



## Term 4 Newsletter 2023

Welcome back to Term 4, while some of us are easing into the final term of the year some of our athletes and representatives will be attending World Championships and World Age Group Competition. We look forward to following your progress and will share any links and updates as they are available on our Instagram and Facebook Pages.

Please save the date for our AGM and Prize Giving on December 10<sup>th</sup> @ 4pm. This is a time when we celebrate the progress of our athletes and reflect on our role as a club. As you will be aware our club is run by a group of passionate athletes and parents. We always welcome more support and our goal is to have all our athletes and families involved with the smooth running club. Please do mention your interest to one of our committee members or coaches if you are keen to join the committee or offer your help at the AGM.

### 2023 Trampoline and DMT World Championship Athletes

Congratulations to the following athletes, coach and judge who will be representing NZ at the 2023 Trampoline World Championships 9-12<sup>th</sup> November in Birmingham. Sending you all our very best wishes and good luck!

**Trampoline** Rachel Schmidt  
Dylan Schmidt  
James Dougal

**Coach** Angie Dougal

**Judge** Lance Henry

### 2023 Trampoline World Age Group Competition Athletes

Congratulations to the following athletes and officials who will be representing NZ at the 2023 Trampoline Age Group World Championships 16-19 November in Birmingham. Good luck and best wishes to you all!

**Trampoline** Sienna French (Olympia)  
Luci Unkovich Smith  
Timothy Unkovich

**Double Mini** Luci Unkovich Smith  
Ethan Strickland  
Mitchell Unkovich  
Timothy Unkovich

**Synchro** Luci Unkovich Smith and Lily Arnold (Gisborne)  
Timothy Unkovich and Jake Macken (North Harbour)

**Head of Delegation** Annabel French

**Judge** Alexa Kennedy

### Recreation Classes

Classes are available in Term 4 – Monday 4.30-5.30pm and 5.30-6.30pm.

Registrations are open on line via [www.icontrampoline.co.nz](http://www.icontrampoline.co.nz)

### October Competition

We will not be running the October Competition this year. It is a busy time of the year and the competition was not scheduled as a qualifier for NZ Nationals.

### NZ Gymnastics Nationals - October 2024

We have not been able to secure bulk accommodation for Nationals, please seek your own accommodation. Details from NZ Gymnastics regarding the event are as follows

*"We are pleased to announce that the 2024 New Zealand Gymnastics Championships will be held at the Central Energy Trust Arena in Palmerston North in the second week of the October school holidays, training day is Monday 7 October and competition days Tuesday 8 – Saturday 12 October. All codes will compete under the same roof over the course of the week.*

*A world-class venue, Central Energy Trust Arena is at the heart of the Palmerston North community, hosting a range of sporting, cultural, and corporate events. We have no doubt that it will provide a spectacular stage on which to showcase New Zealand's gymnastics talent. The structure of the event will remain the same as this year. We have listened to the community feedback and will be keeping the minimum age of competitors at (turning) 9 years old in the year of competition. Any potential change to this will take place in 2025."*

### House Keeping

House Keeping around the gym is done by volunteers. Thank you to everyone who does the little tasks such as cleaning, picking up rubbish, tidying and clearing clutter. This helps to keep the gym clean and inviting.

The smaller bins can be emptied into the larger bin by the door which goes out weekly, there is also a recycling bin. Please assist to bring these back inside once emptied. (We don't leave outdoors as they may provide a security risk.)

If there is no toilet paper or tissue please ask the coach for the key to the store room off the kitchen, there is a plastic key that opens the dispensers and supplies. Please encourage our athletes to do tasks as they arise; they get the most benefit from the use of our space.

## Security

Please continue to be responsible for each other's safety and leave the gym together especially in the dark. Please wait while your coach locks the gate so no one is at the gym alone.

## Upcoming Dates

1 <sup>st</sup> Wednesday of each month	Icon Committee Meeting
10 <sup>th</sup> December @ 4pm	Prizegiving and AGM