



Rimutaka Gymsports

Upcoming events

Pie Fundraiser - just in time for winter! More information coming in June.



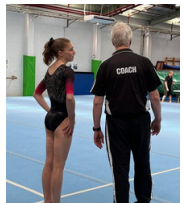
Rimutaka Juniors Competitive competition - 22 July 2023.

Did you know....?

Gymnastics NZ has a youth coaching programme to develop the coaches of the future. We have a number of our younger coaches undertaking this programme. Our young coaches are a very important part of our club and we couldn't run the club without them. Please help us by supporting them as they coach your children/young people.

Ken Ryan - Life Membership

On Thursday 13 April 2023 a function was held to celebrate Coach Ken Ryan's Life Membership. Ken has been a coach, judge, parent and unwavering supporter of the club for over 40 years!!



Ken was one of the people who first started the Club 'Leopards' as it was known then. The club was ran out of a disused building in Mangaroa.

The Club then moved to the rented small gym and Ken was part of the team who bought our current building.



We are the only club in the Wellington region to own our premises. It means quite a bit of work for the club but

the security and the privilege that this brings us can't be underestimated.

It was a great celebration with past coaches, gymnasts, long-time friends of Ken in the Wellington gymnastics community and messages from around New Zealand.

Thank you once again for being such a wonderful part of our club.

Update from fundraising team

Fixing the roof on both gyms continues to be the focus of fundraising. We are a not-for-profit club. We rely on fundraising and grants to get big things done! Leaks in the roof in big and little gym mean we can't risk buying new equipment until we get the holes fixed. And we really want to get new equipment!!

Canteen at the Gym for All competition \$1339 was raised.

Easter raffle - we raised \$751.90 - thanks to all our members for donating items for this raffle and congratulations to the winners!

Cookie fundraiser - thanks to 34 fundraisers from our club we raised \$1900. We have heard about how good the cookies are! We raised issue of packaging. This will be addressed going forward.

The driveway is a priority as well. We may have a temporary fix sorted which will give us time to raise funds for a more permanent upgrade. So watch this space!

Club news

We have light! Thanks to the profits from the canteen at the Gym For All competition earlier in the year, the easter raffle and a part of the cookie fundraiser we were able to fix the lights in the small gym.



What a difference!

Thanks to Tristam Jay Electrical for helping us get the small gym all bright again.

Look out gymnasts - your coaches will be able to see if your toes are pointed now!

A word from the committee

It has been a busy year for the committee and it is nearly time to start thinking about the Annual General Meeting again. See details below. Love to see you there!

Rimutaka Gymsports Annual General Meeting

If you'd like to help influence the direction of the club and have the drive and the passion to help us succeed send your self nomination form to committee@rimutakagymsports.nz by 5pm on 10th May 2023

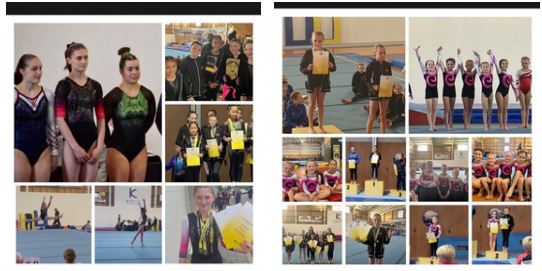
Monday 29 May 2023
@ 7pm in the Main Gym

Update from competitive team

Wellington Championships, Kāpiti gymnastics

Were held over the week-end of 1/2 April. Steps 4-10 competed on Saturday with juniors (Steps 1-3) competing the following day.

There were some great results from the gymnasts, and they represented the Rimutaka values out on the floor.



Step 10 gymnast travels to Ōtautahi

Ingrid Sims headed down to represent Rimutaka at the Christchurch School of Gymnastics Classic on the 14/15 April.

Ingrid is our most senior gymnast and must travel all over New Zealand to find others to compete against at her level.

We are really proud of you Ingrid and love how much time you give to the other gymnasts in the club.

News from Gym for All and Excel

We are excited to see all our gymnasts back for Term 2. This term Excel is continuing to train towards their competitions coming up later in the year.

Bella Harris from Level 5 Excel travelled with the club to compete at Top of the South competition (TOTS) in Nelson. She achieved 1st overall, 1st bar, 1st floor and 3= vault.



Great work Bella - we hope more Excel gymnasts join us for our away competition next year!

See Page 2 of the Newsletter for all the action from TOPS.

Gym for All are continuing to focus on the basic fundamental gymnastics movements all while having fun with their friends and coaches.

Top of the South/Te Tau Ika Gymnastics competition 2023

Calm seas, rough skies

For most of the Club it was an early start on Thursday morning as we headed to the ferry. We were treated to a calm, calm sailing. Lots of excitement for the week end ahead.

