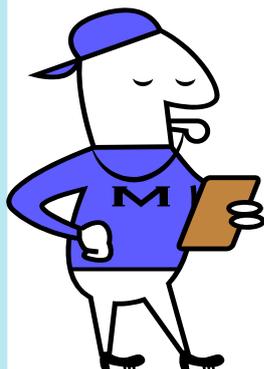


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From the Head Coach

January is gone, February begun and with Term 1 well and truly underway, I would like to welcome any new families to our program. We have lots happening this Term amongst the gym and it has been a hectic start to the year. However as things settle I am sure everyone will enjoy their time with us and we can offer a great program for your sons. Please have a read through the newsletter and I look forward to seeing everyone in the gym over the Term.

TERM 1 DATES

Tuesday 27th January—Saturday 4th April

This is a 10 week Term

Public Holidays Term 1

Monday 26th January—Australia Day

Friday 3rd April—Good Friday

Monday 6th April—Easter Monday

Happy Holidays

“A noble purpose inspires sacrifice, stimulates innovation and encourages perseverance”

Staff Birthdays

Elliot Blucher—9th February



Important Notices



1. Invoices for Term 1 will be sent out over the next few weeks
2. Footwear is expected on school grounds at all times. Especially after the current storms we had.
3. Please ensure all details are kept up to date with our administration

UPCOMING EVENTS

Event	Venue	Date
Snr Regional Championships	BGSGC	28th/29th March
Snr State Championships	Chandler	10th-12th April
National Championships	Melbourne	17th-24th May

What's On

Senior Regional Championships

All our senior gymnasts are preparing for Senior Regional Championships which is coming up on the weekend of March 28th/29th. This is their chance to qualify for Senior State Championships and in turn National Championships. Over the next few months they will be going through some heavy competition preparation and everyone is looking forward to the challenge.

What's On Cont.

Shave for Cure

On Saturday March 14th a lot of our senior gymnasts and coaches will be shaving for a cure in the hope to raise a very ambitious \$5000. This is a chance for our community to help those in need and a chance for our gymnasts to go through a process that will help them learn about one of the great things in life we can do, sacrifice something for someone else.

I am really excited to see the boys get involved as well as a lot of our staff and we have a team on the great shave website. If you would like to sponsor our team it would be greatly appreciated so please see the links below:

If you would like to sponsor our team, head to the BGS Gymnastics Club World's Greatest Shave home page <http://my.leukaemiafoundation.org.au/BGSGC?TSID=29831>

Thanks for any donations.

Gymnastics Queensland Awards

In January, 2015, Brisbane Grammar School Gymnastics Club was recognised at the annual Gymnastics Queensland Awards evening. Receiving, the Club Hosting award and the Facility Development Commendation award. BGSGC was also recognised for taking out the Grand Prix Shield for the second year in a row in 2014. As always this wouldn't be possible without the support and help of all out gymnasts, parents and coaches so thank you and congratulations to everyone. Looking forward to a packed out 2015.



Under the Microscope

12 Ways to be a happier gym parent in 2015

POSTED BY [ANNEJOSEPHSON](#)

1. Enjoy watching your child's joy in doing gymnastics, not in your child's achievement within gymnastics. The six key words for sports parents to say: [I love to watch you play.](#)

2. Assess your circle of gym parent friends. [Stress is contagious.](#) So decline getting involved in gym drama. Remember the proverb: Not my circus, not my monkey. But just as stress is contagious, [so is happiness.](#) So hang out with those parents who want to be supportive, constructive members of the community and help spread that positive vibe through the gym.

3. Take care of yourself. Gym parents spend so much time taking care of their families, they often neglect themselves. [You need to care for you.](#) It makes for a happier version of you.

4. Leave your expectations behind. Or at least lower them. Researchers found that [lower expectation lead to higher level of happiness.](#) If you expect your child to be an Olympian or even a state champion, chances are you will be disappointed.

5. Stop nagging. Gretchin Rubin's [The Happiness Project](#) tells of her resolution to stop nagging. While initially she was concerned that nothing would get accomplished in her home, the opposite happened.

6. Don't insist that everything needs to be the "best." In the book [The Paradox of Choice](#) Barry Schwartz talks about two types of decision makers: satisficers vs. maximizers. Satisficers make their decision once their basic criteria are met. They purchase the shoes that are the right color, fit and price without looking further. Maximizers, driven to make the very best choice, make their decision only after they have exhausted every option. Even if the shoes meet their basic requirements, they still need to look at the other options. Satisficers tend to be happier than maximizers. You don't need to exhaust yourself on each and every decision; sometimes good enough is good enough.

7. Spend money on experiences not things. [How we spend our money](#) impacts our happiness. It turns out spending money on experiences increases happiness while spending it on things decreases happiness

8. Write a note or email of gratitude to your child's coaches, the front desk worker or gym owner. Not only will it boost their happiness, [it will boost your own as well.](#)

9. Learn to say no. You do not have to serve on every last committee, contribute to every bake sale or volunteer at every event. You also do not need to have an excuse for not doing so.

10. Stop complaining for the sake of complaining and let go of criticism. If you want to be happy, [let go of the need to complain.](#) The truth is: nobody can "make" you unhappy and no situation can make you miserable unless you allow it to. It's all about how you choose to look at it. There is a form of criticism that can increase your happiness: If you have a problem, take it directly to the person who can help you deal with it. Moaning to others is a waste of time and energy. While you are at it, let go of criticism. Sure you might not run the gym that way or you don't think the way another parent parents is ideal. So what? Reasonable people can disagree.

11. Ignore others' expectations. Live your life according to what you think is best for you, not others. [If you spend your life living the life other's think you should be living, you will always struggle with happiness.](#) Who cares if Mrs. Smith thinks your daughter should train 20 hours a week or if Mr. Jones thinks your son has no business being in his son's group. That is their problem, not yours.

12. Don't give into envy over other children's success. Jealousy and envy because another child is succeeding at a faster rate is a [sure fire way to be unhappy.](#) Here are [some tips](#) on managing those ugly feelings.