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Ollerup Visit!

What an amazing experience our WAG and MAG had with the fantastic Ollerup crew!

The Ollerup Elite Team, a team of gymnasts from a Gymnastics School in Denmark (where Olive is attending her scholarship next year and coach Julia has attended) are touring around New Zealand doing workshops and performances. They visited HVG on 18th October and led a Danish-gymnastics style warm-up, dance, tumbling, vaulting and much much more. We can all agree that everyone had a blast!





Congratulations to Olive Young!

Congratulations to Olive Young our one and only present step 10 and all round amazing coach on being selected for the Gymnastics New Zealand Ollerup Scholarship!

Ollerup is a gymnastics academy in Denmark where gymnasts participate in sports, sports theory, coaching practices, Danish studies, leadership and team building activities, intercultural studies and of course, gymnastics.

There are many different gymnastics codes offered at Ollerup. Some of these include; tumbling, power tumbling, teamgym, rhythmic gymnastics, dance, and parkour.

It's an amazing opportunity to meet large numbers of international and Danish students and learn about different cultures.

We are so incredibly proud of Olive and can't wait for her to bring the knowledge she gains back to our gymnastics community.

End of Term Dates

Rec, Cheer and Junior Comp
(step 1 - 4 and level 1 - 3)
Last day 19 Dec

Intermediate and Senior Comp
Last day 22 Dec

Omni Clinic

Omni Gymnastics Centre in Napier recently hosted WAGS from Wellington to Gisborne. The athletes trained on a new Spieth floor and bars, Yurchenko vault trainer and pit bar spotting platform under the watchful eye of 10 senior coaches and the Ollerup Elite Team. The girls had a great time and came home with lots of new skills!



The committee has adopted the Safeguarding and Child Protection Policy. We encourage everyone to please visit our website for more information. <http://huttvalleygym.co.nz/wp-content/uploads/2022/10/Safeguarding-and-Child-Protection-Policy.pdf>

Congratulations to Jimmy Jackson and Logan Curtis!

Congratulations to our senior MAG Gymnast Jimmy Jackson on making 360 this year, in the 360 Excel 2 programme. Senior MAG gymnast and coach Logan Curtis, has also provisionally been accepted dependent on fitness and testing.

In New Zealand, 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 programme encourages consistent and sturdy progress as athletes work together while challenging each other along the pathway. As the squad members are from around the country, a bond is formed outside of their local clubs.

Squad 360 also invites international expertise to visit and add insight and value to training camps.



MAG Spring Camp

In the October school holidays, the MAG boys had the opportunity to attend the Spring MAG Camp, 2022 in Christchurch at the Christchurch School of Gymnastics. The gym hosted 32 boys from around New Zealand for a week of activities, dinners and of course GYMNASTICS! They had a fantastic time training with the other boys and coaches and made some awesome friends.

WE HAVE GREAT NEWS!



Over the past weeks we have had an amazing team working behind the scenes to secure some new equipment from Gymnastics New Zealand. On behalf of the club a huge thank you to Pelorus Trust who have kindly granted us the funds that were needed to do so. You will see our MAG teams training on our brand new Speith parallel bars and beat board.

Coach Spotlight

Daniel Follett

I joined Hutt Valley Gymnastics Club on 1 Sep 2014 as a Flyer. My Coach quickly felt I could get bored in the class and introduced me to the MAG Head Coach, Anthony Jellicoe. I then started training with the big comp boys. This is where I met my friend and fellow Coach Logan Curtis. I was in year 5 at Boulcott School when I started gym, which was quite late, but it did give me the time to enjoy a lot of different sports and groups: soccer, rugby, touch, basketball, water skiing and scouts.



My first Comp was held at HVG. I have competed around NZ from Christchurch, Blenheim, Napier to Auckland. I represented Hutt Valley High School at the College Sport Tournament Week and have been to 3 Nationals, in Auckland, Tauranga and Nelson. I finished competing at Level 8 last year; although sometimes I think it isn't over yet.

During my journey I have trained under two Head Coaches Anthony Jellicoe and Pasha Levchenko and enjoyed working with Scott O'Callaghan as my Wellington Coach. I was the oldest MAG gymnast in the Club when Pasha came from Spain. It was quite exciting, and a little scary having an international coach on my team.

I left School in 2020 to follow my dream of coaching and training by becoming a qualified Personal Trainer. I am proud to say that I am about to graduate from the NZ Institute of Health and Fitness this month.

I started coaching Recreational gym in 2019 and moved to MAG completing my MAG Elementary qualification and I'm now working through towards being a Junior Coach. I am also a Gymnastics NZ MAG Elementary judge. I enjoy my coaching role as I can bring my own gym experiences together with my qualifications to help and develop my boys. I am extremely proud of them and love being part of their goals and journey.

Outside of gym I work parttime and enjoy 4-wheel driving, riding motorbikes, driving my car, and hanging out with friends. I am about to become an uncle and look forward to teaching the baby some gymnastics skills. I have made some great friends over the years and look forward continuing my journey with HVG.

Adult Gymnastics

Adult gym is a safe environment to start your gymnastics career at any age after school! This class is suitable for adult beginners, former competitive gymnasts or any adults who want to enjoy doing gymnastics in a friendly environment.

This is a class where you gain flexibility, core strength and fitness all in one. We work on building your bone density that will help to strengthen you and make you work with your own body weight to gain muscle build. You have access to all the gym equipment and will be supervised by a qualified coach.

