



**SPECIAL  
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From the |  
Head Coach

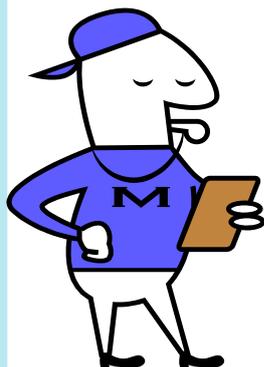
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## From the Head Coach

With September the month for Junior states and also GPS is heating up. The Junior section of the gym is in full swing and the coaches are working hard in and out of the gym. I am very encouraged to see our gymnasts all supporting each other the way they have been as well as the coaches who are all working together to get the best for the gymnasts. I would like to take this opportunity to remind gymnasts, coaches and parents the fine line that is walked when comparisons are made. It is important to realise that there will always be someone who develops quicker and always someone who develops slower in all aspects of the sport. This is an important lesson that carries through to life skills that gymnastics can teach. All parties can become entwined in comparing themselves or their son/gymnast with other athletes and in all cases will evoke emotions that are not necessarily healthy. These include bitterness, jealousy, anger, frustration as well as vanity, arrogance etc. I have seen too many times an athlete or family burn out due to constant comparisons that lead to false judgements and unfortunately unnecessary pressure. In gymnastics as it is such a long term sport, support is the best practice.

## TERM 3 DATES

Monday 14th July—Saturday 20th September

This is a 10 week Term

## Public Holidays Term 3

Wednesday 13th August—Ekka Day

*Happy Holidays*

# Staff Birthdays

Daniel Burrows—16th September



## Important Notices

1. Please ensure to pay all invoices by their due date
2. It is important to let administration know any changes to your personal details to make communication easier
3. Appropriate footwear is expected at all times on school grounds



## What's On

### Competitions/Events:

Chandler Challenge	September 7th	Chandler
Junior State Championships	September 24th-29th	Chandler
BGS Championships	October 11th	BGS
GPS Championships	October 25th	TSS

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

“An athlete who is unhappy in their sport without the gold will remain unhappy with the gold. As an athlete, always ensure you are striving to be the best through the correct avenues that sport has to offer including training principles, sportsmanship and any specific areas each individual sport offers”



Our level 4-6 boys after Brisbane North Junior Regional's with coaches, Elliott Stitt, Clint Solly and Jamie Cannon

Our level 3 gymnasts after Brisbane North Junior Regional's with Coach, Clint Solly



## What's On Cont.

### Brisbane Junior North/South Regional Championships

Brisbane Grammar School gymnasts performed outstanding recently at the Brisbane North Junior Regional Championships. The championships hosted by the BGS saw 200 of Brisbane's best junior athletes displaying a very high standard throughout all levels of competition.

Brisbane Grammar School Gymnastics club was represented by 34 club members at this event. Outstanding performances from the following athletes placed them in the top three in their respected divisions:

Level 3:	Oliver Waterhouse	1 <sup>st</sup> overall	Level 3 Under 8
Level 4:	Zac Simpson	1 <sup>st</sup> overall	Level 4 Under 9
	Sam Williams	2 <sup>nd</sup> overall	Level 4 Under 9
	Lachlan Abbink	3 <sup>rd</sup> overall	Level 4 Open
Level 5:	Brooklyn Brougham	1 <sup>st</sup> overall	Level 5 u 10
	Douglas Lumely	2 <sup>nd</sup> overall	Level 5 Open
Level 6:	Luke Graham	1 <sup>st</sup> overall	Level 6 Open

The above athletes have also been selected to represent Brisbane North in the upcoming Regional Challenge conducted with the Queensland Junior State Championships. We wish all club members competing at the State Titles the best of luck at the event.

### GPS lead up Championships

On Saturday 30th August the BGS, GPS team headed to BBC for the lead up Championships meet. Division 3 were very supportive of each other and worked well as a team to take out the morning session. I think all the boys who were new to the sport had a great time and I am happy with where the boys are heading. With little depth Division 2 needed to show some class and did enough to take out the middle session. A few hiccups along the way Division 2 gymnasts can take a lot out of this comp and by the end of the comp were a lot more cohesive as a group. Division 1 were favourites and made sure they got the job done with no injuries taking out the final session.

We now turn towards preparing for the main day on October 25<sup>th</sup> and with lots in between including our BGS Championships the boys will need to work hard in all the areas the coaches have pin pointed to ensure we don't get complacent and can do our nest for BGS.



## From the Coaches Den

This month we are looking into what got some of our coaches into their jobs and what their favourite aspect is about the coaching scene.

**DAVE PARTRIDGE:**

What got you into coaching: Growing up in a gymnasium it just followed on after training.

