

**sts Inc**



**Annual Report**

**2014**

**A look at the performance of West Coast Gymnasts during 2014**



## TABLE OF CONTENTS



<b>MISSION STATEMENT .....</b>	<b>3</b>
<b>ABOUT THE CLUB .....</b>	<b>3</b>
LIFE MEMBERS .....	3
PARTNERS & SPONSORS .....	3
COMMITTEE MEMBERS .....	4
CLUB COACHES .....	4
CLUB JUDGES .....	4
CAPS MEMBERS .....	4
<b>PRESIDENT'S REPORT .....</b>	<b>5</b>
<b>ADMINISTRATION REPORT .....</b>	<b>6</b>
ATTENDANCE REPORT (NUMBERS TRI-MONTHLY) .....	6
MEMBERSHIP TRANSFERS REPORT .....	6
SCHOOL HOLIDAY PROGRAM REPORT .....	7
BIRTHDAY PARTIES REPORT .....	7
EVENTS ROUNDUP .....	8
<b>PROGRAMS .....</b>	<b>12</b>
ACROBATICS .....	12
WOMENS GYMNASTICS .....	13
MENS GYMNASTICS .....	14
ADULT CLASSES .....	15
TUMBLING .....	16
LAUNCHPAD .....	16
CLUB LEVEL GYMNASTICS .....	19
<b>ATHLETE RECOGNITION .....</b>	<b>20</b>
WAG STATE TEAM REPRESENTATIVES .....	20
WAG TALENT SQUAD MEMBERS .....	20
WAIS REPRESENTATIVES .....	20
STATE CHAMPIONSHIPS WINNERS TOP 10 (LEVEL 4-10) .....	21
GALA DAY TROPHY RECIPIENTS .....	22
<b>HONOUR BOARD .....</b>	<b>22</b>
<b>TREASURER'S REPORT .....</b>	<b>23</b>
FINANCIALS .....	23
EQUIPMENT LEVY PURCHASES .....	24
INCOME STATEMENT .....	25
BALANCE SHEET .....	26
<b>FUNDRAISING REPORT .....</b>	<b>27</b>
<b>ACKNOWLEDGEMENTS .....</b>	<b>28</b>

## Mission Statement

To provide all gymnasts with opportunities for social and physical development in an atmosphere of sportsmanship, through a well-managed program that is professionally staffed.

## About The Club

West Coast Gymnasts Inc. is a local, family orientated, not-for-profit gymnastics club with two great venues in Malaga, just 11 kilometres north of the city.

Staffed by nationally accredited coaches, the team at West Coast Gymnasts proudly continue to provide competitively high standard gymnasts and acrobats.

During 2014, West Coast Gymnasts experienced an increase of approximately 32% in membership growth, all whilst still keeping its welcoming, family orientated persona.

Arguably one of the cheapest priced clubs north of the river, the club offers a wide range of classes, including WAG and MAG, Sports Acrobatics, Adult Classes, Launchpad Certified Kindergym, Gymfun (recreational gymnastics) and new for 2014, GymSkills and Tumbling.

Students vary in age from 13 months to adult and with over 120 students regularly competing at state level competitions it sure is one of the most fast-growing clubs in WA.

## Life Members

Sandra Rose  
Gail Melinger  
Ken Caraher

Andrew Rose  
Brenda Welham  
Marie Pudelek

Braham Same  
Kath Arendt  
Veronica Sanders

Barry Thompson  
Spiro Sanders

## Partners & Sponsors

A big thank you to our 2014 sponsors:

Cavalier Security  
Blue Heeler Electrical Services  
Cartridge World, Malaga  
Prime Trophies  
Rotary Club of Ballajura-Malaga

Kev's Carpentry  
Gymnastics WA  
Image Signs & Promotions  
Kidsport  
Bayswater Allied Health

NuKleen Drycleaners  
Dept of Sport & Recreation  
Bazzo Real Estate  
E events  
Panelmakers, Wangara

## Committee Members

President:	Spiro Sanders
Vice President:	Chris Sorensen
Secretary:	Trish Bell
Treasurer:	Carolyn Warr
General Members:	Jenna Merrick
	Clair Eiffler (left)
	Jodie Nel
Operations Manager:	Marie Greene

## Club Coaches

Caitlin Skinner	Megan Hockaday	Nandita D'Cruz
Steven Brits	Courtney Peoples	Jessica Greene
Breanna Skinner	Kris Pudelek	Ramon Israel
Marie Pudelek	Veronica Sanders	Jodie Nel
Jacinta Kikalis	Shayna Bauer	Monica Martelli
Keira Kikalis	Jessica Yiannos	Kayla Nel
John Bendall	Jade Quirici (left)	Keara Nel
Cassandra Cope	Sita Mann	Kylie Stingers
Ben Fincham- de Groot	Carmel Skinner (left)	

## Club Judges

Kath Arendt (ACRO)	Marie Greene (WAG)	Jessica Greene (WAG)
Daniel Kikalis (WAG)		

## CAPS Members

Todd Brinkworth	David Pengelly	Brya Waghorn
Aimee Sorensen		



## President's Report

Dear Members

Firstly I would to thank everyone for their wonderful effort in making 2014 a very successful and prosperous year, because without your passion and dedication it would not have happened.

To the committee, thank you for remaining faithful and loyal in which has been a fantastic, exciting year for the club. The committee has worked tirelessly throughout the year to run a professional gymnastics club whilst maintaining a vision of continuous improvement. With many decisions required to be made all in the aim of improving the club, the committee has remained mindful of the past but also been innovative towards the future of the club.