Should you wish to compete again, we have an annual Masters Competition!

Classes are on Wednesdays 7:30 pm – 9:00 pm.

Cost: \$20 per session (\$17 students)

Must be 16 years or over.

Please contact the office at (04) 566 3244 or admin@huttvalleygymsports.co.nz to join!

Parking Update

There are newly painted parking spaces to help with traffic flow. Please only park in the yellow spaces to allow everyone to be able to drop off and pick up safely.



A huge thank you to everyone who supported the pie and wine fundraisers. We raised \$2,490!

Earn the Gym \$500!

If our members refer a friend or family member to list their home for sale or rent with Des Smith or Cindy Robertson from Ray White Real Estate, they will donate \$500 to the gym for every sale or management!



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MAG / WAG Prizegiving Day



Hutt Schools Festival

A big thank you to Mel and Zoe for running the Lower Hutt School Gym Festival, Years 4 - 6, and thank you also to all the volunteer judges and coaches. It was great to see some new schools joining this year. We had around 350 participants for this festival.

If your school is interested in our Year 1 - 3 (Term 2) or Year 4 - 8 (Term 3) 2023, please email admin@huttvalleygymsports.co.nz for an information pack.



Farewell

It's with much sadness we say farewell to our MAG head coach Pasha and Step 3/4 coach Amy. Thank you for all that you've done for Hutt Valley Gymnastics. We wish you both the very best!

Pasha Levchenko

Pasha has been with HVG since 2016. In the last 6 years he has grown the MAG programme from only 6 boys to 40. He has supported and trained three of the senior boys to become coaches. Each year he was successful in coaching a team of boys to represent the Wellington team at the New Zealand Gymnastics Championships.

Amy Buckley

Amy has been with us for 2 years. She coaches Step 3/4 and was a Step 10 gymnast from Christchurch. She will be around the gym to help with cover and then she'll be off on her OE next year.



Sponsorship Opportunities!

Would your business like to become a club supporter? With over 1000 members, having a sign in our gym will give your business great exposure. We also promote your business on our social media platforms and newsletters. Your support will enable our club to purchase new equipment.

Please contact Litsa at litsajackson1@gmail.com for more information about becoming a sponsor. We look forward to hearing from you!

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Ignite Cheer News!

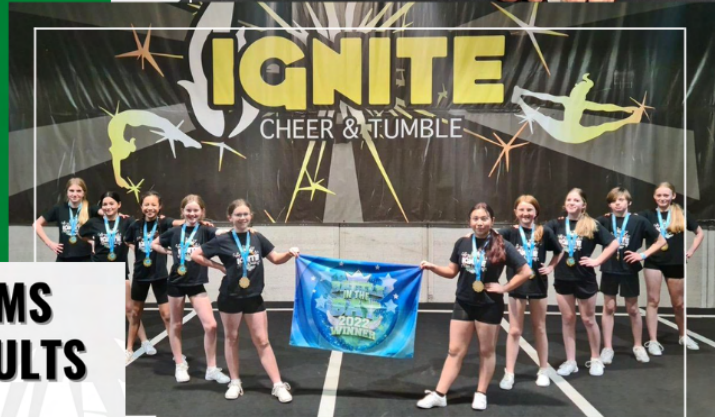
Super Nationals New Zealand was held on 5 and 6 November in Auckland. Congratulations to all who competed!

IGNITE SUPER NATIONALS RESULTS

VULPIX	3rd
DELPHOX	4th
MAGMAR	3rd
PHOENIX	2nd

IGNITE SPECIALTY ITEMS SUPER NATIONALS RESULTS

Solo level 1 - 3 Courtney Winslade Marieta Kulatea Ava Jenes Makayla Ronquest	Solo level 1 - 3 2nd place 3rd place 8th place 10th place
Solo level 1 - 3 Open Ava Staples	Solo level 1 - 3 Open 2nd place
Duo level 1 - 3 Paige & Ella	Duo level 1 - 3 6th place
Duo level 1 - 3 Open Miriam & Tayla	Duo level 1 - 3 Open 1st place
Partner Stunt level 2 Marieta & Charlotte	Partner Stunt level 2 1st palce



Hutt Mana Charitable Trust

We have received a generous contribution from Hutt Mana Charitable Trust towards a new slope, pyramid layer set and three spotting boxes. This will really help the gymnasts drill and develop their skills. We very much appreciate the donation!



Fun Night!

Earlier this year we hosted a Fun Night for our young gym family! The kids had a fantastic time playing on the gymnastics equipment and eating pizza and cake with friends! We are organising another fun night this term so look out for details coming out very soon!



Games!



Cool Tiles

How would you like to see your name up on a tile wall? It's a fantastic opportunity to support the club, while at the same time having a permanent reminder of the connection your family and gymnast will always have to Hutt Valley Gymnastics.

Please contact Litsa at litsajackson1@gmail.com for more information.

Christmas Raffle

Our fundraiser for this terms is The Annual Christmas Raffle! Next week the tickets will go on sale for \$2. You can purchase these from the office. We will have fabulous prizes to give away! Thank you for your support in ticket selling and collecting of amazing raffle prizes.



Holiday
Programme
Bookings
will be out
soon!



MAG / WAG Badges

Please fill out the form in the link below if you wish to buy a Level / Step badge (\$7 each).

<https://forms.gle/EFdPJq7WQKsbedpn8>