What's your favourite aspect of coaching: Seeing development in the boys

**SCOTT COSTIN:**

What got you into coaching: Good transition for a job whilst being able to train full time

What's your favourite aspect of coaching: I just like being in the gym and giving back

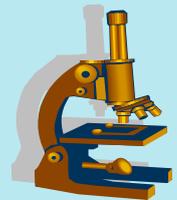
**DANIEL BURROWS:**

What got you into coaching: To help give back to the sport

What's your favourite aspect of coaching: Having a good time while working

## Under The Microscope

### Benefits of Gymnastics



Gymnastics is an activity of ancient origins and modern tensions. Media attention toward gymnastics has continued to grow, making gymnastics one of the top television-audience draws. It has developed a large and vigorous "fan" following, as well as developed some controversy as it has undergone modern growing pains. Little information has been offered regarding the benefits of gymnastics to those who are headed for Olympic glory and those not destined to reach such levels.

#### 1. **Gymnastics is an anaerobic sport.**

Anaerobic means "without oxygen." Gymnasts tend to have middling levels of aerobic (with oxygen) capacity. However, gymnasts are among the strongest and most flexible of all athletes. There are numerous benefits to cyclic, long-term endurance sports but variety is generally not one of them. One of the major benefits of gymnastics activity is that it subjects the gymnast's body to a wide variety of stimuli.

#### 2. **Gymnasts are among the strongest, pound for pound, of all the Olympic athletes.**

Gymnasts are strong in what is termed "relative strength". Gymnasts demonstrate their strength by being able to move their bodies through a myriad of positions. Their strength is high when expressed relative to their body weight. "Absolute strength" is the term sometimes applied to strength that is expressed by moving some object or opponent. Strength is one of the major redeeming characteristics of gymnastics. Gymnasts tend to develop upper body strength more than many other sports.

#### 3. **Gymnasts are among the most flexible of all athletes.**

Gymnastics emphasizes flexibility due to the need for gymnasts to adopt certain specific positions in order to perform skills. The flexibility demands of gymnastics are probably the most significant and unique aspects of gymnastics that serves to separate gymnastics from most other sports.

#### **4. Gymnasts are very good at both static and dynamic balance.**

Gymnastics has an entire event for women devoted to the concept of balance - the balance beam. The men also have an event that requires extraordinary balance abilities - pommel horse. Of course, handstands are probably the single most recognized balance skills. The still rings in men's gymnastics is an underrated balance event which requires the gymnast to continuously keep the movable rings under himself. Gymnasts learn to balance on their feet and their hands. Interestingly, gymnasts tend to develop a higher tolerance for imbalance or disturbances to their balance. Gymnasts do not react with as large a "startle response" to sudden imbalances as nongymnasts. This probably means that gymnasts can tolerate larger disturbances to their posture because they have become more familiar with these positions and do not consider them to be such a threat.

#### **5. Gymnasts learn early to fall without injuring themselves.**

Because gymnastics is performed on mats, the gymnast learns to fall and roll to spread the forces of impact over a larger area and time. Considerable effort is expended in the early teaching of gymnasts to roll - partly as a skill in itself and partly as a prerequisite to other skills. Learning to fall helps the gymnast avoid injury. Fall-training can help prevent injuries in most sports. Gymnasts acquire a very "cat-like" ability to right themselves and to fall without being hurt.

#### **6. Psycho-Social**

Gymnasts tend to do very well in school. Gymnastics is a complex sport with many dramatic and subtle nuances. Educational experiences in gymnastics reach from physics to the appreciation of cultural diversity. One of the most important benefits of gymnastics activity is that the gymnast can experience a variety of things rather than just read about them. For example, physicists discuss the principle of conservation of angular momentum while the gymnast experiences it. The physics teacher may discuss moment of inertia and its relation to angular momentum, but the gymnast can see and feel it while performing skills. The richness of such experiences goes far beyond reading about them in a book. Gymnastics shares with other sports the opportunity to learn about teamwork, sportsmanship, fair play, dedication, and so forth. Sometimes these character traits may be considered old-fashioned, but gymnastics does provide a terrific opportunity for teaching these characteristics. Because gymnastics is so very difficult to perform, the learning time is long when compared to most sports. The long time required to attain mastery of the fundamental skills requires patience, dedication, perseverance, and planning. Gymnastics helps people learn to work hard for objectives that can take years to achieve. In the modern world of quick-fixes, instant communication, instant hamburgers, and instant entertainment, there still needs to be a place for young people to develop their character. Although it may sound corny, gymnastics is a perfect activity for such development. Education is perhaps the most important part of gymnastics. When an activity can be naturally orchestrated to provide participants with unique and valuable experiences, it serves the participants more than any book, television show, or website.

Gymnastics provides a unique and valuable social education and experience. Gymnastics is a terrific sport for young people. Many people have grown up in and by gymnastics to become doctors, lawyers, teachers, business people, professors, police officers, nurses, scientists, and many others. Gymnastics provides an outstanding way for young people to test their mettle against themselves and others. Gymnastics can provide opportunities for physical development, character development, and education that are hard to find anywhere else.