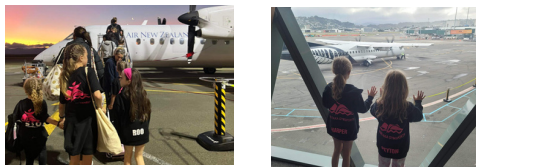


The girls enjoyed travelling with each other on the ferry. It gave a great chance for families to get to know each other and the younger gymnasts loved making friends with the senior gymnasts.

Some of us travelled the scenic route through Queen Charlotte Drive and had a chance to stop at the beach. And no stop is complete without handstands!



In the skies, a different story. Low cloud was causing havoc with flights trying to get into Nelson. After cancelled flights we finally got all our gymnasts to Nelson by Friday.



Back to boarding school 1990s....

Fell House, at Nelson College was to be our home for three nights. This was an old boarding school that is no longer suitable for boarders. It was sat on the top of a hill and was a bit of a hike through the trees to the front door. Parents and coaches were lucky - a door on their bedrooms, gymnasts were two to a room behind a curtain! What memories (err nightmares) are made of!

The gymnasts enjoyed the games room and the big common room in their down time. Mostly made their own fun but the board games came out and being gymnasts, they had to see if they could climb over the cubicle compartments in the bedrooms!

"Learned where the Bluebridge terminal was - it isn't the Interislander one!" - *Laura and Cushla, Gym Mums from way back*

"Resilience, falling and getting back up again, pushing through especially when it's hard or scary" - *Lisa, Gym Mum, Step 3*

"Mel is amazing and Rimutaka is the most fun club" - *Kerry, Gym Mum, Step 5*

"Don't go to sleep until other gymnasts are back from competition so they don't watch you snore" - *Elanna, Step 3 gymnast*

Away trips - building life skills since ages ago

We asked our parents and gymnasts what they learned from this away trip. This is some of what they said.

"Good sportsmanship and to celebrate the success of others" - *Lisa, Gym Mum, Step 3*

"Great bunch of people you all are" - *Crystal, Gym Mum, Step 1 and Step 2*

"Don't play pick up sticks with your eye" - *Harper, Step 2 gymnast*

"Everyone should have 10 mums all of the time" - *Michelle, Step 2 gymnast*

"I am in awe about how the parents of the older girls manage everything, including hair!" - *Jess, Gym Mum, Step 2*

"I learned what a urinal was and that it wasn't to wash hands in!" - *Natalia and Capri Step 1 gymnasts*

Fun around Nelson/Whakatū

Lots of special memories are made when squads go away together. You get to visit places in New Zealand you might not otherwise get to go. Our gymnasts certainly made the use of their down time. There was shopping outings, the cathedral, playgrounds, mini-golf, hydro sliding, frozen yogurts, dinner out, and don't forget Kmart! Lots of smiles makes it so worth it for the gym parents making this happen!



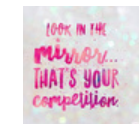
On the competition floor

The competition was held at the Trafalgar Centre. It was an amazing opportunity for the gymnasts to compete in a stadium, rather than a training gym. The gym competition started for the Step 1, 2 and Step 10 on Friday afternoon and evening and finished with the 5 and 6 finals, Step 7, Step 10 finals, and Step 4 on Sunday afternoon. Step 5, Step 6 and Step 3 were up in the middle on Saturday. Our gymnasts represented our club beautifully both with their skills and their attitude on the competition floor.



Congratulations on your competition gymnasts!

- Step 10 - Ingrid Sims
- Step 7 - Kathryn Sofeni, Abbie Malin, Bree Lamont
- Step 6 - Lucy McFarlane
- Step 5 - Emma Cooper, Naomi Guershom, Ruby Brewer, Grace McCall, Anaya Dunlop
- Step 4 - Ava Jackson, Amelia Harris
- Step 3 - Elanna Sofeni, Olivia Glover, Indigo Davis, Phrayze Blake, Lauren Mann
- Step 2 - Indi Glover, Harper Smith, Michelle Jacomb, Roya Denston
- Step 1 - Peyton Smith, Capri England, Natalia Zimmermann
- Excel Level 5 - Bella Harris



Congratulations on your efforts. Special congratulations to gymnasts who placed, qualified for the finals, reached a qualifying mark or achieved a personal best.

"My girls absolutely admire and look up to all of our older gymnasts and it was so nice to see the big girls taking care of and including the little ones" - *Crystal, Gym Mum, Step 1 and Step 2*

"Love the younger girls having the older ones as role models" - *Kirsten, Gym Mum, Step 3*

"Rimutaka Gymnastics needs a club Sausage Dog" - *Mandi, Gym Mum, Step 5*

"It was awesome to welcome more parents and kids to the away comp experience" - *Victoria, Coach and Gym Mum*

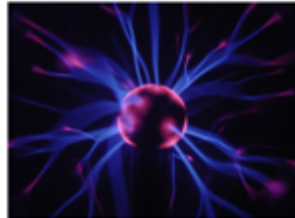


Rimutaka Gymsports

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for their generous support of our club...



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get in touch with us at fundraising@rimutakagymsports.nz