To our coaches, thank you for your tireless efforts in producing gymnasts of such high calibre that makes us proud to be a part of West Coast Gymnasts. For helping to raise polite, enthusiastic and successful young people both in and out of the gym. For your continued support of displays, come and try days and for stepping up to the plate when no one else could.

To the parents, grandparents, carers and guardians thank you for bringing the children to training on a weekly basis, or daily for some of you, because without your support we wouldn't have such a fantastic membership base.

To the gymnasts, thank you for making the club a delightful place to be involved with and for allowing us to be a part of your journey as you grow, succeed and develop into the magnificent gymnasts you aspire to be.

2014 started off the year with a demand for classes and from that point on the club continued to grow in leaps and bounds! The growth continued steadily throughout the year into terms 2 and 3 and with that came some very special talented kids. We needed to grow and as result, 19<sup>th</sup> July 2014 was a tremendous day and turning point for our club. It was the opening day of the West Coast Gymnasts Junior Gym at Unit 12/200 Camboon Road, Malaga.

Many thanks to those who assisted in creating such a fantastic club.

As we move into 2015 we look forward to helping them to become the best gymnast they can be.

We received thanks nationally for doing a fantastic LaunchPad program.

There were brilliant achievements by gymnasts in 2014 with numerous State Champions and Division state champions in State and Club levels. Well done again to all.

We also look forward to 2015 with hope and enthusiasm that we, as a club, are moving forward; growing in membership and providing the best programs possible, all while, still maintaining that famous family orientated, friendly atmosphere.

## Administration Report

2014 has undoubtedly been another year of growth.

For the first time in WCG history, we have built and successfully started running classes in a new, exciting and family-friendly venue, affectionately called the Junior Gym.

Located in the same complex, just approximately 50m away from the original venue, the Junior Gym is a welcome addition to the club and has undoubtedly brought with it some exciting and beneficial changes to its membership.

Having the two venues has allowed our youngsters the freedom and safety to move around without the added worry of a senior gymnast tumbling into them and it has helped our seniors to be able to train more effectively without any distractions or sharing equipment.

Our numbers sat as follows:

### Attendance Report (numbers tri-monthly)

NAME OF CLASS	March	June	Sept	Dec
Kindergym	39	47	45	39
GymFun	91	95	129	86
GymSkills	No classes	No classes	12	32
Junior Tumbling	4	3	6	12
Club Levels	84	95	82	64
WAG	32	33	33	37
MAG	10	9	7	13
Acrobatics	17	18	13	14
WAIS/HPC	2	2	2	1
Grand Total	279	302	329	298

### Membership Transfers Report

According to Gymnastics Australia, WCG received 28 new transfers in (up from 17 in 2013), whilst, 26 transferred out (down from 31 in 2013).

The clubs listed are those for transfers in. No data is provided for transfers out.

Contemporary Gymnastics Academy	1
Hedland Gymnastics Club	1
Star-Mites Gym Sports	14
Karratha Gymnastics Club	1
High Flyers Trampoline & Gymnastics Academy	7
Northern Districts Gymnastics Club	3
Vital Gymnastics Club	1

## School Holiday Program Report

Numbers listed below are based on an average per day. Some holidays are longer than others.

January	11
April	13
July	12
October	11

## Birthday Parties Report

2014 saw a steady number of birthday party bookings throughout the year. Between January and December 2014 a total of 28 party bookings were made.

Ages ranged from 3 years old up to 16 years old.

An average of 20 children per party attended West Coast which also aided in the growth of membership and school holiday program attendees. All in all, a very successful year for birthday parties.

I have no doubt 2015 will consistently bring more birthday parties to the club, and hopefully in turn, more members.

It's exciting to see the numbers growing each year and I am really looking forward to seeing what 2015 will bring us.

Marie Greene  
Operations Manager



## Events Roundup

### January

The club's school holiday program ran from 6<sup>th</sup> of January through to 31<sup>st</sup> of January with an average of 11 children per day, with some days reaching over 20 children. Despite the heat, the kids had a ball.

### February.

ENROLMENT DAY was held Saturday 1st of February from 9am til 1pm. During this time free "Come n Try" sessions successfully ran from 9.00am til 11.00am. Numbers recorded showed an increase of approximately 100 children.

The annual GWA Awards Night was held on 22<sup>nd</sup> of February 2014 at the Italian Club. 6 went along to represent WCG. It was a great night out for all.



### March

Landsdale Neighbour Day was held at Warradale Oval, Landsdale on 22<sup>nd</sup> of March. We ran a free "come n try" session for the community and handed out approximately 50 free lesson vouchers.

Ellenbrook "Connect" was the next event which ran on 30<sup>th</sup> of March. A busy event packed full of over 4000 locals proved to be a very successful day out.

### April

On Saturday 12<sup>th</sup> of April, our Easter Disco was held with tickets selling out very quickly. It was a fantastic night full of games, activities and prizes. Our best dressed fashion show was a great hit and was fantastic to see so many children dressed up.

The school holiday program ran successfully from 14<sup>th</sup> of April to 24<sup>th</sup> of April with approximately 13 children in attendance per day over the break.

### May – July

Project Camboon. An amazing effort from volunteers, committee, coaches and parents to get our Junior Gym up and running within 2 months. We planned, we sketched, we shopped, we built...2 months of intense work to get the place up and running in time for Term 3. Words cannot describe the amount of work that went into this project. Day in, day out, sun up to sun down and even into the wee hours of the morning, we hammered, we painted and we designed...and yes, we did it. A massive thank you to Kris Pudelek for his hard work as Project Manager and to Chris Sorensen for his assistance. Honorable mentions go to both Kevin Durham and Brad Hardingham for their efforts.

