



## SPECIAL POINTS OF INTEREST:

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- What's on:
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  - ◊ National Champi-  
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  - ◊ BGS GC athletes  
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- From the  
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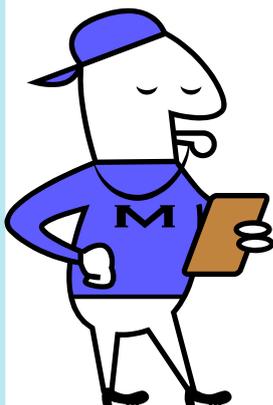
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## From the Head Coach

It has been a very exciting month with competitions and the gym being upgraded but I wanted to bring up how nice it was to see so many helpers with the equipment upgrade. I think it is great parenting to show your children the importance of being part of a community. By giving up your own time to help and be involved in your children's sport is something I know my parents taught me young and I now try and hope to pass on to my own children. I cannot say how grateful I am and also happy to see the club working together. So thank you to all involved and please enjoy the read.

## TERM 2 DATES

Tuesday 22nd April—Saturday 28th June

This is a 10 week Term

## Public Holidays Term 2

Monday 21st April—Easter Monday

Friday 25th April—Anzac Day

Monday 9th June—Queens B'day



# Staff Birthdays



No staff Birthdays in June

## Important Notices

1. Please ensure all fees are up to date
2. It is important to let administration know any changes to your personal details to make communication easier
3. Term 3 squad offers will be out over this month



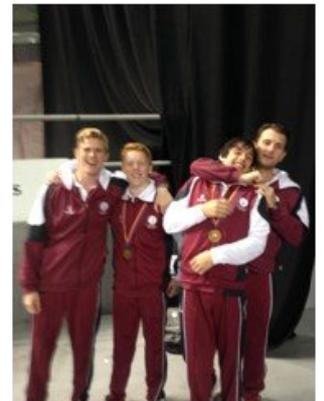
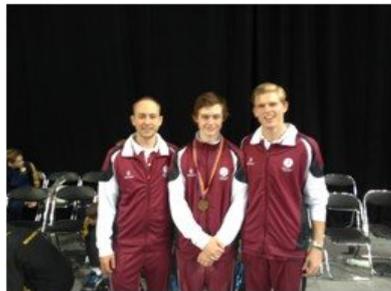
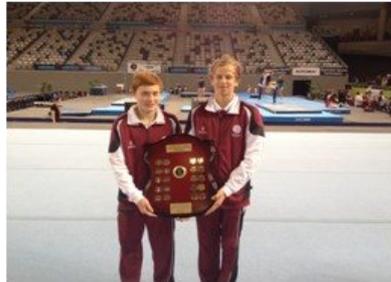
## What's On

### Competitions/Events:

Grand Prix 1	June 7th-8th	BGS
Grand Prix 2	June 21st-22nd	Mackay
State Club Championships	June 28th-29th	Caloundra

You will receive nomination emails if your son has been selected to compete at any of the competitions above

**A collection of photos of our gymnasts at National championships in Melbourne**



“Success is the sum of small efforts added up everyday”

## What's On Cont.

### National Championships

Congratulations to all gymnasts and coaches who headed down to Melbourne for the recent National Championships. It was a great performance by the 13 BGS athletes (Ben Wilson a late injury withdrawal) that headed down there. The Queensland team had a big victory to take out 1st place for the 5th year running. From the top, Naoya Tsukahara was the SNR Int AA champion and made it onto the commonwealth games team. In level 9o we had Jordan Marozza win 1st with the team and also 2nd on Rings. Level 9u Jack Riek and Darius Hadi were part of the team which came a very close 3rd. Level 8o saw Thomas Harden and Jack Rowell pick up 1st in the team and Jack also 2nd on P/bars and 3rd AA. Level 8u had Simon Constable, Curtis Lindeman and Callum Healy part of the team which came 3rd. Simon picked up 1st on Vault, 3rd on Rings and Curtis 3rd on pommel. Level 7o saw Jordan VanderWal's team come 2nd and Jordan picked up 1st on Pommel. Level 7u saw James Hardy and Hugo Veerman place 3rd in the team event. Congratulations again to all gymnasts and coaches.

### Brisbane Grammar Athletes in the Community

Recently some of our athletes attended the Delta carnival and as always were great with all the young boys out there. I know the senior guys always do their best and enjoy helping out in the community where they can. Thanks to all the athletes involved.

### Equipment Upgrade

Everyone should notice a brand new looking gym and it is very exciting to be able to finally have our new equipment. We have a new Floor, Pommel, Rings, P/Bar and H/bar. The pommel area has been revamped and the gym just about completed in covering all areas with matting. As mentioned in the front I am very grateful to all who were involved in helping . I hope all the boys can enjoy their time in what is a brilliant facility.



