

NEWS LETTER

Spring 2023

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Congratulations to Michelle Woolf!

Congratulations to Michelle Woolf who has been appointed by International Gymnastics Federation - FIG as a Difficulty (D) judge for the Antwerp 2023 Artistic Gymnastics World Championships. D judges are appointed by FIG from the category 1 judges. Only the top 24 judges in the world are category 1 and are deemed the expert judges by the International Federation. There are only 8 D judges appointed to the world championships!





On July 5th - 8th, our WAG and MAG gymnasts representing Wellington, made their way to Tauranaga to compete in the New Zealand Gymnastics Championships.

All our gymnasts had fantastic results! The teams could not have achieved what they did without all the coaches, chaperones, parents, committee, managers, recorders and the support of other gymnasts. Going to Nationals is a BIG achievement and everyone should be proud of themselves.

In the MAG space, it was Caleb and Remy's first time competing at Nationals and both qualified in the top 20 All Around competition. Fraser competed in Level 5 with a huge second day moving up 5 placings.

Jimmy competed for the first time in level 7 against gymnasts twice the size of him, Henry showed everyone how good his pommel is and won the gold!

Elijah took out the u17 All Around National title and Logan had a mammoth apparatus day taking home four gold medals! Also congratulations to Caleb, Elijah and Logan who all achieved proficiency at Nationals. Level 4 Caleb 63.650, U17 Elijah 68.850, U18 Logan 69.650. Logan also received a coach's medal for being Caleb's coach!



Logan Curtains - U18

Silver Floor
Gold Pommel
Gold Rings
Bronze Vault
Gold Parallel bars
Gold High bar

Elijah Stewart - U17

Gold Pommel
Gold Rings
Silver Vault
Gold Parallel bars
Silver High bar



Henry Lee - Level 8

Gold Pommel
Silver Floor

Jimmy Jackson - Level 7

Bronze High bar
Silver Vault

Fraser Bialy - Level 5

15th All Around

Caleb Bohnen - Level 4

9th All Around

Remy Robert - Level 4

16th All Around





Our club continues to go from strength to strength as we broke a record and had 20 WAG gymnasts from the Step 5-8 teams qualify to go to Nationals. These girls also took home the most medals ever! It is fair to say that Hutt Valley Gymnastics now has a reputation for being one of the strongest, most successful, and biggest senior WAG programmes in the country.

The Step 5 and Step 8 WAG teams took home the Bronze team medal and the Step 7 team were National Champions having won Gold for Wellington. This was particularly impressive given there were large fields in most steps this year with the Step 7s having to qualify and being limited to 75 girls for the first time in recent years. A number of the girls also put in fantastic individual performances resulting in high overall placings and a number of apparatus placings.

The Step 7 team also took home the new Step 7 trophy which was awarded for the first time this year.

Thank you to WAG coaches Nats Gunn and Julia Hardwick-Smith from Hutt Valley and Scott from Capital/Hutt Valley who accompanied our Nationals Gymnasts and took them around for their events.

Nationals will next take place in Palmerston North in October 2024.

Altogether our fantastic Hutt Valley Gymnasts took home:

- 16 Gold medals
- 10 Silver medals
- 12 Bronze medals



STEP 5

Ema Gatland (Under)
BRONZE Team Medal
5th equal Bars
9th All Around

Maddie Joe (Under)
BRONZE Step 5 Team Medal

Eleanor Henry (Under)
BRONZE Step 5 Team Medal

Poppy Cowan (Over)

Vanisha Tandon (Over)
Injured

STEP 6

Sia Vaka (Under)

Sienna Chapman (Under)

STEP 7

Jessica Woodside (Under)
GOLD Team medal
SILVER All Around
GOLD Floor
GOLD Beam
BRONZE Bar
5th Vault

Zara Fitzsimons (Under)
GOLD Team medal
5th All Around
5th Bar
6th Floor
6th Vault

Briallen Aberhart (Under)
BRONZE Beam
Artistry Award Beam
8th All Around
3rd Beam
9th Floor
10th Vault

Hazel Passmore (Under)
18th All Around

Elizabeth Longhurst (Over)
GOLD Team medal
GOLD Beam
6th All Around
8th Bar
8th Floor