## July

Junior Gym's Grand Opening was the biggest event of the year and wow, what an amazing day. The response from everyone was overwhelming and we were inundated with positive feedback on how awesome the gym looked and how well the event ran.

Support from the committee, the coaches, parents, gymnasts and even the WA State Team made it an absolutely fabulous, fun day. With circuits, games and displays finished off by the cutting of the ribbon, it was an afternoon not to be missed.



## August

The annual Ballajura Fair was another successful event that WCG were proud to be a part of.

The community spirit, the displays, the stalls, the fun and games all made it an enjoyable day for all. A big thank you again to our volunteers for the day.

## September

Our ACRO Open Day was held on Sunday 7<sup>th</sup> of September and was an opportunity for young members to try their hand at ACRO and see if they were eligible for the national squads.

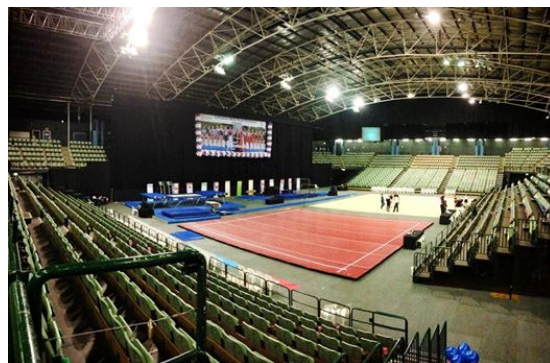
Most of the girls who tried out were successfully offered places in Levels 1-3. Well done girls.

## October

Next on the events calendar was the WAG and MAG Talent ID Day which was held on Sunday 5<sup>th</sup> of October. After much jumping, climbing, running and stretching, coaches were able to successfully offer placements to many girls and boys from ages 4 and up. It was great to see so many talented kids vying for a spot on the teams. Well done everyone who successfully were offered a place.

Children's Week soon followed – although the weather was terrible, it didn't keep the crowds away. We braved the rain and wind and enjoyed being out at this event. Kids loved climbing and hanging on our equipment in their raincoats and we had fun watching them enjoy it. We managed to dodge the rain to successfully show off a display routine on the grass. We hope next year we will be invited back and the weather will be better.

The weekend of the 18<sup>th</sup> of October saw us successfully co-ordinate the bump in and bump out of the 2015 Chetkovich Cup. A massive task, overseen by Kris Pudelek, saw many volunteers help set up what is one of the biggest bi-annual events for gymnastics held at Venues West.



From hiring a truck, to organising volunteers, dismantling equipment and transporting it from Leederville to Mt Claremont and back was no easy task. But we did it. A profitable fundraiser for the club saw us receive approximately \$4000 for the work. A big thank you to all involved.

Something different to West Coast this year was our Family Photo Day Fundraiser. On Sunday October 26<sup>th</sup> many families donned their best frocks, tied up their hair and posed for the cameras thanks to Carree Photography. One family even had their portrait taken with their beloved family dog. Thank you to all who joined in a made this event a success.

Finally for October, our Junior Gym held a Halloween Party on Friday 31<sup>st</sup> of October from 7.30pm. Witches, ghosts and goblins graced their presence, joined in with the devilish fun and chomped their way through monstrous cakes, cookies and treats. Some of the games were a big hit thanks to Jacinta Kikalis' amazing ideas. Pulling the eyeball out of the slime was certainly the biggest hit of the night.



WOW, October was a busy month!

## November

Two great community events in November saw us performing displays and holding stalls at both the Alinjarra Family Fun Day and the Swan Valley Anglican School Family Fun Day.

The weather was beautiful, the crowds plentiful and the displays, well, they were amazing as usual.

Good work to the team once again who took time out of their busy Sunday's to help promote community spirit, the club and the sport of gymnastics.





On Saturday 22<sup>nd</sup> of November the staff and committee took much needed time out and set sail along the Swan River thanks to Captain Cook Cruises.

The President's Cruise was a great night out for many and was a great way to unwind, celebrate the successful year that has been 2014 and to just enjoy each other's company.



## December

Our end of year Junior Showcase which was held on Sunday 7<sup>th</sup> of December was a fantastic day out for gymnasts, parents, grandparents and friends to see what the kids had been working hard on all year. A great day saw 3 sessions run back to back, starting with the Kindergym and GymFun and working through to the GymSkills girls.



Santa even popped down and helped out for a bit.

Well we reach the end of the events for 214, and well, what can we say but thank you to all for making the Trophy and Gala Day an enjoyable, relaxing day out filled with fun, laughter, games and of course, trophies.

A job well done to the committee, coaches and of course the gymnasts who have worked hard all year to make West Coast have a very exciting and successful year.

Congratulations to all our trophy winners who were presented with their awards at the Bayswater Riverside Gardens on Sunday 14<sup>th</sup> of December 2015.



## Programs

### ACROBATICS

Acrobatics for 2015 was a fairly quiet year for the club due to many changes, group rearrangements and retirement of some of our members. Being such a team orientated sport, it can be extremely difficult to get a spectacular routine choreographed when members are off injured, sick or because the class simply doesn't have a full squad but in saying that, we still had some relatively successful results from those in the lower level competitive program.



We can proudly say our Level 1s worked extremely hard and were pushed to their limits in time for State Championships and successfully came home with many medals.

