

# GIANTS

## Gymnastics

A branch of WHPAGO  
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### Newsletter Issue 1:

15 Feb 2014

#### Calendar:

- Cartwheel-a-thon  
21 March  
10am to 2pm Grace Baptist  
Church

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### Welcome to 2014

Welcome back to the 2014 gymnastics year. We have had quite a few new children starting this year and we welcome you to our club.

This year promises to be another busy, fun-filled one. We heard that the competitions for this year is likely to only be in August and September, which means we can use this term to focus on more exciting things, other than purely working on the required routines. Parents and gymnasts...we will have loads of time for this competition preparation later, so you don't need to stress about it just yet.

We will have some inter-club competitions before this...but more about those closer to the time.

Donna and Alan had an early Christmas present in the form of Ryan (who arrived a tad early). Donna will be on maternity leave for the rest of the term. She is still very involved behind the scenes, but we hope that she uses some of this time to enjoy her new arrival.



Ryan Lowry, born on Saturday 21<sup>st</sup> December.

#### Class Times:

Tiny Tots (2 ½ -4yrs)  
Mondays 14h00 - 14h45  
Tuesdays 14h00 – 14h45

Tots (5 -6 yrs)  
Wednesdays 14h00 – 15h00

Beginners (6 yrs and up)  
Mondays – Wednesdays  
15h00 – 16h00

Competition groups  
Mondays – Fridays  
16h00 – 18h30

#### Venue:

Grace Baptist Church  
77 Ringwood Drive, Parklands

#### Do's and don't's:

- No parents in the hall during practice sessions.
- No eating or drinking in the hall. There is space in the foyer for this.
- Please dress warmly for practice. Cold muscles injure easily.
- No playing on gym equipment unless accompanied by a coach
- Please mark all belongings including water bottles.

Our newsletter is our primary means of communication with parents, but we also value contributions from our children and parents.

Send us any interesting photos or stories of your child and we will publish when space allows.

Email to:  
aisaacs1@mweb.co.za

Missed a previous edition of the newsletter?

Go to our website: [www.giantsgymnastics.co.za](http://www.giantsgymnastics.co.za) and find them under the newsletters tab.



## Ground Rules

As we get settled into the coaching for the new year, there are just some things we would like to highlight to parents, (both old and new).

### Please respect coaching time

The coaches don't have time to chat to you during coaching time about the individual progress of your child. Even just simple questions take away from coaching time.

It is also not fair to the other children in the group that have to wait until they are done with you. So if you have any questions...please email Donna on [dmarriott@telkomsa.net](mailto:dmarriott@telkomsa.net) or give her a call on 081 271 2799. Even though she is not at gym, she still has time to deal with concerns from parents. If need be, Donna will liaise with the coaches directly to get any feedback and respond accordingly.

### No parents in the hall during lessons

You are a distraction to your child and the other children in the class. You will be notified of "open" lessons where you can come and observe your child. We will be asking to parents to leave if they don't observe this rule.

### Discipline

There are days when children act up and disrupt the class. In these instances, we may apply appropriate discipline (usually a few minutes time-out from the lesson). And when this happens some children may start crying but the tantrum is usually over within a few minutes. Please do not get involved when this happens – it undermines the coaching staff. You are free to give them a call or an email after lessons to discuss any concerns you have.

## Uneven Bar

As you know, purchasing an uneven bar was a priority for us. So I am so excited to let you know that we managed to source a 2<sup>nd</sup> hand uneven bar at a cost of R14 000. We are however still short of about R10 000 to pay for this.

The Committee of WPHAGO (that's what Giants Gymnastics is actually called) has agreed to advance us the shortfall in the meantime, so we will probably be able to get it in the next week or so. Hope you are as excited about this as we are

But back to the issue of paying for it...we are re counting the small change that you have been collecting over the last few months, but don't have a final figure on this yet. If you still have some sitting at home, please send it in urgently.

We have also requested donations from our competition parents specifically for this purpose (you will have received a donation letter and envelope for this). Can you please return these during the week of the 17<sup>th</sup>, so that we can have an idea of how much we still need? If you are not able to make a donation, then please return the empty envelope.

And then we have our Cartwheel-a-thon coming up (see last page for details).

Will keep you posted if we are still short of money and then perhaps we can have some organs donated☺.

## Food for thought

As coaches, we often find too much focus being placed on the competition aspect of gymnastics and too little on the participation and enjoyment of the sport.