Susannah Charlier (Over)
6th All Around
6th Beam
6th Floor

McKenzie Reddaway (Over)
24th All Around

STEP 8

Maia McLaughlan (under)
BRONZE Team Medal
SILVER All Around

GOLD Vault
SILVER Bar
6th Floor
7th Beam

Anna Elliot (Over)
BRONZE Team Medal
BRONZE Floor
12th All Around (over)

Leah Austin (Under)
BRONZE Team Medal
14th All Around (under)

Lauren Carr (Over)
6th Vault

Te Ana Waiariki (Over)
5th Bar

Charlie Simmons (Over)



Hutt Valley Gymnastics Comp

On the 19th-20th of August, we hosted the Hutt Valley Gymnastics Competition for MAG Levels 1 - 3, and and WAG Step 1-4 who competed on the first day, and this year EXCEL joined the competition, competing on the second day.

This was some of our gymnasts first competition ever and it was such an successful weekend!

We are super proud of all our amazing gymnasts. Thank you to those who supported them!



CONGRATULATIONS

360 squad for

2023-2024

Caleb: Excel 1 challenger squad
Elijah: 360 Youth squad
Logan: NZ Senior Challenger squad

Amazing news!!! Congratulations to these fantastic, hard-working boys who made the 360 squad for 2023-2024.

Squad 360 is the national men's artistic gymnastics (MAG) programme designed to identify talented competitive athletes and coach them into the performance pathway.

The name 360 refers to a team score that would guarantee team selection to the Olympics which is the ultimate goal of the Squad. It also has references to 360 degree salto's, turns and rotations that we all see and enjoy in gymnastics.

Olive at Ollerup

Hey everyone! As many of you may know I am currently studying in Denmark through a scholarship I got from Gymnastics NZ! The school I am at is called Ollerup Gymnastikhøjskolen and is a couple of hours out of Copenhagen on the island of Fyn.

I spent a couple of weeks travelling with another kiwi and we just finished our first month of classes here. Everyday is very busy. We need to be at breakfast at 7 and the day doesn't really stop till you go to bed. Classes finish around 4:30 but we are always doing something. At the moment it is summer so we spend a lot of time by the pool and exploring, but there are also many hours spent in the tumbling and fitness centres. We work hard but there is a lot of fun in between.

The year is split up into 2 semesters which means I can choose 2 main focuses. This semester I am doing Health and Fitness, which is similar to sport science. I really enjoy the mix of theory and the practical they have in these classes. Some of the topics we have been covering for example are anatomy, powerlifting, injury prevention, periodisation and movement patterns. Next semester, which begins next year, I will get to move into Tumbling which I am really excited for as the facilities here are so amazing and there are so many awesome athletes to train with.

The international aspect of the school is crazy. I knew it would be diverse but it is almost 50% international students this semester. Some of the closest friends I have made so far are from countries such as Norway, Argentina, Czechia and Australia. It's very entertaining hearing all the different languages but also the different versions of English. Us kiwis here get a hard time sometimes with our accents though which is quite funny!



The way that the Scandinavian countries train and their approach gymnastics is quite different. Gymnastics is a very big part of their sporting culture however their focus is mainly on team-gym and performance gymnastics. This is quite different to NZ where we have our focus of artistic and have struggles to fully develop anything else to the same level. It is awesome to see everything through a new lens. Especially the way that so many people of all ages participate and the focus is on the movement value and community aspect more than competing.

So much has been crammed into the month we have been here. So far we have gone on a camping trip, watched a huge gym competition called face-off, had a circus performance and workshop and attended a concert. Next week we spend a week in Copenhagen, then I believe the rest of the planned trips are to the Czech Republic, Germany then a ski trip to Norway next year!

Being so far from home is a bit hard sometimes but I am having so much fun and learning lots. Missing you all, Lots of love Olive



Coach Spotlight

Emma Joe

I am in year 10 at Sacred Heart College. I started gymnastics at Hutt Valley when I was 7, doing competitive gymnastics until last year. While training and competing throughout the years, I have learnt so much from all my coaches, both in gymnastics, and skills for life in the future. I have loved being in the gym these past 8 years, making lots of memories and friends along the way.

I have been coaching for about 3 years now. My favourite thing about coaching is seeing the happiness of all the children. I love to see all their smiles after achieving something new, and seeing how proud they are.

I currently coach GFA and Excel. I have recently started judging at competitions as well, which I am enjoying. I love sharing my knowledge with the gymnasts and I'm so grateful to be part of their journey!