Our Level 4s, Cassandra Cope and Ariella Stewart also did us very proud also by winning silver at the same State Championships. A big congratulations to our gymnasts and coaches on this fantastic effort.

The rest of the year was spent preparing for 2015 and the squad's main focus was about looking to the future and planning what was to come next.

Conditioning, conditioning, conditioning seemed to be the theme. The acrobats worked extremely hard at building their strength and flexibility throughout the year and with that said, are now excited about putting it on show in 2015.

We also ran a relatively successful Open Day and gained several new Level 1 gymnasts interested in learning the art of acrobatics.

We are very excited to see them form into groups for 2015's competition season and impress the crowds and their families with all that they have been learning so quickly.

We also hope to increase numbers for 2015 and to do this we will be opening up a recreational acrobatics class to be held at the Junior Gym and from there hopefully grow the program and encourage girls and boys to give the sport a go.

Looking forward to another great year.

By Caitlin Skinner

## WOMENS GYMNASTICS

2014 saw another extremely successful year from the Women's Competitive Program. The end of the year saw a substantial growth within the program ensuring its future as a strong hold in years to come.

### National Championships

A record number of athletes were selected onto the State Team and travelled to Melbourne for the 2014 Australian Championships, with the level 7 team walking away with a bronze medal and all athletes making it to finals. Top 20 results were:

#### Level 7

Sita Mann	18 <sup>th</sup> All around	15 <sup>th</sup> Vault	20 <sup>th</sup> Bars	20 <sup>th</sup> Floor
Kayla Nel	14 <sup>th</sup> Vault	17 <sup>th</sup> Beam	17 <sup>th</sup> Floor	
Kayla Nguyen	18 <sup>th</sup> Bars	11 <sup>th</sup> Beam		
Keara Nel (reserve)				

#### Level 8

Keira Kikalis	17 <sup>th</sup> beam
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### Trans Bass Team Challenge

Keara Nel was also selected to represent the State in National level 7 at the Trans Bass Competition in Tasmania with Elisha Simmons being listed as reserve for National level 6. The level team walked away with team Silver and Keara excelled individually:

All Around: Bronze

Vault: Silver

Beam: 5th

Floor: Gold

### State Championships

Some excellent results were also achieved at State Championships across all national levels. See our State Championships Results page for highlights.

At the end of the competitive season, the club held a Talent ID day in aid of testing to see who had what it takes to become part of the national development program.

The day ran successfully with so many young, enthusiastic girls vying for a select number of spots on the teams. Girls aged 4-9yrs had to jump, run and stretch all in aid of impressing the coaches and proving they have what it takes to be a part of a squad.

Several new squads and groups were formed following on from the talent ID day, and in time for the start of the new competitive season.

Congratulations to all our girls who made it through and good luck in your competitions for 2015.

By Marie Pudelek



## MENS GYMNASTICS

The beginning of the 2014 season saw the MAG program in a bad spot with limited coaches available in the gym (let alone coaches qualified or experienced enough to take the MAG squads) and with only three competitive gymnasts lined up for the season, we saw the program start to diminish to a point where we had next to no future program if MAG Squad 1, for any reason, were to no longer exist.

To combat this, we introduced a new development program for young boys and heading up this program was our very own Keira Kikalis.

Keira took on the Friday Development Squad and along with her Wednesday Club Levels group (with the help of Todd Brinkworth) we saw numbers start to grow.

The development program aims to develop the basic fundamentals required for gymnastics including, strength, flexibility, tension, proprioceptive awareness and the basic gymnastics skills that will be continually developed throughout the higher levels seen in our squads.

This program caters for boys who have shown potential talent for our men's national competitive stream, but are either at an age too young to compete or require more progression before entering the higher streams within our club.

Having this in place soon allowed us to introduce a second junior competitive group (MAG Squad 2) and enable me to focus purely on the competitive streams.

Saying this, MAG squad 2 was still a small group with only an additional three competitive gymnasts, as we struggled to see any solid commitment from athletes and parents in this young age group.

Regardless, the competitive season for Squad 2 went rather well considering the short lead up time and saw some respectable results. Squad 1 and Squad 2 remained reasonably small into late 2014, but with the introduction of MAG Squad 3 with our second MAG coach Ben we now have around 13 competitive gymnasts for the 2015 season ranging from levels 1-7.

This is the highest number of competitive gymnasts that the MAG program has had over the past three years.

With gymnasts ranging from levels 1-7 we are starting to cover a wider competitive spectrum once again.

The MAG program is aiming to lift these numbers up to 20 competitive gymnasts by the end of 2015 along with additional plans already in place to have four sufficiently qualified MAG coaches for the 2016 season.

## ADULT CLASSES

In the time that I've been coaching the adult classes at West Coast Gymnasts, I've watched the classes grow, gain traction and popularity, and ultimately take back to the community a healthy perception of gymnastics.

The adult classes at West Coast Gymnasts are host to a vibrant tricking community. Many of the trickers have been training out of West Coast for years, although newcomers are common, and a number of them recently attended the National Tricking Gathering in Sydney in January this year.

In recent months, the adult classes have hosted athletes from a number of Perth Free-running teams, notably Arcane Free-run and CTM. West Coast is becoming an increasingly appealing venue for in-gym free-running training thanks to our facilities, particularly the tumble strips in the Senior Gym and the foam pits adjacent to our sprung floor and trampoline. Many free-runners and trickers have also made use of our strength and conditioning facilities; pressing to handstand on beams and practicing flyaways and castaways from our bars into pits and also to floor.

