

	<p align="center">YMCA Caloundra - Gymnastics 125 Arthur St., Caloundra Q 4551 www: http://ymcagymnastics.com.au/caloundra.html Email: caloundra@ymcabrisbane.org 'Phone Centre: 07 5438 0944 "Begin Here – Achieve Everywhere"</p>	<p align="center">NOTA #03-2021 22/02/2021</p>
<p>Office Opening Hours</p>	<p align="center">We can always be contacted on 0491 211 168</p>	

Welcome to Week 5 of Term 1-2021 – skill learning and skill fitness in full swing - see page 3 -5 for a table of STEPs skills that re being practiced in your child’s class

► **WELCOME to our venue & classes for 2021 - what a GREAT year ahead!**

We have a schedule of 65-70 classes for our members this term AND are introducing new activities:

- Adult & MASTERS Gymnastics – Wed & Fri 6.30-8pm....find the kid in you and get gymnastics fit!
Bookings and payment are done online here - <https://app.nabooki.com/booking/popup/widget?token=5f5ed9f697a002.26226346>
- Seniors (Move for Life) – Mon 12-1pm...extend life-long movement & fitness through gymnastics

We have a large menu of STEPs program classes Prep’ to STEP 7. These are among the best physical fitness & movement skill classes your youngsters can experience. Our class schedule and class fees can be found here - <https://ymcafitness.com/downloads/YMCA%20Caloundra%20Gymnastics%20Timetable.pdf>

► **To enrol or re-enrol:** Contact our reception staff for more info. Email: caloundra@ymcabrisbane.org or Ph: 0491 211 168 during office hours. Enrolment form here: <https://form.jotform.com/200267813087051>

► During the period whilst we recruit new admin’ staff, please note the following –


- Best phone number to contact the centre is **0491 211 168**
- The office will have limited opening

► **ONLINE PAYMENT PORTAL - We are working hard to get an online portal set up so families can log in and update their personal details as well as make payment. More info to come once it is set up**

► **If your young gymnast (in STEPs 5-6-7-Adults or Teams) needs handguards:** go to [GRIPS - Women's Grips - Page 1 - GKD Gymnastics & Dance](#) For first handguards purchase palm guards labelled as *US Glove Gymnastics grips – beginner hook & loop*. How to select size (S, M, L, XL) is on the site.

What’s been happening? Under 5s class THEMES this term; Get ready for the TERM event Week 9

	
<p align="center">Under 5s - Week</p>	<p align="center">Term 1-2021 Class THEMES</p>
<p align="center">5 & 6</p>	<p align="center">Movie Time</p>
<p align="center">7 & 8</p>	<p align="center">Celebrations</p>
<p align="center">9 & 10</p>	<p align="center">Teddy Bear’s Picnic</p>



TERM 1-2022 Event (hold the date)

WOW – calling all STEP 5-6-7 members to perform in the TERM 1 Event on Sat. 27-3-21 @ 10.30-12.30

Come show-off your skills and get your routines ticked for your STEP award – **free entry. Entry forms out in Week 6-7.**

Boys in STEPs 5-6 and Teams can perform to be awarded their National Levels badges in Level 1-2.

Training Class – Time changes week 5-6 of Term 1-21 (information up to date, but changes may occur)

None at this time.

CALENDAR AHEAD – Feb-March 2021

Monday	Tuesday	Wed	Thursday	Friday	Sat	Sun
22 Week 5 classes begin	23 Skill learning	24	25	26	27	28
1 March	2	3	4	5	6	7

REMEMBER - If you are unwell, have any cold or 'flu symptoms or have been with persons who are ill, we ask that you not attend the venue.

WHAT to WEAR and BRING at classes

STEPS gymnasts to be dressed in training cloths and bring socks. While you may bring a full water bottle, we ask that you drink water BEFORE the class to avoid bringing a water bottle. Showers and change rooms will be closed to at this time.

TEAM & STEP 6-7 gymnasts bring a backpack with all training gear (wrist bands, gloves, guards, drink water bottle, food, spray water, chalk bag, towel etc.).

WHAT TO DO WHEN YOU COME TO THE VENUE – Covid Safe

All gymnasts will enter by the community hall door and sanitize hands at the door. Then move into the Community hall to sit apart on your STEPs class mat. Coaches will meet you here and check your health and mark the roll.

Parents drop off children at the main doors while. Admin' staff are available for questions and enrolments. Parents who enter to see admin' staff will sign-in. Hand sanitizer is provided in the reception area. Parents then leave the venue until pick-up time (end of class & exit from venue).

Gymnastics History...the first international sport.

Gymnastics was the first International Sports Federation of the World, founded in 1881. It is a foundation sport of the modern Olympics in 1896 and has featured ever since.

National Gymnastics Associations began to appear in the early eighteenth century and were the earliest examples of national sporting associations in the world. Two examples are the Swiss Federal Gymnastics Society (founded 1832) and the British Amateur Gymnastics Association which was founded in 1888.

