

## ALP News

At the end of Term 2, our senior ALP 8–Future International girls — Olivia, Miranda, Aristea and Suhana — competed at the 2025 Australian National Championships on the Gold Coast, proudly representing Victoria over two days of fierce competition against the other states. The girls put up some amazing routines and we couldn't be more proud of their efforts and determination in their training. There were some terrific results from Team Vic and our athletes:

### Miranda

Team Silver Level 9 Open

### Suhana

Team Gold Future International,  
AA Silver FI Over 14,  
Gold FI Over 14 Vault,  
Silver FI Over 14 Bars,  
Silver FI Over 14 Floor

Our Level 7 gymnast, Harper, also made her state team debut at the 2025 Border Challenge in Logan QLD, hitting strong routines for Team Vic. The Level 7 Team came away with a Team Bronze! A big shoutout as well to Coach Paris, who made her debut as a State Team Coach at this event, coaching the Level 7 White Team — amazing work!

Most of our ALP squads are now kicking off their competition season, with early meets including Club Champs, MLC Junior Star Classic, The Y Invite in Geelong, and our own Niddrie Invitational. We can't wait to see their hard work pay off throughout the season — GO NIDDRIE 💙💙💙



# ALP News cont...

Our numerous Junior ALP squads have commenced their competition season.

Recently our Level 2 - 4 squads competed at our very own Niddrie Invitational across Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> of August.

The weekend was full of excitement and cheers from parents and spectators, with our junior levels showcasing some phenomenal routines.

We greatly anticipate the excitement and atmosphere for our upcoming Level 5 - 7 Niddrie Invitational on the 23<sup>rd</sup> and 24<sup>th</sup> of August.



## ALP Calendar

**August 23<sup>rd</sup> - 24<sup>th</sup>  
Niddrie Invitational  
(Level 5 - 7)**

**August 16<sup>th</sup>  
Waverley Invitational  
(Level 3)**

**August 30<sup>th</sup> - 31<sup>st</sup>  
Eclipse Invitational  
(Level 4 - 10)**

**September 5<sup>th</sup> - 7<sup>th</sup>  
BTYC Invitational  
(Level 3 - 4)**

**September 13<sup>th</sup> - 14<sup>th</sup>  
Metro West Regionals  
(Level 3 - 7)**

**September 27<sup>th</sup> - October 4<sup>th</sup>  
National Clubs Carnival, Gold Coast  
(Level 5 - 10)**

**October 17<sup>th</sup> - 20<sup>th</sup>  
Junior Victorian Championships  
State Netball & Hockey Centre  
(Level 3 - 7)**



# Gymstar News

The Gymstar girls have been busy over the last few months as they prepared for the beginning of their competition season with competitions including Club Champs, Niddrie 'In-House' & MLC.

MLC is the first external competition for Gymstar Levels 5 - 9. Great team spirit was observed, with many of the girls showcasing some new routines!

Great results were achieved by the girls:

**Level 5 - 3<sup>rd</sup> & 5<sup>th</sup> Team**

**Level 6 - 1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> Team**

**Level 7 - 2<sup>nd</sup> Team**

**Level 9 - 1<sup>st</sup> Team**

The gymstar groups are all looking forward to continuing their comp season and working hard on their individual upgrades.

## Gymstar Calendar

**August 31<sup>st</sup>**

**Knox Invitational  
(Level 5 only)**

**September 21<sup>st</sup>**

**Niddrie Invitational  
(Level 5 - 10)**

**October 12<sup>th</sup>**

**Knox Invitational  
(Level 6 - 10)**

**November 7<sup>th</sup> - 9<sup>th</sup>**

**Gymnastics Victoria Extravaganza  
(Level 5 - 10)**

**State Netball & Hockey Centre, Parkville**





# Recreational & Tumble Time News

## Tumble Time

Our youngest members have been enjoying learning and achieving new skills such as jumping, hopping, rolling & handstands against the wall.

The parachute is a crowd favourite and brings out laughter and squeals of delight that echo through the gym and bring a smile to every coaches face.

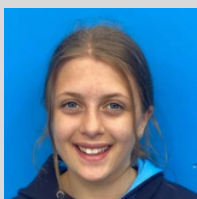
In **Week 6**, we will have a '**Superhero/Disney Princess Week**', where gymnasts can dress up as their favourite superhero or disney princess for their class.

## Recreational

With Term 3 well underway, the gymnasts have settled into their classes and are enjoying the challenges of learning their new skills. Gymnasts are working towards achieving their next level certificate, with coaches testing regularly to check for development and assess skill progression and readiness for each gymnast.

In **Week 6**, we will have a '**Superhero/Disney Princess Week**', where gymnasts can dress up as their favourite superhero or disney princess for their class.





## Meet the Coach

### Meet Hristina!

Hristina has been a gymnast at Niddrie (starting at 6 years old), training up to Gymstar Level 7, before becoming a coach in our Recreational & Tumble Time space!

As a coach I love seeing children's faces when they get a skill for the first time and I was the one to help them through it. During my time as a gymnast, I enjoyed connecting with my teammates and coaches. Outside of the gym, I currently study Sports Science at LaTrobe, with the goal to become a sports physio.

## What's New

**We have had some recent upgrades in the gym over the last term!**

### **New Rings Canopy**

A new canopy has been installed over the Rings & P Bars area, giving our Gymstar gymnasts access to a second set of rings to build skills and strength.

### **TVs**

New TVs in the parent viewing and Vault areas will share program updates, sponsor messages, and key dates.

### **Feedback Camera System**

Our new delayed-recording system will help gymnasts and coaches review skills, refine technique, and identify errors.

## Committee News

The Niddrie Committee has had a fantastic start to the year, with our Gymstar and Level 2-4 Niddrie Invite showcasing incredible gymnastics, community spirit, and boosting our fundraising for a new playback video system.

We're so proud of everyone's efforts – every cake baked, ticket sold, and routine performed has brought us closer to our goal. Next up is our Level 5-7 Niddrie Invite on August 23-24, and we can't wait to see our gymnasts and visiting clubs shine.

We're also recruiting for our Events Committee to help create an amazing end-of-year Awards Day – contact Donna in the office if you would love to get involved, so she can pass on your details to Claire How, our amazing Events Committee leader.

## Awards Day

**Date: 23<sup>rd</sup> of November**

**Where: Grand Star Receptions, Altona**

**Who: ALP & Gymstar families**

**Please save the date for our 2025 Niddrie Awards Day.**

This year, we will be holding our awards day as one large event, bringing our ALP and Gymstar community together to share this special occasion.

Our coaches, committee and volunteers are working hard behind the scenes to make this an incredibly special day for our gymnasts and families - we cannot wait to share this special day with you all!

# 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 ❤️