## From the Coaches Den

Winter brings with it Ben Wilson, one of our most recent additions to the coaching unit. Ben finished up at BGS last year as winning captain of his GPS outfit. Benny has done gym since he was a little bloke and has recently passed level 10. He is a veteran in the state team with over 5 appearances for QLD and multiple medals to go with it. Benny is very passionate about helping the little guys and enjoys his coaching. He currently studies business/commerce at UQ.

**Favourite Food: Steak**

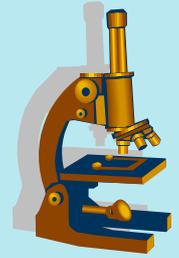
**Any pets: No pets**

**Favourite TV show: Game of Thrones**

**Any hobbies: Reading**

**Favourite destination: Europe**

**Nickname: Benny boy**



## Under The Microscope

### 12 Steps to Being a Winning Parent

**Step 1-** When defined the right way, competition in youth sports is both good and healthy and teaches children a variety of important life skills. The word "compete" comes from the Latin words "com" and "petere" which mean together and seeking respectively. The true definition of competition is a seeking together where your opponent is your partner, not the enemy! Your child should never be taught to view his opponent as the "bad guy", the enemy or someone to be hated and "destroyed". Do not model this attitude! Instead, talk to/make friends with parents of your child's opponent. Root for great performances, good plays, not just for the winner!

**Step 2-** ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIMSELF. The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best you can do, separate from the outcome or the play of your opponent. Children should be encouraged to compete against their own potential.

**Step 3-** BE SUPPORTIVE, DO NOT COACH! Your role on the parent-coach-athlete team is as a Support player with a capital S! You need to be your child's best fan. unconditionally! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., but... do not coach! Most parents that get into trouble with their children do so because they forget to remember the important position that they play.

**Step 4-** HELP MAKE THE SPORT FUN FOR YOUR CHILD It's a time proven principle of peak performance that the more fun an athlete is having, the more they will learn and the better they will perform. Fun must be present for peak performance to happen at every level of sports from youth to world class competitor!

**Step 5-** WHOSE GOAL IS IT? Number FIVE leads us to a very important question! Why is your child participating in the sport? Are they doing it because they want to, for THEM, or because of YOU? When they have problems in their sport, do you talk about them as "OUR" problems. If they have their own reasons and own goals for participating, they will be far more motivated to excel and therefore far more successful.

**Step 6- YOUR CHILD IS NOT HIS PERFORMANCE - LOVE HIM UNCONDITIONALLY** Do not equate your child's self-worth and lovability with his performance. The most tragic and damaging mistake I see parents continually make is punishing a child for a bad performance by withdrawing emotionally from him.

**Step 7- REMEMBER THE IMPORTANCE OF SELF-ESTEEM IN ALL OF YOUR INTERACTIONS WITH YOUR CHILD-ATHLETE**

Athletes of all ages and levels perform in direct relationship to how they feel about themselves. When your child is in an athletic environment that boosts his self-esteem, he will learn faster, enjoy himself more and perform better under competitive pressure. One thing we all want as children and never stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established.

**Step 8- GIVE YOUR CHILD THE GIFT OF FAILURE** If you really want your child to be as happy and as successful as possible in everything that he does, then teach him how to fail! The most successful people in and out of sports do two things differently than everyone else. First, they are more willing to take risks and therefore fail more frequently. Second, they use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment, and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling ENOUGH times. Failure is the perfect stepping stone to success.

**Step 9- CHALLENGE, DON'T THREATEN** Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long term costs in terms of psychological health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think that you can do it".

**Step 10- STRESS PROCESS, NOT OUTCOME** When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance (i.e., win/lose, instead of the process). In any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete insuring a bad performance. Furthermore focusing on the outcome, which is completely out of the athlete's control will raise his anxiety to a performance inhibiting level. So if you truly want your child to win, help get his focus away from how important the contest is and have them focus on the task at hand.

**Step 11- AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCES** Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model only! For your child to do his very best he needs to learn to stay within himself. Worrying about how another athlete is doing interferes with him doing this.

**Step 12- TEACH YOUR CHILD TO HAVE A PERSPECTIVE ON THE SPORTS EXPERIENCE** The sports media in this country would like you to believe that sports and winning/losing is larger than life. The fact that it is just a game frequently gets lost in translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a distorted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their abilities and how they played, without robbing the child of his dreams.

Sourced from Competitive edge.com