Gymnastic activity and clubs were present in Queensland since the mid1800s. The first inter-school sports event held in Queensland was a gymnastics competition in 1915. The Queensland Gymnastics Association was formed in 1949. Gymnastics Queensland will celebrate their 75th year in 2024.

The benefits of participation in Gymnastics – development of balance














Gymnastics has entire events devoted to both static and dynamic balance - the balance beam for women and the pommel horse and still rings for men. Gymnasts learn to effectively balance on their feet and hands through the use of handstands and myriads of balance skills on lots of equipment & floors.. A recent literature review (references noted below) compared the balance ability of athletes from different sports. Based on the available data from cross-sectional studies, gymnasts tended to have the best balance ability, followed by soccer players, swimmers, active control subjects and then basketball players.






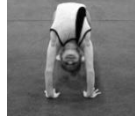


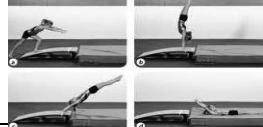


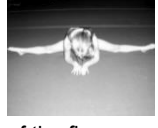





(Davlin, 2004; Debu & Woollacott, 1988; Gautier, Thouvarecq, Larue, 2008; Kioumourtzoglou, Derri, Mertzanidou, & Tzetzis, 1997; Vuillerme, Teasdale, & Nougier, 2001; Vuillerme & Nougier, 2004).



Safeguarding Children & Young People

The YMCA has a range of policies and procedures to keep children and young people safe. Details of these policies are available at: www.brisbaneymca.org along with information on how you can report child safety concerns.

STEPS Skills - tables

Class-Step	VAULT	TUMBLING	Balance BEAM +	SWING - BARS	STRENGTH	FLEXIBILITY	
Beginner 5 years Prep STEP Start (7 skills) & four [4] behavioural outcomes 9 ticks plus a tick for each of the behavioural criteria		Rock 'n' roll on back		Hanging shapes = Star + Tuck	Can safely move from one apparatus to other and remain with class	Can interact well with others and work within a group	
	Straight jump, semi-squat landing	Front lying roll front to back		Long hang Hold 5 secs	Able to take instruction and follow directions	Can stay on task and not disrupt others	
	Body shapes - straight, star, tuck, angry cat, happy cat, front support	Bunny hop side to side					
Experienced 5 years Prep STEP Ready (10 skills) 13 ticks needed to complete STEP	 Box climb handstand	 Hold candle at wall 10s	Beam – knee crawl and safety dismount Beam – bear walk and Safety dismount (skills not assessed)	 Bars - long hang "hand walk" cross	Front lying hold 3s, half turn to rear lying hold AND half turn in same direction back to front lying.		
	Stand squat vault to 10cm	Roll to feet from rocking on 10 cm mat					
	 10cm jump forward-semi-squat landing	 Cartwheel pattern – one leg only	 Skipping forward		 Hold chin-up on rings or rope for 5 sec and lower down to stand	Sitting hip flexion 	
Beginner 6+ years Step 1 Green (12 skills) 15 ticks needed to complete STEP	 Front support Squat vault onto a 20cm box	 Hold candle	Beam – knee crawl and safety dismount Beam – bear walk and Safety dismount (skills not assessed)	Hang on LB, hand walk across	Front support hold 3s, half turn to rear support hold 3s	Arm circles with straight arms both directions (front-overhead-behind)	
	Jump forwards from 20cm height and semi-squat landing	 Roll to stand			from front support on low bar roll forward to stand	 Hold chin-up on rings or rope for 10 sec and lower down to stand	 Stand hip flexion – flat hands on floor - near straight legs
	Climb to Handstand at a sloped wall chest-in and at 45 degrees for 5sec	Cartwheel pattern L&R (X-shape, foot-hand-hand-foot, X-shape)					