Cross-fitters have also begun making appearances at adult classes in an effort to learn and practice gymnastics related movements to make them more competitive in their competitions. With a particular focus on handstand movements and muscle ups, the adult classes are providing the crossfitters attending them an edge over other athletes in their boxes.

In addition, adult classes at West Coast have been and are a place for members of the community to gain fitness, reconnect with gymnastics they may have done in the past and to learn and achieve new skills, and a place to have fun. Given the popularity of the adult classes, we now run a second class each week and are successfully competing with gyms like Vital Gymnastics and Challenge Stadium.

Our goal for 2015:

I'd be interested in more advertising for the adult classes, looking into running workshops dedicated to teaching gymnastics skills in crossfit in cooperation with Crossfit Boxes, considering opening a third class if attendance numbers keep growing and sponsoring a freerunning or tricking team.

I would also be interested in trying to run some kind of freerunning and parkour event.

Finally, I would be interested in pursuing some kind of parkour-specific coaching accreditation, in order to become a better and more helpful coach, and to make our classes demonstrably superior to other gyms in that regard.

By Ben Fincham De-Groot

## TUMBLING

Tumbling was relatively new for 2014 and was mostly enjoyed by the young girls who wanted to learn to do handstands, cartwheels and roundoffs.

The class was a single class run by Megan Hockaday on a Tuesday afternoon and saw an average of 8-10 girls coming in on a regular basis.

The girls not only stretched, jumped and tumbled around, but they also built long-lasting, steady friendships and this soon became another great reason to make sure they were at class each and every week.

We look forward to expanding the tumbling classes in 2015 and to provide more opportunities for both boys and girls of all ages.

## LaunchPad

2014 was an exciting and promising year for the LaunchPad Program at West Coast.

LaunchPad is described as the 'Nursery to all Sports' and is designed to give each child the opportunity to develop, practice and foremost enjoy movement through a wide range of activities. Our program endeavoured to take a step back from gymnastics specific teachings and instead allow for each child to develop holistically, including physically, social-emotionally and cognitively, through gymnastics inspired activities.

During Term 2 we were fortunate enough to acquire a new venue and our dream to create a recreation-only gym became a possibility and eventually a reality. Project Camboon was born and we set ourselves a mission to be open and running in only a short 10 week time frame. Many volunteered hours of hard work and effort went into the creation of the Junior Gym and for all the sweat, blood and tears the opening of the Gym allowed for us to achieve the utmost success. We were also fortunate enough to be provided with new equipment and apparatus which has been specifically chosen to meet the needs of children aged 0-8 years. We also welcomed new staff to our team. Their vivacious, bubbly and enthusiastic personalities are more than contagious and are consequently loved and adored by our gymnasts.

These developments and additions have allowed us to further tailor our lessons to meet the demands of the LaunchPad Program which has now been recognised as 'Best Practice', and has been publically praised by Gymnastics Western Australia as well as Gymnastics Australia.

## KinderGym

KinderGym is the first of the three sequential programs within LaunchPad and is specifically designed for children aged between 0 - 5 years old. Research shows that children learn best through exploring and discovering their abilities through physical activity. KinderGym ensures that children can experience a wide-range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies. KinderGym relies on equipment set-ups that are safe, stimulating and provide endless movement opportunities for children to play, explore and learn. KinderGym also assists in child development, co-ordination and self-esteem. The program promotes the child as the key focal point and involves active participation of the child's parents or carer.

This year we have introduced a structured class that allows for children to explore, grow and develop at their own rate in a fun, safe and stimulating environment.

We introduced the children to educational themes that have linked in to the lessons and have provided engaging activities and stimulating opportunities for growth. In Term Three the children explored 'Colours of the Rainbow' and skipped, jumped and hopped their way through obstacle courses and games that were based on colour recognition and identification. In Term Four the children went 'Into the Wild' and swung like monkeys and jumped like frogs as they learnt about animals and their homes, all the while learning and developing the gymnastics fundamental core skills.

At the end of the year we welcomed our Kindy Gymnasts to their very first Showcase event. Here gymnasts engaged in activities they had learnt throughout the year and performed a circuit with the help of their parents and carers. Each Child walked away with a big trophy and an even bigger smile; a great day was had by all.

We look forward to continuing this journey of growth and development with our Kindy Families and look forward to welcoming more into the wonderful and fun world of KinderGym.

### GymFun

GymFun is the second of the three sequential programs within LaunchPad and is specifically designed for children aged between 5 - 8 years old.

In GymFun, we focus on the fundamental movement patterns that will help children to progress into more advanced skills or activities. Just like KinderGym, the games and activities in GymFun are safe and encourage children to work with others, cooperate and build self-esteem.

Our first major event of the year was the Easter Disco. We had over 80 children dressed up and present. They boogied and grooved the night away, played Easter themed games and participated in an Easter Egg Hunt and a Best Dressed Costume Contest.

Term Two concluded with our Annual Mid-Year Recreational Competition. The gymnasts performed routines containing skills they had been working on throughout the Semester. They all did immensely well and all walked away with ribbons and medals.

In October we christened the new gym with its first ever Halloween Party. Over 60 children dressed as monsters and witches crawled and crept their way in. They danced, played Halloween themed games, pinned the hat on the witch, popped balloon pumpkins, sifted through eye ball goo for prizes and ate creepy, icky and slimy Halloween party food. The night finished with a costume contest and everyone left happy with a haul of prizes and candy.

