



YMCA  Centre **NEWS** 

# YMCA Centre NEWS



## New Treadmills

On 9<sup>th</sup> January our brand new Matrix treadmills arrived! Since their arrival they have been in big demand with over 6,900 kms run/walked on them so far!

Thank you to all our members for your patience while we waited for them to arrive. We hope it was worth the wait!



## Fitness Bingo

Congratulations to everyone who participated in YMCA Epping Fitness Bingo!

It was great to see so many members pushing themselves to workout more than normal. Over the course of the competition over 50 people attended about 200 classes and did 45 of their own workouts. Great work everyone!

Our winners are as follows:

- Week 1: Khoan & Amy.
- Week 2: Zuzana & Flo.
- Week 3: Brooke & Carmel.
- Week 4: Howard & Priya.



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## YMCA Epping Notice Board

### Futsal Indoor Sports Competition

- Starts 18<sup>th</sup> March
- Men's and mixed competition
- Games on Sundays & Mondays
- Register [online](#) now!

### Fast 5 Netball Indoor Sports Competition

- Starts 21<sup>st</sup> March
- Women's and mixed competition
- Games on Wednesday evenings
- Register [online](#) now!

### Level 1-4 Gymnastics Competition

18<sup>th</sup> March

### West Epping Oval Re-Opening

The West Epping Oval will be officially opened on 24<sup>th</sup> March with a family fun day 10am-2pm. To help celebrate, YMCA Epping is running free gymnastics circuits, a Karate exhibition, a free outdoor bootcamp and free Chi Gong. There will also be face painting, jumping castle and a sausage sizzle.

### Drop off and pick up reminder

You are reminded that all children aged 11 and under must be accompanied by an adult at all times whilst in the centre (either a responsible adult or a coach). So please remember that children should be dropped off and picked up inside the YMCA building.



## State Development Team Training

On Sunday the 4th of February YMCA Epping's MAG Levels coach, James Ogilvie attended Level 7 State Development Team training at Sydney Gymnastics and Aquatic Centre. The purpose of this training session, and other sessions to come, was to aid selectors in choosing the gymnasts who will go on to compete at the Australian Gymnastics Championships in May this year.

James completed a huge fitness and conditioning routine that pushed everyone's limits. After which they were split into groups and rotated around the apparatuses - Vault, Parallel Bars and High Bar. James worked on the routines he will be doing at the first competition in March and used the knowledge of the experienced coaches there to correct faults and ensure the routines were presentable. "Overall, this training session was really helpful in identifying where I need to improve," says James. "It also helped me become more familiar with the competition equipment and to get to know the other competitors who will make up the state team."



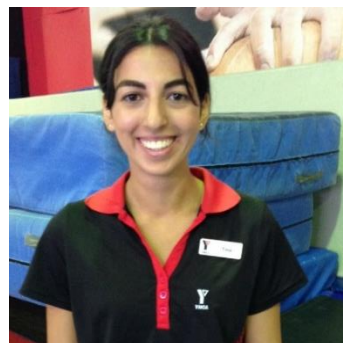
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## New Coaches

YMCA Epping is pleased to welcome three new coaches to the recreational gymnastics team – Tina Ashouri, Mark Bond and Sherrie Leck.

### Tina Ashouri

Tina is currently studying Bachelor of Health and Physical Education (Human Movement and Health Education) at Sydney University and has experience as a school PE instructor. She has joined the team to broaden her knowledge and experience of both gymnastics and engaging with children. You will see Tina coaching recreational classes as well as helping out with Annaliese's Red squad – Great to have you on board Tina!



### Mark Bond



Mark was a competitive male gymnast from the age of 10 to 16 and competed in Level 6 State competitions. At 16 he changed sports and started Sports Acrobatics where he competed at both State and National level for tumbling (Level 8), and Men's Pairs and Men's Four's (Level 10). He also competed internationally in Men's Pairs at the 1992 Hungarian International (Silver) and 1992 World Championship in Rennes France (11th place). After leaving the sport he worked as a professional acrobat for 4 years. As a coach he has taught both Men's and Women's artistic Gymnastics (Level 1 – 6) and recreational classes. In addition, Mark has coached recreational Sports Acrobatics classes and worked with a number of professional acrobats– can't wait to see your moves Mark!

### Sherrie Leck

We also give a big welcome to our newest YMCA Epping gymnastics coach - Sherrie!

Sherrie comes with over 7 years of coaching experience including recreational and levels squads. You will see her big smile in our morning Kindergym and KinderRec classes, so please be sure to come say hi!

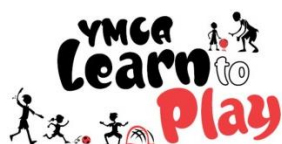


## Gymnastics NSW Awards

YMCA NSW Gymnastics clubs recently attended the annual Gymnastics NSW awards night.

Congratulations to YMCA Caringbah who was awarded the 2017 Kindergym Club of the Year and YMCA Bankstown City who was recognised for Club Excellence in Inclusion. YMCA Epping was also recognised for having over 1000 gymnastics members.

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## LTP Basketball

YMCA Epping's Learn to Play basketballers have been honing their skills in anticipation of the NBL playoffs taking place from the 3<sup>rd</sup> of March! And why not? All these champion players had to start somewhere!

Our basketball Learn to Play program runs on Thursday afternoons from 4-5pm for junior players (5-8yrs old) and 5-6pm for our senior players (9-12yrs old). In these sessions kids learn the fundamentals of basketball in a fun and fast paced environment where both their skills and fitness will improve.

If you're in high school and looking to sharpen your skills, then look no further than our teen basketball program on Tuesday afternoons from 4.30-5.30pm (13-17yrs old). Here our coaches teach the tactical knowledge and skills needed to play competitively.



## West Epping Park Re-Opening

When: 24<sup>th</sup> March

Time: 10am-2pm

Where: West Epping Park

Parking: 130 space parking area, Downing St\*

## YMCA Activities

10:30am: Free Bootcamp

11:30am: Karate Demonstration

12noon-2pm: Badminton competition

12:30pm: Free Chi Gong class

10am-2pm: Free Gymnastics Circuit

免费健身课程

\* Due to the anticipated number of attendees, please consider walking, cycling or taking public transport to the Official Opening event



"YMCA Epping"



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