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LET'S GO TEAM WELLINGTON!

On behalf of all the gym, we would like to say congratulations and good luck to all our gymnasts that have been selected to represent Wellington at the upcoming New Zealand Gymnastics Championships in Tauranga, from the 4th - 8th of July, 2023! With less than two weeks to go, excitement is brewing, nerves are setting in! We are very proud of our gymnasts and wish them all the very best!

WAG

Step 5

Madeline Joe
Ema Gatland
Eleanor Henry
Poppy Cowan
Vanisha Tandon

Step 6

Sia Vaka
Sienna Chapman

Step 7

Zara Fitzsimons
Jessica Woodside
Elizabeth Longhurst
Briallen Aberhart
Susannah Charlier
Makenzie Reddaway
Hazel Passmore

Step 8

Maia Mclaughlan
Anna Elliott
Leah Austin
Te Ana Waiariki
Charlie Simmons
Lauren Carr



MAG

Level 4

Caleb Bohnen
Remy Robert

Level 5

Fraser Bialy

Level 7

Jimmy Jackson

Level 8

Henry Lee

Under 17

Elijah Stewart

Under 18

Logan Curtis

Thank you very much!

Thank you to all our sponsors for Central Championships! We are grateful for your support.



What a great weekend we had at Central Champs!!

A HUGE thank you to all our staff, coaches, volunteers and sponsors for all of your help in making the Central Championships at Hutt Valley Gymnastics very successful for the second year!

On the 20th and 21st of May, our club welcomed gymnasts from 18 clubs, all over the country to compete in this senior WAG and MAG competition. It was a weekend packed with excitement and suspense as our gymnasts did their best to secure amazing results.

We were super proud of our teams, we know how hard they train for all of their competitions and how great it was for them to host this competition at their own club!



"The only limits in life are the ones you make"

Coach Spotlight

Logan Curtis

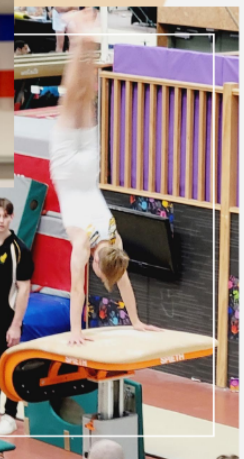
I started at Hutt Valley Gymnastics in 2012 where I started competitive gymnastics straight away. Since then I have been competing all around New Zealand for Hutt Valley and Wellington. I have been lucky enough to represent New Zealand twice so far in my career, one of these was recently at the Australian Junior Classic. I hope to be able to represent New Zealand many more times with my main goal being to go to the Commonwealth Games.

I started coaching in 2019 when I was 14 and have been coaching ever since. I coach a group of level 3 - 4 gymnasts and help out with any levels that need help and cover. I've enjoyed the opportunity to pass on all the knowledge I have accumulated through my own training to younger generations and share my love of gymnastics onto aspiring gymnasts. I also coach an adult class one night a week. I'm qualified to coach up to level 7 and I'm currently working on my advanced course paperwork. I'm also a qualified elementary judge meaning I can judge up to level 3.

I finished school last year and since then I have been concentrating on my training and coaching. I'm still unsure what I want to do with my life outside of gymnastics but for now I'm not going anywhere so I guess I'll just live in the gym.

Huge Congratulations!

Congratulations to Logan Curtis for receiving gold on High Bar and silver in Pommel at the recent Australia Junior Invitational in Gold Coast representing New Zealand.



Parkour

Learn awesome new skills while having fun! When you learn Parkour you will learn how to move creatively while navigating spaces around you.

At Parkour our mission is to make movement accessible to all, regardless of age, gender and fitness level. Our classes are designed so everybody can move and enjoy at their own pace.

Get familiar with basic techniques and conditioning exercises to strengthen your body. Expand your mind by exploring new and unique ways to move and express yourself. For more information, please email admin@huttvalleygymnsports.co.nz.



Hutt Schools Festival

What a great turn out for the Year 1 - 3 Hutt Schools Festival! We had more than 200 participants from 6 schools took part and for the first time ever, we had participants from home school joined in on the fun! We are really glad that you all gave gymnastics a go!

Thank you Mel and Zoe for running the festival and thank you to all the volunteer judges and coaches.

If your school is interested in the festival on 31 August for Year 4 - 8, please contact Mel at mel@huttvalleygymnsports.co.nz for an information pack .



WE ARE ALL PROUD MEMBERS OF HUTT VALLEY GYMNASTICS

We would like to welcome all of our new members to our gym this year! Over the last two terms we have seen growth in our programmes and have also been successful in securing grants enabling us to purchase new equipment and resources for the club. As you are aware, Hutt Valley Gymnastics is a community sports club. This means that we are a not-for-profit society.