Our GymFun Gymnasts developed enormously throughout the year. Beginning with basic static skills in term one and finishing the year performing handstands and cartwheels. Their development astounded their coaches and was definitely evident at the End of Year Showcase. Here children swung, cartwheeled and jumped the day away, showing their families all that they had learnt. The children were then visited by a very special guest... Santa! and were presented with a lolly bag and their trophy.

The day's success was marked by lots of smiles and laughter, a wonderful end to an eventful and busy year.

We look forward to continuing this development in the New Year.

### **GymSkills**

This year we introduced a new program to West Coast Gymnasts and are incredibly proud of its success.

GymSkills is the third of the three sequential programs within LaunchPad and is specifically designed for children aged between 8 - 12 years old.

As children develop their movement skills, we can begin to introduce activities that may be more specific to certain sports. Gymnasts involved in GymSkills will improve their fitness, however keeping lessons fun is still the biggest priority. After being involved in GymSkills, children will have had the opportunity to increase their confidence and competence in movement; preparing them for a wide range of other sports and activities.

By introducing this program to the gym we have catered lessons for an age group and skill level that hadn't previously been met, and consequently have welcomed a large number of new enrolments.

We began with one small class in the beginning of term two and now have three full capacity classes and one developing class running, with plans to have a class running each night in 2015.

The GymSkills program has been a massive achievement; however we do feel that with the increase of enrolments for this age group and skill level, some more tailored equipment, such as a fixed bar system, would be beneficial to the preservation and growth of these classes.

Although the program has only been running for a short time, the gymnasts have developed hugely which was evident for all to see at the End of Year Showcase. The girls worked immensely hard to be ready for this event and have done their coaches very proud; even putting together a Christmas themed display for the enjoyment of the spectators. Each gymnast walked away with a show bag and participation trophy. A delightful day was evidently had by all, and was a wonderful end to an exciting and promising year.

We look forward to the continual growth and development of this program in 2015.

By Jacinta Kikalis



## CLUB LEVEL GYMNASTICS

### Girls

2014 started with a large group of new gymnasts in the lower levels eager to try new skills and have some fun, along with our long term achievers who have been competing with West Coast for up to 6yrs.

This year we had girls competing in Level 1 through to level 7 at Competition #1, Competition #2 and Club Level State Championships with many gymnasts placing in the top 6 individually and as teams.

Special mention goes to Abigail Davies who retired at the end of the year after achieving level 7. The senior club level group who competed at State Championships consisted of Abigail and Georgia in level 7. Alexandra, Shannon and Irma in Level 6. Amy, Isabelle and Talullah in Level 5 and Abigail in Level 4. We can proudly say the girls all made huge personal progress throughout the year and finished off the season with some great results at the State Championships.

I also took this great group of girls rock climbing as an alternative training session during the year which was a lot of fun. The Club Level girls (all levels) finished the year off with a sleep over at the gym with pizza, games and some movies.

By Jodie Nel

### Boys

The men's Club Level program at West Coast Gymnasts caters for boys who are not only over the age of eight and hence too old for our GymFun program, but also for boys who show talent exceeding the requirements of our GymFun program. It also is beneficial to those boys who (without the time and skill commitments of our squads), are interested in competing in the discipline of gymnastics.

Our MAG Club Level program aims to introduce participants to the wide range of skills, techniques and demands of gymnastics whilst maintaining a relatively relaxed and flexible program. Not only does this group house gymnasts with prior training, it also caters for boys coming into the club with no gym experience.

It is important to have such a group within the club as it opens many opportunities to those who just want to have a bit of fun, stay fit, and if feel the need, compete in a less disciplined competitive stream. In 2014 the program ran smoothly, averaging around six boys in the group. Sizes of this group were continuously changing (this is to be expected within this sort of group).

In 2014 we did not have any boys compete from this program but as the new competition year commences for 2015, we aim to make this option available.

By Kippa Kikalis





## Athlete Recognition

West Coast Gymnasts would like to acknowledge and congratulate the following gymnasts for a successful 2014.