National Clubs Gymnastics Carnival 2023

Congratulations to these 12 gymnasts that went over to the Gold Coast and represented our club for the National Clubs Gymnastics Carnival. It is Hutt Valley Gymnastics' first time competing at the Carnival.

The Step 8 team placed 3rd out of 21 teams overall and Jess, as an individual, placed 6th overall.

Step 7 team placed 16th out of 46 teams in Australia overall.



THANK YOU!

Thank you Pub Charity who kindly granted us the funds for our new uniform and hoodies to keep our coaches nice and warm!



New Gym For All Classes

Monday Advanced Flyers 4.30 to 5.30
Monday Explorers 1.30 to 2.15

Our new Excel leotards are here! We are so thankful for our amazing sponsor at NZCT to kindly granted us the funds for these amazing new leotards.



If anyone would like to submit a suggestion for GFA Coach of the Year, please email mel@huttvalleygymsports.co.nz

Gym For All Festival

We ran a GFA Festival on the 25th of June at the end of term 2.

The festival was for kids doing Gym For All from 5 years old and up. This was a fun festival where children perform the routine that they learnt in class. And anything goes! The children can dress up and also add to their routine. Awards were given out for sportsmanship, attitude and confidence.

We are having another GFA Festival in December date to be confirmed.



MAG / WAG Prizegiving Day





Our 3 teams, Sparks, Ember & Flare rocked it at their first competition of the year at Te Rauparaha Arena. We are so proud of these hardworking girls!



UNITED CHEER COMPETITION



Coach Spotlight

Ava Staples



Hey, I'm Ava!

This year I'm coaching Sparks and Flare. I have done cheerleading since 2017 here at Ignite and I've competed at many different cheer levels from level 1 to level 5! My favourite parts of cheerleading are tumbling and meeting new friends. I began coaching tumble classes in 2021 and coached my first team (Delphox) last year in 2022.

Outside of cheerleading, I go to school at St Orans College. I enjoy playing touch rugby, going to the gym and spending time with my friends and family.

I'm super excited to coach Flare and Sparks this year and I'm looking forward to seeing them grow and succeed as a team!

QUIZ NIGHT

On August the 4th we held a Quiz Night Fundraiser! This was a very successful evening with a lot of fun had by all! It was a great opportunity for our gym community to get together and mingle with friends and make new ones. We were in the company of some very impressive (competitive!) teams such as Mel's Minions, the Bright Sparks!, We're Googling Everything, and the Magnificent 7 to name a few!

Thanks to everyone that came along and supported our event, and a huge thank you to all of our sponsors who made it possible! A special thanks to our Quiz Master Sam from Gee Quiz for running the quiz and providing the entertainment!

We were donated raffle and auction prizes from our generous sponsors and altogether raised \$3,000 for the gym!

Thank you to our sponsors for these awesome Raffle Ticket Prizes:

- Clinic L Beauty Therapy Voucher
- Logan Brown Restaurant Voucher
- IMAX Tickets
- Les Mills Membership
- Cupcakes from Cupcake Sweeties
- Helen Bland Art
- Minifish Fashion Vouchers
- Pause Yoga Vouchers
- Pinot and Picasso Voucher
- Farrah's Box of Goodies



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LES MILLS

THANK YOU!

We are loving these fun stepping stones and frogs! Thank you TAB for your very kind grant.



Thank you Mitre 10 Petone for sponsoring us with a new BBQ! We will love using this over the summer and at our comps! ❤️



IMPORTANT ANNOUNCEMENT

THE HVG COMMITTEE IS LOOKING PEOPLE FOR A HEATING SUB-COMMITTEE

PLEASE HELP

Are you interested
Please email:
Secretary@huttvalleygymsports.co.nz

We need you!! Hutt Valley Gymnastics committee is looking for people to join a sub-committee to fundraise and look into / organise heating. If this sounds like something you can help with, please email: secretary@huttvalleygymsports.co.nz

Ashton Panel + Paint

We want to say a special thank you to Ashton Panel and Paint, who are not only our valued Gold sponsor but have also generously sponsored the Central Champs and the Hutt Valley Gymnastics Competition this year!

Had an accident in your vehicle? Need the best collision repairs company in the Wellington area? The highly qualified friendly team at Ashton Panel and Paint provide an efficient service for professional collision repair, automotive refinishing, and expert rust assessment and removal. Take the stress out of your day and call us! We'll work with you and your insurance company and have your vehicle back in its pre-accident condition in no time.

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