Class-Step	VAULT	TUMBLING	Balance BEAM +	SWING - BARS	STRENGTH	FLEXIBILITY
Beg 8+yr Step 2 Blue (12 skills) 15 ticks needed to complete STEP	Front support - Pike-on to a 20cm box or mats	Forward roll to feet 	Beam – forward and backward walk - safety dismount (skills not assessed)	Jump to front support on a low bar and forward roll through tuck to hang	Knee Push-up series x 10 	 Straddle sit 135 deg with flat back
	Jump backward from 20cm height and semi-squat landing	Side Cartwheel L & R near vertical 			 Hold tuck "L" sit 10 sec	 Bridge with straight arms
	Climb Handstand at a wall, chest-in at vertical for 10sec	Backward roll to feet- using a slope 			 Hold rope in bent arm hang 10ses, and climb down to straddle sit	
Beg 6+yr Step 3 Red (13 skills) 16 ticks needed to complete STEP	Step handstand fall flat back on 30cm mat 	Lunge, step to handstand at wall and hold 5 sec 	Beam – forward and backward toe walk - safety dismount Beam-rocker handstand & safety jump (skills not assessed)	Pullover to front support from any slope or mats	 Climb up 3m rope using legs up & down-finish lever	 Any split within 20cm of the floor
	Rebound routine – all jumps x 3 = straight jumps > star jumps > safety stop	Front entry Cartwheel, dominant side, through vertical		Casts x 3 in series (hips off bar)	 Push-up perform 7-9 plus	 Bridge-straight arms @ ears
	Jump forwards from 60cm height and semi-squat landing	Forward roll x 2 series		Roll forward to controlled tuck hang (chin up) hold 3s		
Step 4 Bronze (13 skills) 16 ticks needed to complete STEP	Rebound routine – all jumps x 3 = straight > star jumps > tuck jumps > safety stop	Jump to back lying on raised soft mat (flic flac lead-up)	Beam– forward-backward toe walk Beam - side walks Beam – rocker handstand travel & safety dismount (skills not assessed)	Pullover on low bar show dish shape hold for 2 seconds	 Hold "L" sit 10sec	 lying leg flex @ 90° min both leg
	standing jump pike handstand fall flat back to 30cm soft mat	Lunge, step to split handstand at wall (split-join-split) hold 10 sec		Jump to front support Casts x 3 in series (feet to bar height)	 Push-up perform 10-12	Bridge with straight arms, shoulders at ears & straight legs
	From box, step hurdle straight jump > 30cm mat	Backward roll x 2 series		Climb up 4m rope legs up & down-finish lever		

Class-Step	VAULT	TUMBLING	Balance BEAM RINGS-PB-HB	SWING - BARS	STRENGTH	FLEXIBILITY
Step 5 Silver (12 skills) 15 ticks needed to complete STEP	Run hurdle, straight jump to land on 30cm box, hold and jump to land on 20-30cm mat	From rise, Cartwheel series (x2) to step-out (lunge)	1. Girls – Level 2 National routine and 2. “L” handstand at wall	Hanging Beats (Tension swing) x 5 with re- grasp	Climb rope 4m with legs up & down – finish in lever hold for 10s	GIRLS = Any 2 splits within 20cm of the floor BOYS = any split within 20cm
	From box, step rebound, pike handstand, fall flat back, to 50cm height mats	Step Handstand and forward roll with straight arms	1. Rings: Chin up tuck lift 2. basket > bird’s nest 3. Candle hold > basket 4. Lower to Tuck “L” hold	Pullover to front support on LB, hold high support	One leg squats at a 30cm mat –5 x each leg	 Bridge one leg, free leg-vertical
		Hurdle, rebound dive roll to land on 40cm mat (front salto lead-up)			Roll forward through chin up and lower to “L” hang hold 3 s	Boys = Knee stand bridge (from Level 2 FX routine)
Step 6 Gold (12 skills & two routines at Term event) 15 ticks needed to complete STEP	Rebound routine-all jumps x 3 = straight > half turns> tuck jumps > star jumps > (seat drop) > safety stop	Jump hurdle cartwheel series x 2 and step-in	1. Girls – Level 2 or 3 National routine performed at a Term event Boys choose 2 x apparatus routines FX-PB-HB or SR from National Level 1-2 performed at a Term event	From dish hold glide swing, Pullover	Climb rope 4m with no legs up OR down - finish in lever hold for 10s	
	Hurdle straight jump to 60cm box, and rebound jump forwards- hold landing	Hurdle, rebound dive roll to land on 60cm mat (front salto lead-up)		Cast, toes to bar height & Back hip circle	 Hold “L” sit 15 s or more	GIRLS - Push up to bridge & step over BOYS = headstand push to handstand
	Run, handspring to flat back landing onto 60cm mats			Under-swing dismount – from hips OR feet to back landing on raised mats	Chin Ups x 5 (extra tick)	GIRLS = Minimum one flat forward split BOYS = Any 2 splits within 20cm of the floor
Step 7 Performance Gold (12 skills & two routines at Term event) 15 ticks needed to complete STEP – awarded National Level 3 badge if scores allow	Rebound routine-all jumps x 3 = straight > half turns > full turns > tuck > star jumps > (seat drop) > safety stop	Jump or run hurdle Front Handspring	1. Girls Level 3 National Routine and performed at a Term event 2. Cartwheel on low beam (not assessed)	From dish hold glide swing, step to Pullover	Press to handstand - toes to toes (can be from raised surface up to 30cm)	GIRLS = Any two splits – flat BOYS = Any one split within 10cm of floor
	Run, hurdle, handspring to flat back landing onto 90cm mats	Jump hurdle step Round-off		Cast, toes to bar height & Back hip circle, Under-swing dismount – from hips	Chin ups x 10 OR 4m Rope climb –no legs OR Chin up pullover and whip pullover	Girls = any walkover Boys = head kip (head spring)

