio:

Elise, Brooklyn & Savannah: 5th Group, 2nd Sync, 4th All Around

Level 3 Trio:

Charlotte, Elsie & Chelsea: 3rd Group, 3rd Sync, 3rd All Around 🥉

Stage 2 WP:

Teliyah & Sophia: 3rd Balance, 3rd Dynamic, 4th All Around

Stage 3 WG:

Grace, Hannah & Leah: 1st Balance

Level 8 WG:

Isabella, Zarah & Lara: 1st All Around 🏆



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).



ANNUAL FUNDRAISER – LADIES DAY

Time is running out to buy your tickets – there are a few spaces left but ticket sales will close on Monday so get in quick! It's a fantastic afternoon with great entertainment, and all funds raised go towards new equipment for our Club. Contact the office today on 49720300.

A reminder to return all raffle tickets by Saturday 26th August please.

NEW WEBSITE IS LIVE!

We are excited to announce that our new website is now live! Visit www.gladstonegymnastics.org.au to find out more information about our club and our programs. A huge thanks to Kristy from Studio Zest and Jess from Elevate Media for your amazing work!

GLADSTONE MASTERS

We are excited to be hosting the Gladstone Masters competition on Sunday 27 August from 9am-12pm. Come along and support our amazing Adult athletes as they compete against clubs from all over Qld! If you are interested in trying out gymnastics, contact the office for more information regarding our Adult/Masters classes.



FITTER FOR LIFE

For anyone over 50 years old



- Increased flexibility
- Strengthens the joints
- Reduces risk of osteoporosis
- Increases heart rate for cardio health

- Mental stimulation to keep the brain alert
- Improves concentration
- Reduces risk of dementia
- Social interaction



\$8 per. Class Call us for more information!
49720300

UPCOMING EVENTS

August					
11-13	Acro	State Championships		Logan	10th July
12-13	MAG & WAG	Gladstone Invitational	3-10	Gladstone	10th July
14		Show Holiday			
19-20	MAG & WAG	CQ Junior Regionals	WAG 3-6 MAG 2-6	Gymfinity	17th July
27	Masters	Gladstone Masters		Gladstone	12th August
September					
2	Club Event	Ladies Day Fundraiser		Yaralla	
2-3	MAG	Gymfinity Grand Prix Spring Classi	2-6	Gymfinity	24th July
9-10	MAG & WAG	Harbour City Classic	WAG 3-10 MAG 2-10	Gladstone	7th August
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	

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 - 5:00 PM	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				
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				

HOLIDAY PROGRAMS



Gymnastics 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



Gymnastics 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



GLADSTONE GYMNASTICS 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, climbing and jumping

