



September 2016

YMCA Centre NEWS

YMCA Epping is Turning 50!

On the 19th November 2016 YMCA Epping will be celebrating 50 years in the community and you are all invited to the party! So save the date and join our Facebook group to stay up to date on all our plans.
(www.facebook.com/groups/ymcaepping50years/)

Save the date!
19th November
to Celebrate our 50th Birthday

CELEBRATING 50 YEARS
YMCA EPPING
1966-2016

Health + Fitness
Indoor Sports
Gymnastics
pryme Classes
And More!

Join our Facebook Group for updates and more information
"YMCA Epping 50 Years"

YMCA Centre NEWS



Meet the Trainer

Introducing - Danie McMurray

Qualifications

- Certificate III & IV in Fitness
- Level 1 Strength & Conditioning Coach
- Level 2 Kettlebell Instructor
- Level 1 TRX Instructor

Specialities

- Sports Specific Training
- Strength and Conditioning
- Weight Loss
- Brightside - Training program for people with Mental Health

Achievements

As a NSW Institute of Sport scholarship holder in the Hockey Program, I am exposed to a variety of training styles and programs that constantly enhance my knowledge of fitness training. My passion is to assist young athletes in achieving their sporting goals. My experience is diverse and includes training with children, adults and local sporting teams and clients with physical and mental disabilities. The desire I have to encourage and support those on their own fitness journey, led me to a career in the fitness industry.

Fitness Quote:

"Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back... Play for her." Mia Hamm



The Olympics at YMCA Epping

There was a great vibe at YMCA Epping during the Olympics with patrons and staff enjoying watching the games that were being projected in our foyer area. We also ran a colouring in competition and our lucky winners have their colourings displayed in the foyer- do not forget to come and collect your prize!

Australia finished with 29 medals – winning 8 gold, 11 silver and 10 bronze medals.



YMCA Centre NEWS

YMCA Epping Notice Board

YMCA Epping Turns 50!

On 19th November 2016 YMCA Epping will be celebrating 50 years in Epping. If you have memories, stories or images you would like to share please join our Facebook group - YMCA Epping 50 years or email us: eppping50yrs@ymcansw.org.au.

Drop off and Pickup

The YMCA takes safety very seriously so please remember that children should be dropped off and picked up inside the YMCA building. Additionally, children must always be in the care of an adult while in the centre. That is, a parent or carer before and after class, and their coach during class times.

Labour Day Public Holiday – 3rd October

The Fitness Centre will be open from 8am to 1pm on Monday 3rd October, however there will be no group fitness classes. There will be no gymnastics or LTP sessions that day.

Movie Night

Save the date – Saturday 8th October for our fun movie night for all our school aged members. More info coming soon!

Development of West Epping Park

Major redevelopment works at West Epping Park are about to begin. Fencing has recently been placed the around the oval, tennis courts and mini soccer fields. This means that our centre can no longer be accessed by walking across the oval. The best alternative parking is now at the West Epping Community Centre (Dent St) with access to YMCA Epping via the lane way that runs between the school and the YMCA building.

The project is expected to take 12 months. The City of Parramatta Council is going to keep us posted on progress and we will pass on all relevant information as we receive it.



YMCA Epping 50 Years of Gymnastics

As part of our 50 Year celebrations we are making contact with people who have made a contribution to the centre. Below is a story about mother, volunteer, coach, judge, manager and all round gymnastics superstar Shirley Read.

Mrs Shirley Read OAM

For someone who fell into Gymnastics by accident, Shirley Read OAM has made an incredible contribution to the sport! It all started 37 years ago when Shirley was “just a mum” watching her 6 year old daughter doing gymnastics.

But Shirley did not sit on the side line for long and since 1979 she has undertaken many roles and responsibilities with YMCA Epping, YMCA NSW and Gymnastics NSW. These positions were both volunteer and professional in nature and all started when she became a volunteer coach’s assistance at YMCA Epping (Hornsby North Centre) in 1979.

She then went on to become a National Women’s Artistic Gymnastics (WAG) Judge from 1985 to 2006, a FIG (International) Judge in the 1988-1992 cycle, a judging course presenter and a Level 2 accredited WAG Coach with the Australian Coaching Council.

Shirley’s volunteer work with the YMCA, Gymnastics NSW and Gymnastics Australia has been extensive. She was the WAG Coordinator for the Northern Region of NSW for 14 years from 1995



YMCA Centre NEWS

to 2009 and was also the Regional Supervisor for 4 years from 1993 to 1996. She was the overall NSW Competition Coordinator for 8 years and served on the Women's Technical Committee for NSW (now known as the WAG Sports Management Committee) for 22 years, as well as being the chairperson from 1999 to 2012. She has been the NSW WAG Team Manager to national championships and on several overseas invitational events for 18 years from 1994 to 2012.

Other volunteer roles include working in the accreditation office at the 1994 World Gymnastics Championships in Brisbane and at the Sydney 2000 Olympic Games, as secretary to the Australian Men's Technical Director.

Shirley's staff contribution to the YMCA has also been nothing short of amazing. Starting in 1987 Shirley was the Gymnastics Coordinator at YMCA Epping, the Epping Area Manager and the Gymnastics Training Manager for YMCA NSW.

