

Senior ALP

Our senior level ALP girls are well and truly underway with their competition season!

So far our **Level 8 - 10 Division 1 & 2** girls have shown their prowess in:

- MYC Invitational
- CYC Invitational
- Judges Invitational (Knox)
- Trial 1 (Waverley & CYC)
- Waverley Invitational

Upcoming Events:

- Senior Victorian State Championships (Trial 2)

The Judges Invite provides athletes and coaches great insight and feedback on their current routines; helping to suggest changes or additions to routine to structure to best help the gymnast add value to their routines or save execution points

Trial 1 and Trial 2 (Victorian State Championships) are important calendar events, with athletes vying on selection for the Victorian State Team based on their performances at these competitions. If successful, gymnasts may be given the opportunity to represent not only Niddrie, but the state of Victoria at the Australian National Championships held in Sydney in June/July!

We are wishing all the senior girls the best of luck in their competition and trials season!



Recreational News

Term 2 has kicked off fast!

This term, gymnasts will be undertaking their skills testing. This will occur in Week 3, Week 4 & Week 5. This gives the gymnasts ample time and chances to go through their required skills within their skills matrix for their level.

Term 1 gave the gymnasts time to settle into their class, get to know their coaches and vice versa; preparing them best for Term 2 skills testing.

We wish all our Recreational gymnasts a fun and successful few weeks whilst they complete their skills testing!

Tumble Time News

Our Tumble Timers are rolling their way through Term 2 with lots of laughter and excitement.

During the morning periods, we can hear the squeals, giggles and laughter of our most junior members filling the gym.

Our Tumble Time classes help support the very fundamental movement patterns of gymnastics, where exceptional growth, understanding and development occur in with our Tumble Timers learning how to move their bodies to make a 'skill' happen.



Junior ALP

The Junior ALP (JDS - ALP 4) have been preparing for their first competition of the year - 'The Niddrie In-House'!

This competition is a great way to have our junior gymnasts ease their way into their competition season, as well as using it as a learning opportunity in how to compete

It helps with:

- building confidence,
- teaching gymnasts competition format,
- learning to support their teammates
- exposure to performing in front of a crowd

We are incredibly proud of all your efforts over the weekend girls - it was such a wonderful and fun competition to see your hard work out on the gym floor.

We are looking forward to the rest of the year to come! 💙

Gymstar 🌟

The Gymstar cohort have been busy behind the scenes, in preparation for their upcoming competition season!

Over the Term 1 school holidays, and a number of weekends, many of the girls have learnt new floor routines

Learning a new floor routine is always an EXCITING time - especially for the gymnast! It comes with new and refreshing challenges of learning new choreography, learning a new rhythm, and showcasing this interpretation of the music in the best way possible!

It has been wonderful seeing the girls take on these new routines with big smiles and excitement on their faces - keep working hard!

From the Committee

The Niddrie Gymnastics Committee have recently held their Annual General Meeting (AGM)

Please see and welcome the current changes to our committee for 2026:

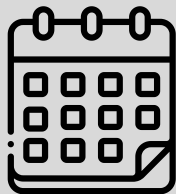
President:
Michelle Cuce

Vice Co-Presidents:
Teneyl Gazzo & Claire How

Secretary:
Janine Keast

Treasurer:
Ashley Agresta

Events Volunteer Coordinator:
Belinda Kobl



Senior Victorian Championships - Parkville
Fri 22nd, Sat 23rd, Sun 24th May

King's Birthday Public Holiday
Monday 8th June - NO CLASSES

Club Championships (ALP & Gymstar)
Sunday 14th June

Last Day of Term 2
Saturday 27th June

First Day of Term 3
Monday 13th July

Mother's Day

We would like to wish all of our amazing community of mother's, grandmother's and mother figures an incredible Mother's Day





Meet the Coach

Meet Aristeia

Aristeia has been a gymnast at Niddrie since 2009. She started her gymnastics journey when she turned 5 years old.

She chose to do gymnastics “because my sister did it”, and loves the sport “because I enjoy the process of achieving a new skill!”.

What has gymnastics taught you?

“Gymnastics has taught me how to be resilient and a team player”.

What do you enjoy most about coaching?

“For me, it is seeing the gymnasts achieve their goals and joining in with their excitement about their gymnastics”.

Coach of the Month



Our recent Coach of the Month goes to **Coach Adam** and **Coach Maddy** for their hard work and commitment to their gymnasts - well done coaches!

Our Sponsors



Meet the sponsors and supporters of our club!

Thank you to the families and businesses that support us year after year!

Please support them too