OBSTACLE COURSES
Vaulting, 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



GYMNASTICS CORNER

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



PERFORMANCE ANXIETY IN SPORT

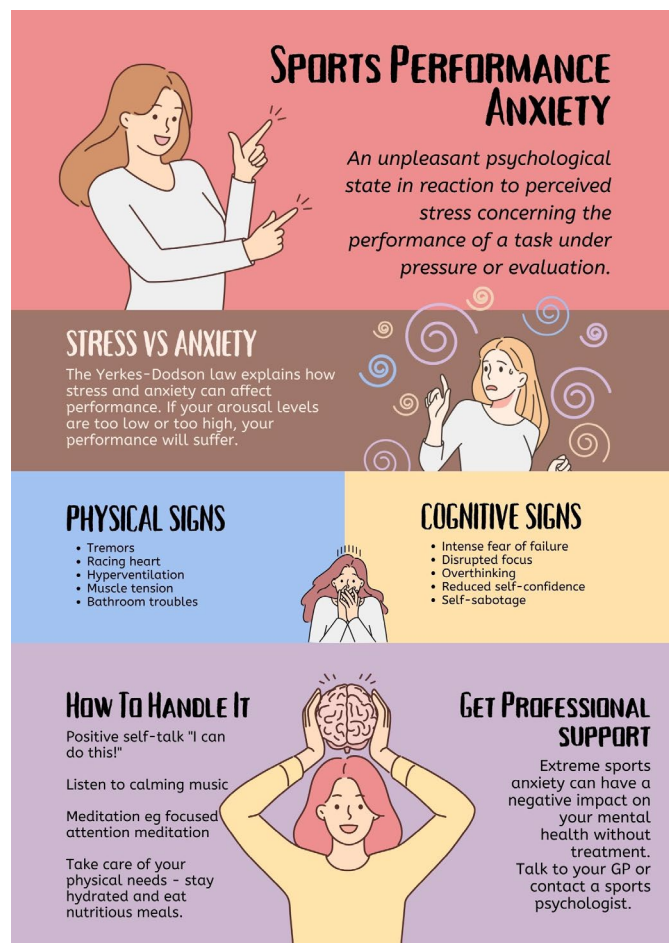
It is well known that sport has the potential for high levels of stress and anxiety, and that practicing and employing a range of psychological strategies can be beneficial in anxiety management. Sport-related anxiety can be defined as a trait and/or state-like response to a stressful sport-related situation, which the individual perceives as potentially stressful, resulting in a range of cognitive appraisals, behavioural responses, and/or physiological arousals.

How anxiety impacts performance has received much attention in the sport psychology literature. Some of the early theories include the inverted-U hypothesis, which suggests that performance and anxiety should be viewed on an inverted U-shaped continuum. According to Yerkes and Dodson, low arousal/anxiety leads to decreases in performance, and increases in arousal/anxiety can facilitate performance up to an optimal level. The model also assumes that beyond this point, additional arousal/anxiety causes performance to decline.

Andersen and Williams' model of stress and athletic injury proposes that when placed in a stressful athletic situation, the athlete will make cognitive appraisals of the following: the demands of the situation, their resources available, and the consequences of the potential outcomes of the situation. Known as the stress response, such appraisals are said to interact bidirectionally with physiological/attentional aspects, resulting in increased muscle tension, narrowing of visual field, and increased distractibility. Based on the stress response, a person can increase or decrease their potential risk of encountering sport injury.

Addressing anxiety with athletes

Given the significance of anxiety in sport performance, it is important to ensure it is addressed early and by appropriately trained mental health professionals. Anxiety, even though it is a normal emotion experienced by many, if left unaddressed, can lead to more serious psychological disorders. Recognizing early signs and symptoms of anxiety typically fall on those professionals interacting with athletes on a daily basis. Any medically unexplainable changes in resting heart rate, or muscle tension should be noted, and when coupled with increases in life and sport-related stressors, sudden changes in mood, and emergence of unusual behaviours could be signs of increased stress and/or anxiety. Talk to your GP about finding a qualified sports psychologist. [Full article: Sport-related anxiety: current insights \(tandfonline.com\)](#). [Sports Performance Anxiety: Causes, Signs, Tips to Cope \(healthline.com\)](#)



SPORTS PERFORMANCE ANXIETY

An unpleasant psychological state in reaction to perceived stress concerning the performance of a task under pressure or evaluation.

STRESS VS ANXIETY

The Yerkes-Dodson Law explains how stress and anxiety can affect performance. If your arousal levels are too low or too high, your performance will suffer.

PHYSICAL SIGNS

- Tremors
- Racing heart
- Hyperventilation
- Muscle tension
- Bathroom troubles

COGNITIVE SIGNS

- Intense fear of failure
- Disrupted focus
- Overthinking
- Reduced self-confidence
- Self-sabotage

HOW TO HANDLE IT

- Positive self-talk "I can do this!"
- Listen to calming music
- Meditation eg focused attention meditation
- Take care of your physical needs - stay hydrated and eat nutritious meals.

GET PROFESSIONAL SUPPORT

Extreme sports anxiety can have a negative impact on your mental health without treatment. Talk to your GP or contact a sports psychologist.

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