Although we have a number of full and part time paid staff, these staff are supported by a significant amount of volunteer work put in by our members. Without the volunteers who help run the fundraising activities, help with running competitions, working bees around the gym and in governance roles, the club would not be able to function as there is simply too much for our paid staff to do.

We would like to take this opportunity to encourage our new and existing members to reach out and find out ways you can help our club be successful. We have plenty of needs in areas such as:

- Premises
- Finance
- Fundraising
- Day to day jobs

Please come into the office and say hello, and let us know how you would like to help out!



Our 3 teams, Sparks, Ember & Flare are working hard leading up to their first competition of the year on 2 July at Te Rauparaha Arena. Good luck teams!

UNITED CHEER COMPETITION

July 2nd 2023
Te Rauparaha Arena
17 Parumoana Street, Porirua City Centre, Porirua

	Meet Time	Warm Up	Backstage	Performance	Prizegiving
Sparks	9:00 AM	9:35 AM	9:50 AM	10:00 AM	3:00pm
Ember	9:30 AM	10:05 AM	10:20 AM	10:30 AM	3:00pm
Flare	10:20 AM	11:00 AM	11:15 AM	11:25 AM	3:00pm

Please note:
This is a draft schedule. We will send out information once we receive a final runsheet.

Our next intake for our teams will be after competition in July. Register your interest by emailing admin@huttvalleygymnastics.co.nz to receive the handbook and more details.

Beginners Welcome

IGNITE
CHEER & TUMBLE

Taking registrations now for July onwards

- ✓ Teams for ages 5 to 15
- ✓ Beginner teams
- ✓ Learn to stunt, tumble & jump in a team routine

Email admin@huttvalleygymsports.co.nz for more information



New training tops have arrived!

Coach Spotlight

Sam Lyons



Hi everyone! I'm Sam and I'm coaching Ember and Flare at Ignite Cheer this year. I started cheerleading 12 years ago in a senior team when I was 14. I joined Ignite Cheer when it opened in 2014, have been coaching here for the past 8 years, and am credentialed with the International Cheer Union. I also founded the Victoria University cheerleading club in 2016.

Outside of cheerleading, I'm a Marketing and Design Lead and work on digital marketing campaigns and user experience projects. I also have a graphic design business.

Coaching cheerleading, marketing, design, art, plants, and dogs are my favourite things!

I love watching our athletes grow their confidence, meet new friends and learn new skills. I'm really looking forward to working with Ember & Flare this year and seeing what we can all achieve together!

QUIZ NIGHT

Get your friends together for a fun night out and support this HVG and Ignite fundraiser!

FRI 4TH OF AUGUST

MASSEY AVE BOWLING CLUB
17 MASSEY AVE. WOBURN
DOORS OPEN 8.30 FOR A
7PM START

TICKETS \$25 EACH
OR TABLE OF 8 FOR \$200

LIGHT SUPPER PROVIDED : RAFFLES :
LIVE AUCTION : BEER & WINE FOR SALE : \$10

RSVP : LITSAJACKSON1@GMAIL.COM

Would you like to be a sponsor of this event? We are looking for raffle and auction prizes AND we are looking for businesses to sponsor a table for \$200! Your business will be promoted on our facebook page, in our booklet and mentioned on the evening! Please email litsa at litsajackson1@gmail.com for more information.

Are you ready for the school holidays?

HUTT VALLEY Gymnastics HOLIDAY PROGRAMME! 3RD-13TH JULY

BOOK YOUR KIDS IN FOR A FUN AND EXCITING HOLIDAY PROGRAMME, WHERE THEY WILL LEARN GYMNASTICS, PARKOUR, TUMBLING AND MORE SKILL EACH DAY. THEY WILL ENJOY PLAYING & EXPLORING THEIR CREATIVITY ON OUR EQUIPMENT. MAKE SURE YOU BOOK THEM IN!!

SHORT DAY: 8:30-3:00 PM \$40 PER DAY
LONG DAY: 8:30-5:30 PM \$55 PER DAY



Minimixers Ready Mixed Concrete Delivery

We would like to welcome and thank our newest Silver sponsor - Minimixers NZ Ltd.

When you are working on a DIY or trade project such as a pathway, kerbing, edging, pile holes, fencing or decking, and a small amount of concrete is all you need, why waste time and effort mixing your own?

You don't need to buy heavy cement bags and mix the concrete yourself. Minimixers will supply ready mixed concrete straight to your location saving you more time and energy to finish other jobs around the house or job site. Minimixers' concrete trucks supply loads of concrete between 0.4 and 2.4cm³.

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