

Senior ALP

We would like to acknowledge and congratulate the efforts of **Miranda Mifsud** (Level 10) and **Elisha Spiteri** (Level 8) at the 2026 Australian Championships in June/July, as well as **Bella Dominick** (Level 8) for her first selection and opportunity to represent Victoria at the 2026 Border Challenge in June.

Australian Championships this year saw the return to Sydney Olympic Park, with the competition being held at the nostalgic Quaycentre Arena. The girls endured two days of competition, putting up some stunning routines throughout their nationals campaign.

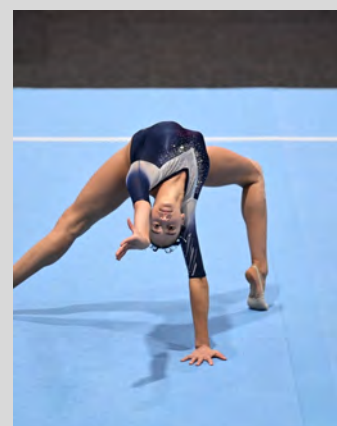
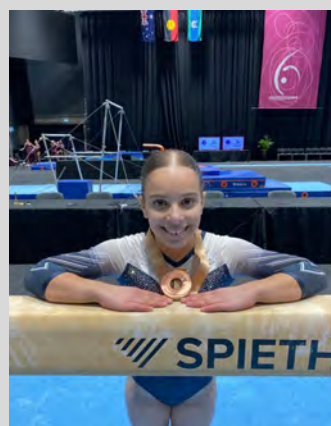
For Elisha, this was her first Australian Championships - a very exciting and meaningful moment for any gymnast! The Level 8 Over Victorian team came away with a 3rd in the All Around.

For Miranda, this was her third time representing Victoria at Australian Championships.

Both gymnasts were accompanied by their coaches Nat and Corey during the week they were in Sydney.

For Bella, Border Challenge was held on the Sunshine Coast, at Maroochy Beach Gymnastics. This was Bella's first time representing Victoria, getting to wear the Navy & White.

Well done for your tremendous efforts and hard work and to all involved in helping these athletes reach these pinnacle events for Australian gymnastics.



Tumble Time News

Tumble Time have recently had some cute, cuddly and fluffy visitors attend their class...

Their TEDDY's !

Our Tumble Timers experienced their 'Teddy Bear Picnic Week', where they got to bring in their furry best friends to join in with their gymnastics!

The teddy's had a front row seat in the gym, with the best view to see the gymnasts showing off their new skills !



Recreational News

Test.. test.. TESTING!

Term 3 has seen the next lot of our testing for our recreational gymnasts and coaches.

Over the course of 3 weeks, each of our gymnasts will have been tested within their skills matrix of their current level.

Coaches are checking for skill acquisition, progression, and areas where gymnasts are still working towards to inform them of their gymnasts' skill readiness, as well as level appropriation.

Good luck to all of our Recreational gymnasts over their testing block!



Gymnast Spotlight!

We would like to acknowledge and congratulate one of our Recreational gymnasts who has successfully completed their Level 10 Diamond certificate - **Savannah Arcuri**.

This is our first recreational gymnast this year to reach such a milestone in the Recreational Program.

This is a huge achievement and everyone at Niddrie Gymnastics is incredibly proud of your accomplishment!

CONGRATULATIONS

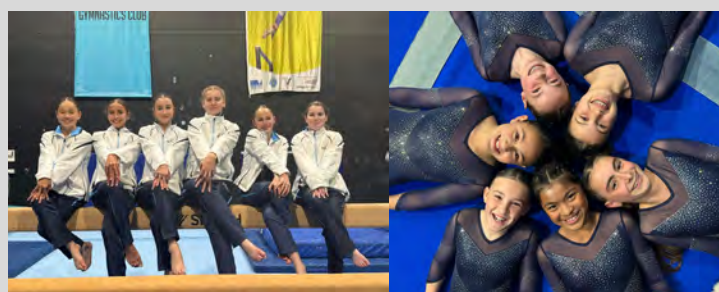
Junior ALP

Our Junior ALP levels are well into their competition season.

We've had many successful outcomes across our competitions at:

- Niddrie Invitational (ALP 2 - 4)
- The Y Invite Geelong (ALP 5 - 7)
- Jets Invite (ALP 3 - 4)
- Judges Invitational (ALP 5 - 7)
- Eclipse Invitational (ALP 3 - 7)
- CYC Invitational (ALP 2 - 7)

These competitions are in preparation for Metro West Regionals (Geelong) - the state qualifier event for our region to compete at **Victorian State Championships** held in Parkville in mid-October.



Gymstar

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

They have just attended their first competition of their season, across:

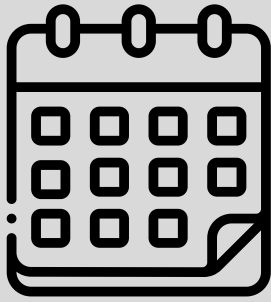
Knox Gymnastics - Level 4 - 6 (Halos, Titans & Cosmos)

Eastern Gymnastics - Level 5 - 10 (Halos & Titans).

The Gymstar athletes are preparing for their pinnacle event of their competition season - **The Gymnastics Victoria GFA Carnival.**

This will also be held in Parkville, at the *State Netball & Hockey Centre (SNHC)* in November.





Metro West Regionals - Geelong
Saturday 12th & Sunday 13th September

Last Day of Term 3
Saturday 19th September

Grand Final Public Holiday
Friday 25th September - NO CLASSES

National Clubs Carnival - Gold Coast
Friday 25th September - Saturday 3rd October

First Day of Term 4
Monday 5th October



Footy Week!

We will be doing a Footy Week in the spirit of The AFL Grand Final series !

We want to see everyone coming with gurnsey's or accessories of their favourite football team or player.

We will be selling hotdogs for \$2 during the the week at the end of their class.

When:

Week of 14th - 19th September





Meet the Coach

Meet Piper

Piper has been a gymnast at Niddrie since 2020. She started her gymnastics journey when she was 3 years old.

What do you love about gymnastics?

"It gives me a challenge to work towards my goals and keeps my mind and body active".

What do you enjoy most about coaching?

"I love seeing the kids achieve their goals when they obtain their skills. It is so rewarding to see the happiness on their face after working so hard when it finally clicks!".

Coach of the Month



Our recent Coach of the Month goes to **Coach Louise** and **Coach Ebony** for their hard work, kindness and care for 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



OUR MAJOR SPONSOR



Since 2025, JPS Health & Fitness has had the privilege of working with Niddrie Gymnastics team and athletes on their strength and conditioning. What started as a small program has grown into a more comprehensive offering, with regular sessions at both JPS and Niddrie Gymnastics, giving more athletes the opportunity to build their performance, confidence and enjoyment of training.

JPS Health & Fitness has been operating for over 16 years, growing from a small personal training business in Essendon to a team of 10+ Strength & Conditioning coaches, Physiotherapists and Sports Nutritionists based at 77C Matthews Ave, Airport West.

While we've grown, our focus hasn't changed. We're still hands-on practitioners, working with hundreds of people each week to improve their health, fitness and performance. We're also fortunate to work globally as educators, helping coaches and trainers improve their knowledge and positively impact their own communities.

Our mission is simple: to help as many people as possible achieve better health and fitness through evidence-based, sustainable practices that work.

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