### WAG State Team Representatives

#### Australian Championships Level 7

Sita Mann  
Kayla Nguyen  
Keira Kikalis  
Keara Nel  
Kayla Nel

#### Coaches

Kris Pudelek  
Marie Pudelek

#### Trans Bass Challenge

Keara Nel  
Elisha Simmons

### WAG Talent Squad Members

Charlize Mennell  
Elisha Simmons

### WAIS Representatives

Madison Curtis

## State Championships Winners Top 10 (Level 4-10)

### ACROBATICS

ACRO Level 4 Cassandra Cope, Ariella Stewart 2<sup>nd</sup> overall

### WOMENS ARTISTIC GYMNASTICS

CLUB 4 Abigail Phillips 9<sup>th</sup> overall

CLUB 5 Isabelle Waterfield 7<sup>th</sup> overall

CLUB 6 Team Event 5<sup>th</sup> overall

CLUB 7 Georgia Thomas 6<sup>th</sup> overall

CLUB 7 Abigail Davies 9<sup>th</sup> overall

NDP 4 Charlize Mennell 1<sup>st</sup> overall

NDP 4 Liliana Nguyen 1<sup>st</sup> overall

NDP 4 Montana Mann 1<sup>st</sup> overall

NDP 4 Isabella Prosser 5<sup>th</sup> overall

NDP 4 Natasha Griggs 8<sup>th</sup> overall

NDP 4 Team Event 1<sup>st</sup> overall

NDP 6 Elisha Simmons 2<sup>nd</sup> overall

NDP 6 Aimee Sorensen 6<sup>th</sup> overall

NLP 7 Lacey Bishop 2<sup>nd</sup> overall

NLP 7 Sita Mann 3<sup>rd</sup> overall

NLP 7 Kayla Nel 5<sup>th</sup> overall

NLP 7 Keara Nel 6<sup>th</sup> overall

NLP 7 Kayla Nguyen 8<sup>th</sup> overall

NLP 7 Team Event 1<sup>st</sup> overall

NLP 8 Keira Kikalis 5<sup>th</sup> overall

### MENS ARTISTIC GYMNASTICS

MAG 4 Michael Kolman 7<sup>th</sup> overall

MAG 6 Todd Brinkworth 8<sup>th</sup> overall

Mixed Level 2-6 Team Event 4<sup>th</sup> overall

## Gala Day Trophy Recipients

### Men's Artistic Awards

Perpetual	Most Promising	Sithika Wijesiri
Perpetual	Highest Scorer	Jundro Seegers
Most Conscientious	MAG Level 1-7	Sithika Wijesiri
Most Conscientious	Club Levels	Nathan Butler

### Women's Artistic Awards

Perpetual	Most Promising	Charlize Mennell
Perpetual	Highest Scorer NDP 1-3	Madison Curtis
Perpetual	Highest Scorer NDP 4-6	Charlize Mennell
Perpetual	Highest Scorer NLP 7+	Lacey Bishop
Most Conscientious	Squad 1	Elisa Simmons
Most Conscientious	Squad 2	Liliana Nguyen
Most Conscientious	Squad 3	Hannah Neral
Most Conscientious	Squad 4	Georgie Purcell

### Club Level Awards

Perpetual	Highest Scorer 1-3	Emily Phillips
Perpetual	Highest Scorer Level 4+	Isabelle Waterfield
Most Conscientious	Club Level 1	Katelyn Simpson
Most Conscientious	Club Level 2	Tia Mosedale
Most Conscientious	Club Level 3	Abby Doolan
Most Conscientious	Club Level 4-10	Alexandra Bell & Amy Holdaway

### ACRO Awards

Perpetual	Most Promising Level 1-3	Madison Lill/Mia Costas/Charlie Yurisich
Perpetual	Most Promising Level 4+	Cassandra Cope/Ariella Stewart
Perpetual	Most Accomplished Team	Isabella & Sienna Franchina
Most Conscientious	Level 1-3	Mia Costas
Most Conscientious	Level 4+	Ariella Stewart

### Tumbling

Most Conscientious	Aaliyah Bin Baker
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### Club Awards

Perpetual	Trent D'Silva Award	Elisha Simmons
Perpetual	Leadership Trophy	Jacinta Kikalis
Perpetual	Coaches Award	Jacinta Kikalis
Individual	Volunteer of the Year	Brad Hardingham & Brett Prosser

## Honour Board

7yr competitor	Keara Nel	&	Aimee Sorensen
10yr member	Keira Kikalis	&	Jacinta Kikalis
10yr competitor	Keira Kikalis		

## Treasurer's Report

### Financials

As at 31<sup>st</sup> of December 2014 the following accounts showed a balance of:

General Account:	\$8017.63
Fundraising Account:	\$5208.29
Grants Account:	\$1255.69
Bond Security Account:	\$5000.00

The year has run very well considering the tight budgeting required due to the low cash flow.

Having accounts overdue can make it difficult to pay the bills and finalise any expenditure if member's accounts are not paid in full. In the next year we hope to focus on reducing the amount of outstanding bills to help improve cash flow.

That said, we did manage to build a new premises thanks to the countless hours devoted to Project Camboon by our volunteers and staff.

Although this year we didn't make a profit, we benefited other ways and have a whole new gym to show off instead.

We look forward to utilising both gyms in 2015 to make full use of our venues and hopefully bring in some revenue which is now required to finish some projects in the Junior Gym, and to start some major ones in the Senior Gym.

We'll be looking towards more grants and sponsorships in 2015.

2014 did see us awarded 1 x Grant: A Stockland Grant of \$1000.00 was awarded to WCG late 2014 and this money will be used towards the Senior Gym's upgrades, particularly in the boys section.



By Carolyn Warr, Treasurer

## Equipment Levy Purchases

Equipment Levy received: \$11,590.16

Equipment Levy purchased: \$11,590.16

Ropes and shackles	\$150.00
Resource books	\$89.00
Witches hats / balloons for Kindergym/GymFun	\$32.00
More items for rope system	\$72.92
More items for rope system	\$28.20
Junior Gym bars	\$800.00
Mats / Circus Tent and other items for Junior Gym	\$119.85
Flat Hoops / Agility Ladder etc for Junior Gym	\$59.26
New trampoline bed	\$999.00
Floor strips, carpet, underlay and tumble tramp for Junior Gym (total over \$21,000 so was part funded from equipment levy purchases)	\$9021.13
Gazebo & Tables for Events	\$218.80
<b>TOTAL</b>	<b>\$11,590.16</b>