Here are some extracts from an article entitled "Active for life" featured in the latest Child Magazine which may spark some thoughts for us as parents and coaches.

*Pushing our children into competitive sport as a very young age may not be in their best interests. Professor Tim Noakes of the Sports Science Institute is not opposed to children playing competitive sport, but he advises teachers and parents to introduce competition appropriately. "Children need to learn the basic skills first; then they need to get fit before they start to compete. Children in early primary school don't have the skills or the fitness to cope with highly competitive sport".*

*Sports psychologist Clinton Gahwiler says that children lose interest in sport because of fear...fear of failure or fear of success. Overly zealous parents and teachers are largely to blame for this pressure. Many parents are far too wrapped up in their children's sporting success and young children are ill-equipped to deal with this pressure. If it's all about winning, why would anyone want to be fit or athletic? If a child is playing specialised sport, there is a good chance they will injure themselves. But according to Noakes, the real problem is that parents are pushing their children to achieve through them. The children who are heralded as future springboks by the time they are 13, hardly ever make it to the top.*

*Canadian Sport for Life has defined the concept of physical literacy via the Long term Athlete Development Model (LTAD), something to which the SA Department of Sport and Recreation has endorsed countrywide. The idea is that children must learn to move properly when they are in pre-school and primary school. If they are given the opportunity to do the right physical activities as the right time in their development, more of them will enjoy getting active and will stay active throughout their lives. Those who do excel have learnt the fundamental skills such as running, jumping, throwing and catching from the time they were toddlers. Movement skills need to be learnt before sport skills.*

*In the LTAD model, girls should only begin specialised training after the age of 11 and boys at 12. Real competition should only start for girls when they are 15 and boys when they are 16 and all of this depends on the physical literacy path that begins during the first 6 years of their lives.*

*So what's the role of parents? Canadian Sport for Life encourages us to support our children's activities and not to be a 24-hour coach. Our role is to assist with transportation, provide good nutrition, rest and a balanced lifestyle.*

*A school in Cape Town is quoted as saying: the emphasis is on doing your best, not beating somebody else. We're not opposed to competition; there are few things that improve your skills as much as when you compete against a worthy opponent. But to handle competition well you need a certain level of emotional maturity, which is still very fragile in primary school children.*

PS. As Giants coaches, we do subscribe to the LTAD philosophy.

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***I am always  
doing things I  
can't do...***

***That's how I  
learn to do them***

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### Contact Details:

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**IT'S A GYMNASTICS  
THING #161**

**BEST WORDS A COACH CAN SAY:  
"LET'S JUST DO BASICS TODAY."**



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**Bank Details:**

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Branch code: 100909

**Go to our website:**

[www.giantsgymnastics.co.za](http://www.giantsgymnastics.co.za)  
for more information.

You can also find us on  
facebook.



## Fundraising Update

### Small change collection

We have started counting the small change and will let you know the outcome shortly. If you still have some small change, please send it in during the next week. And then leave those cans out for the rest of the year...this is an annual fundraiser.

PS. Give your friends and family a can as well and they can fill it up during the course of the year. All the little bits help.



### Cartwheel-a-thon (21 March - 10am to 2pm)

We will be having a cartwheel-a-thon on the field at the Church. Sponsor forms have been sent home for this...we will count the number of cartwheels (or forward rolls for the younger ones) your child can do in a minute. You have the option to sponsor an amount per cartwheel or a donation (this options is easier). Forms and money have to be returned by the 15th March. We will then return it after the event to indicate how many cartwheels your child has done to any "per cartwheel" donations can be collected.

We will be having a tuck shop selling snacks, drinks and hot dogs. We will also have a jumping castle and some other fun activities...maybe an event for the parents as well.

Bring your picnic blanket and umbrella and have fun morning with your child.

We will need some help on the day, but we will be communicating to you more about that in the next 2 weeks.



### Pick 'n Pay Smart Shopper household account

For our new parents, Giants has a Smart Shopper household account, so please sign up for this. We can use these points when we have tuck shops or need to get prizes for raffles, etc.

If you want more information, please go to [www.picknpay.co.za](http://www.picknpay.co.za) and follow the links to the household account section. You can even download your own application form...but remember that Donna needs to complete the first section as primary cardholder. You complete the sections entitled "Link card 2 to primary card" and tick the "collector" box.

Melanie has application forms at gym for both Smart Shopper and household account.