

Term 3  
2025



## TERM 3 WRAP-UP & TERM 4 PLANS

This is our first-ever newsletter! With so much happening in the club, we thought the easiest way to keep everyone in the loop is to share updates in one place.

What an exciting year it has been for our club. We've seen incredible growth, welcomed new faces, and said heartfelt goodbyes to long-time members who have given so much. As we wrap up Term 3 and look ahead to Term 4, we'd like to share some important news and opportunities where you can get involved.

### OUR CLUB IS GROWING!

This year has been nothing short of amazing—we've doubled our numbers! From 60 children last year to 130 children joining us in Term 2, the energy in the gym has been electric.

We couldn't have achieved this growth without the support of our families and the dedication of our committee and coaches. Thank you for helping us create such a vibrant and welcoming community!



 [www.pomgymnastics.com](http://www.pomgymnastics.com)

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## Exciting Facility Upgrade Plans

One of the committee's top priorities for Term 4 is moving into the upstairs space at Taurama. This will be a huge upgrade for the club:

- Air-conditioned space for training comfort
- Our own bathrooms
- A dedicated (and quiet) training environment for our growing numbers

But before we can make this move, we need help with one last step: building a storage cage door. This is where we need our community's support.

**If you, your business, or someone you know can sponsor or assist with materials/labour, please get in touch. With your help, we can have this ready in time for the start of Term 4!**

## Farewell & Welcome



In the middle of this term, we said a very warm and emotional goodbye to Coach Paul Morea. Paul has been with the club for 8.5 years, making him our longest-serving coach. Over that time, he completed nearly every training course offered by the Oceania Gymnastics Union and shaped the path for many of our gymnasts. Paul left us to move to Australia where he will be doing seasonal work on a 5 year contract. We wish him the very best in his next chapter.



On the flip side, we're delighted to welcome Coach Regly Token! Regly has had an exciting year, travelling overseas with a dance group to Japan. His creativity, energy, and experience in performance make him a fantastic addition to our coaching team.

## COMMITTEE CHANGES & CALL FOR VOLUNTEERS

We'd also like to take a moment to thank Christine and Adam, who are stepping down from the committee after years of valuable support. Their contributions have been immense, and they will be missed.

At the same time, we're delighted to welcome Courtenay Boustridge, who has stepped into the role of Treasurer, taking over from Adam. Courtenay brings a wealth of experience and has already hit the ground running—managing coaches' pay and processing term fees with efficiency and care. Thank you, Courtenay—we are so grateful for your help!

That said, our committee still needs extra support. Running a club of this size takes teamwork, and we can't do it without parent and community involvement.

**If you're passionate about supporting gymnastics and want to make a difference, please consider joining the committee. Even small contributions of your time and skills will go a long way.**

## Launching a Competitive Squad

If all goes to plan with our move into the new upstairs space, we're thrilled to announce the start of a competition squad beginning next term!

This squad will run on a Saturday morning for one hour each week, in addition to the gymnasts' regular class. It's designed for athletes who are keen to take the next step in their gymnastics journey by learning and practicing official gymnastics routines.

Who can join?

- Any gymnast aged 4 and over
- The main requirement is a keenness to learn gymnastics routines and a willingness to commit to the extra training session

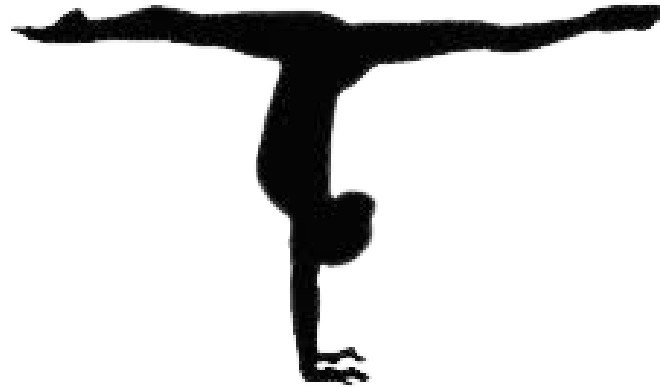
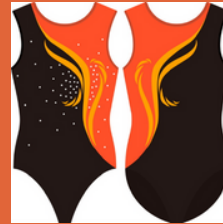
What will it involve?

- Athletes will work on learning age-appropriate competition-style routines across different apparatus
- They'll develop performance skills, confidence, and discipline in a fun and supportive environment
- Training will be led by Kate Goswell, a former Commonwealth Games gymnast, who brings technique, inspiration, and a wealth of experience to our club.

This is an amazing opportunity for young gymnasts to challenge themselves, set new goals, and build towards performance and competition experiences. We'll share more details, including times and costs, as soon as the program is finalised. Please send EOI

## CLUB UNIFORM ORDER

We know many families have been asking—leotard and singlet orders will be taken next term. The lead in time is roughly 6 weeks. Please visit [pomgymnastics.com](http://pomgymnastics.com) to submit an order form. Any questions on sizing please see Kate Goswell



## COACHING UPDATE

We're proud to share some exciting news about our coaching team. All of our coaches have recently completed the Community Coaching Essential Skills (CCES) course, delivered by the Australian Institute of Sport and funded by the Australian Sports Commission.

The CCES program is made up of seven modules, each focusing on modern coaching practices and essential skills. Coaches receive recognition at the end of each module, and a certificate of achievement once the full program is completed.

Looking ahead, our coaches will also be undertaking a Child Protection and Safety Course next term. This is part of our ongoing commitment to improving the quality of our gymnastics program and ensuring we provide a safe, supportive service to the community.

We're also excited to share that during the upcoming school holidays, two of our coaches and one committee member will be travelling to the Solomon Islands to learn more about Aerobic gymnastics. This opportunity has been made possible thanks to funding from the Oceania Gymnastics Association and POM Gymnastics. We're very grateful for this support, and we can't wait to see the new knowledge and inspiration they'll bring back to our club!

## TERM 4 DATES

We can't wait to see everyone back in the gym for another action-packed term!

Thank you again to all the coaches, committee members, parents, and athletes who continue to make this club such a special place. Together, we're building something amazing.

With gratitude,

The POM Gymnastics Committee



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