# Income Statement



**WEST COAST GYMNASTS INC.**  
**INCOME STATEMENT**  
**FOR THE YEAR ENDED 31 DECEMBER 2014**

	<u>2014</u> \$	<u>2013</u> \$
<b><u>INCOME</u></b>		
Fees	314,502	282,408
Fundraising	14,305	19,005
Equipment Levy	11,590	9,248
Interest	112	98
Canteen Sales	3,271	793
Clothing Sales	7,248	5,667
Comp Entry Fees	17,298	16,258
Grants/Donations	1,364	45
Government Rebate	-	125
Registrations	24,064	64
Special Events	22,252	9,595
Sundry Income	2,482	3,070
<b>TOTAL INCOME</b>	<b>418,489</b>	<b>346,377</b>
<b><u>EXPENSES</u></b>		
Advertising	4,833	2,536
Affiliation	1,449	3,547
Audit Fees	3,030	-
BAD Debts	-	319
Bank Charges	3,386	3,089
Cleaning	4,936	5,344
Clothing	7,244	5,509
Competition Expenses	6,616	2,033
Debt Collection Costs	250	244
Depreciation	8,891	6,087
Doubtful Debt Provision	2,362	3,309
Electricity	6,405	5,626
Entry Fees	14,954	12,657
Equipment Purchase	1,399	3,340
Fundraising Expenditure	20,226	19,108
Gymnastics WA - Judging Fines	618	3,510
Insurance	5,725	1,412
Land Tax	6,642	-
Miscellaneous payments	2,859	8,771
Postage & Stationery	5,585	3,419
Rates	10,198	5,630
Registrations	11,134	6,061
Rent	48,715	35,379
Repairs & Maintenance	13,658	3,588
Security	548	548
Superannuation	17,060	12,128
Telephone & Internet	5,213	3,952
Training/Courses	4,502	2,295
Wages	203,880	161,256
Workers Comp.	4,693	3,690
<b>TOTAL EXPENDITURE</b>	<b>427,011.55</b>	<b>324,385</b>
<b>Operating Surplus/(Deficit) for the year</b>	<b>(8,523)</b>	<b>21,992</b>



## Balance Sheet

### WEST COAST GYMNASTS INC. BALANCE SHEET AS AT 31 DECEMBER 2014

	<u>2014</u> \$	<u>2013</u> \$
<b><u>ASSETS</u></b>		
<b>Current Assets</b>		
Cash	16,205	33,520
Receivables	19,483	12,919
Inventory	1,230	1,230
<b>Total Current Assets</b>	<b>36,919</b>	<b>47,669</b>
<b>Non-Current Assets</b>		
Plant & Equipment	63,713	44,565
<b>Total Non-Current Assets</b>	<b>63,713</b>	<b>44,565</b>
<b>TOTAL ASSETS</b>	<b>100,633</b>	<b>92,235</b>
<b><u>LIABILITIES</u></b>		
<b>Current Liabilities</b>		
Accounts payable	45,476	28,554
<b>TOTAL LIABILITIES</b>	<b>45,476</b>	<b>28,554</b>
<b>NET ASSETS</b>	<b>55,157</b>	<b>63,680</b>
<b><u>EQUITY</u></b>		
Balance at beginning of the year	63,680	16,948
Prior Period Adjustment		24,740
Operating (deficit)/surplus for the year	(8,523)	21,992
<b>TOTAL EQUITY</b>	<b>55,157</b>	<b>63,680</b>

## Fundraising Report

The Club participated in many fundraising activities during the year in aid of increasing the funds available to improve the club and its facilities.

This year the majority of all monies raised went on Project Camboon.

Closing Balance as at 31<sup>st</sup> Dec 2013                \$13,667.85

Closing Balance as at 31<sup>st</sup> Dec 2014                \$5208.29

Here is a list of events held during the year.

Name of Fundraising Event	Date Held	Profit Made
<b>Year-Round Chocolate Drive</b>	Jan-Dec	\$844.00
<b>Entertainment Books</b>	April to Sept	\$52.00
<b>Hot X Bunraiser</b>	April 7th	\$180.00
<b>Easter Disco</b>	April 12th	\$361.00
<b>Chetkovich Cup Bump In/Bump Out</b>	October 18th	\$3960.00
<b>Carree Photography Family Photo Day</b>	October 26 <sup>th</sup>	\$275.00
<b>Halloween Party</b>	October 31 <sup>st</sup>	\$695.00
<b>Junior Gym Showcase</b>	December 7th	\$724.00
<b>Heather Brae Supa Slice Drive</b>	December 10th	\$199.00
<b>Gala Day</b>	December 14th	\$-590.00

Monies raised during every day kiosk sales were also banked on a regular basis.

The fundraising money is being put towards:

- Upgrading the boys floor area in the Senior Gym
- Kitchen and bathroom upgrades in the Senior Gym
- More equipment for both gyms
- Office upgrade in the Senior Gym

## Acknowledgements

West Coast Gymnasts would like to acknowledge and thank the following businesses and individuals for their continue support throughout 2014.

Without the help of such people, the club wouldn't be where it is today.

To our committee, thank you.

To all our coaches and CAPS members, thank you.

To our judges, thank you.

A big thank you to our 2014 trophy sponsors:

MyPhoneVouchers	Sorensen Family	Williams Family
Cavalier Security	Pudelek Family	Sanders Family
MotorSales WA	NuKleen Drycleaners	Nel Family
Heel With Me Dog Walk	Skinner Family	Kath Arendt
Prime Trophies		

A big thank you to our 2014 business sponsors:

Rotary Club of Ballajura-Malaga	Cartridge World, Malaga
Bayswater Allied Health	Image Signs & Promotions
Nukleen Drycleaners	Bazzo Real Estate
Cavalier Security	Prime Trophies
Kev's Carpentry	Kidsport
Blue Heeler Electrical Services	E events
Gymnastics WA	Panelmakers Wangara
Dept of Sport & Recreation	

And to all our mums, dads, grandparents, carers and guardians who drop off, pick up and support our members on a weekly basis, who donate icy poles and raffle prizes, help out at sausage sizzle fundraisers and just help wherever they can, we thank you for your continued support throughout 2014!!

West Coast Gymnasts Committee, Staff and Coaches

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