Under her management, YMCA Epping's gymnastics program became one of only a few Clubs in Australia accredited at 5 Star under the Club 10 scheme of Gymnastics Australia. In 2002 YMCA Epping was awarded the NSW WAG and Overall Club of the Year, and from 2003 to 2010 YMCA Epping continued to be recognised with NSW WAG Club of the Year, and Overall Club of the Year awards.

Both Shirley's children, Lisa and Mark, were talented gymnasts and have represented Australia in many senior international competitions including, for Lisa, the 1987 Rotterdam World Championships, 1990 Auckland Commonwealth Games, 1991 Indianapolis World Championships, 1992 Barcelona Olympics and for Mark, the 1994 Auckland Pacific Alliance Championships, World University Games Fukuoka, Japan 1995 and the 1997 Lausanne World Championships. Shirley has attended each and every one of these competitions as a very proud mother!

In 2000 Shirley was awarded the inaugural Australian Sports Medal for services to gymnastics by the Governor General and in June 2006 was awarded the Medal of the Order of Australia for her services to gymnastics and the YMCA and Life Membership of Gymnastics NSW. In 2010 she was awarded a Distinguished Long Service Award by the NSW Sports Federation.

YMCA Olympic Gymnastics Competition

On the 3rd of September our level 1-6 gymnasts represented YMCA Epping at the Mini Olympics at YMCA Penrith. This competition was all about providing a fun opportunity for our gymnasts to compete and show off their skills, as well as to experience other centres' facilities. Each year the YMCA holds 4 of these gala day events, with the previous one being the Winter Wonderland day at YCMA Epping.

In the Mini Olympics competition at YMCA Penrith each of the centres represented a country, with Epping Mexico! Both the competition and the dress ups were great!

The next gala competition will be at YMCA Caringbah next term, so stay tuned for more information.



YMCA Centre NEWS

Olympic Challenge

Have you noticed all the gold, silver and bronze medals on our tally board outside gym 1? Well, we are currently running an Olympic Challenge where our best performing Colours, Stages and Levels gymnasts are awarded medals for achieving the 'focus of the week'.

Each focus reflects on the Olympic values of friendship, respect and excellence, the Paralympic values of determination, inspiration, courage and equality, as well as the YMCA values of caring, honesty, respect, responsibility and safety.



The challenge is on until the 18th of September, coinciding with the end of the Paralympic games. The gymnasts from the winning country receiving a small gift at our movie night, on the 8th October.

So keep trying your best in class and remember what Mahatma Ghandi said – Full effort is full victory.

Gymnast of the Month

Congratulations Joshua Coble

How long have you been doing gymnastics? I'm 9 years old and this is my second year of doing gymnastics.

What made you start gymnastics? I had too much energy and I started climbing the most unclimbable walls.

What do you enjoy about your classes? Learning new skills!

What is the apparatus you enjoy most? High bar is my favourite, all of them are pretty much equal but high is 0.1% better.

What is your favourite skill to perform? At the moment front somersault and back flips.

What do you enjoy most about the YMCA Epping? Well I guess my favourite thing about YMCA gymnastics is gymnastics!

What is your favourite food? Tacos!

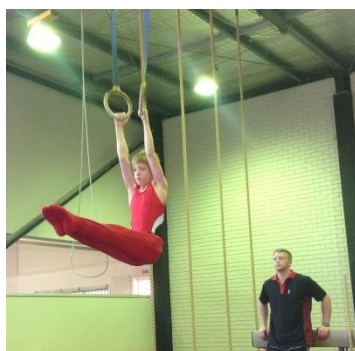
What inspires you to work hard in training? The Olympic gymnasts, AND I like doing flips.



YMCA Centre NEWS

Boy's Competitions

On Saturday 27th August our Levels boys took part in a mock competition at YMCA Epping. This was a great opportunity of them practice their skills and get used to the competition environment for the Boys Grand Prix competition which was held on the 11th and 12th September at Manly. The boys did really well in the Grand Prix, with 4 of our Level 1 boys earning silver medals and one earning a gold. Our coaches have been refining the boy's skills and these great results are the product of many months of dedication and hard work.



Assessments – Colours and Stages

We are currently conducting assessments to ensure progression within our programs is occurring. While all attempts will be made to cater to vacancies, this is the only formal assessment period for this term so please try and attend these classes.

Assessment feedback forms will be handed back to students by 25th of September. If you have any questions on your child's progression please feel free to speak with your coach or contact;

- Adam Rose, Gymnastics Manager: 02 9869 8966, adam.rose@ymcansw.org.au
- Rudge Salmon, Gymnastics Team Leader: 02 9869 8966, rudge.salmon@ymcansw.org.au

YMCA Centre NEWS



LTP Olympics

Learn to Play Olympics 15th – 19th August

Congratulations to all the children who got into the Olympic spirit and shared our values of fun and fair competition. We may even see some of them representing Australia in Tokyo in 2020.

We had some great matches throughout the week, many of them were decided in the last couple of minutes of the game.

Well done to all of the gold medal teams and thank you to the coaches for hosting a great Olympics.

