



FEBRUARY NEWSLETTER 2019

Welcome to the first 2019 edition of the PRG Newsletter.

Happy New year to all, welcome back and hello to all our new members.

We hope you all had a relaxing and enjoyable break.

Our coaches were very happy to report that all our gymnasts have returned this term well rested and full of energy and enthusiasm for 2019.

A big thank you to all families and friends who were so generous at the end of year Christmas Concert last year. We have been able to purchase 2 industrial fans to use at trainings and to help cool everyone down when we host events.

We have also had the Prahran competition floor professionally cleaned and given it an anti-bacterial and anti-fungicide treatment, fresh and ready for the new year.

2018 GV Awards Night

PRG was very well represented at the 2018 Gymnastics Victoria awards night.

The presentation dinner was held on the weekend and we are very proud to announce that Alexandra Kiroi Bogatryeva (Sasha) was awarded the Rhythmic Gymnastics High Performance Athlete of the Year award. Congratulations Sasha.

The Club also had the following finalists, congratulations to all:

High Performance Athletes of the year: Alisa Gimgina, Ashari Gill, Miyabi Akiya

Levels and Group Gymnasts of the Year: Amber Golding, Katyia Vakoussevitch, Georgia Whitney, Dominga Beltran, Jett Bolt

High Performance Coaching Team of the Year: Kateryna Logachova and Taylor Tirahardjo

Levels Coaching Team of the Year: Alicia Regula, Anna, Mischelle, Naila, Charlotte, Rebecca, Alicia and Kira

Official of the Year: Kateryna Logachova

Volunteer of the Year: Stella Katakazas

2018 Small Club of the Year Finalist

Well done to all our gymnasts and coaches on their continued success at every level and to all of you who support them in their endeavour, thank you.

UPCOMING EVENTS

Please check our website Events page:

<http://www.prahranrg.com.au/event-calendar.html>

There are still a few club competitions to be confirmed with Gymnastics Victoria for the levels gymnasts, but they are not until later in the year.

Term 1:

NSW Invitational 16-17th February

Noga Barkan Make a Wish Foundation Workshop 17th February

Prahran Invitational 16-17th March-Prahran Hosting

State team Trial 1 2nd March- Prahran Hosting

State Team Trial 2 24th March

We are hosting the Prahran Invitational and the state Team Trial 1 at PRG and need volunteers and cheer squads to support both events, both adults and kids (kids are great runners for the scorers). Being involved in these events provides a great opportunity to see some beautiful Rhythmic Gymnastics, see how competitions are run and support our gymnasts and club at the same time. Emails will be sent with session times and jobs that require volunteer assistance shortly, look out for them in your inbox

Please contact **Stella Ktrakaza** our **Events Officer** and register your interest to help.

Phone 0418 301 526 or **Email** grazingwithstella@hotmail.com

MAKE A WISH FOUNDATION

Noga Barkan Make a Wish Foundation Workshop 17th February

Prahran Rhythmic Gymnastics is very proud to be supporting this special Make a Wish Foundation event at Edge Gymnastics in Moorabbin this Sunday. Come and hear Noga's inspiring story and have some fun in her beginners' workshop. Prahran levels gymnasts Samantha and Jett will be assisting Noga, demonstrating and assisting at the Masterclass workshop. Look forward to seeing you there.

**KFSD AND EDGE GYMNASTICS, TOGETHER WITH MAKE-A-WISH,
INVITE YOU TO**

**BE INSPIRED BY NOGA'S JOURNEY
FOLLOWED BY A GYMNASTICS MASTERCLASS**

Noga Barkan, an Israeli rhythmic gymnast was preparing for the 2016 Rio Olympic Games when she was diagnosed with cancer. Her dream to take part in the Olympics was crushed, but her wish to go to the Olympics to support her teammates was granted by Make-A-Wish Israel.

INTERNATIONAL GUEST SPEAKER FROM ISRAEL

SUNDAY 17TH FEBRUARY 2019

Time: 2pm-4pm | Venue: Edge Gymnastics - Unit 9 445-453 Warrigal Road, Moorabbin
Cost: \$18 | Ages 10+
Bookings: www.trybooking.com/BAAQB

Logos: KimFactor School of Dance, Prahran Rhythmic Gymnastics, Edge Gymnastics, Make A Wish (Shared Appeal)

VOLUNTEERS

Our club relies heavily on Volunteers to run the club and all the extra events that make the sport so enjoyable for our girls and for us. Being a volunteer in any capacity large or small is a huge help to the club and is a great way to learn more about the sport, connect with other families and support our daughters.

Currently the club needs the following:

Website Manager (sounds very official but we have a very simple website generator and all we need is someone to update the website with news and events as they occur during the year).

Grants Officer: Again sounds very big but we just need someone to regularly check grants at https://sportscommunity.com.au/grant-category/grants-open-grants/?inf_contact_key=5c780c425fd30b75815d3d626825ed78842e902fbefb79ab9abae13bfc46658 see which ones apply to our club or athletes and apply for them. The club gives full support and any information needed to fill them out.

Marketing Manager-If you think outside the box, have lots of ideas and love connecting with people or reaching out to the community then we would love your help promoting our club.

Other areas where you can have lots of fun and make a valuable contribution are:

Music assistants-press the go button on the pre-organised music track at competitions

Scoring assistants- enter the judges scores into the pre-set up data sheet

Event assistants-help set up, pack up, collect door money and generally assist our event Co-Ordinator Stella.

If you have any other skills or experience that you would like to share with the club, please contact us and we will be happy to have you on board.

REMINDERS

Fees!! Yes, always top of the list. We are a not for profit organisation and rely on our fees to pay for our coaches and rent of the training centres.

Fees for term 1 are now due for payment please remember to keep payments up to date to ensure your gymnast can continue training and participate in competitions and displays.

If you have questions relating to your account, please contact the club Email: prahranRG@outlook.com

If you require information for new enrolments for this term or next, please email the club.

Enrolments are still open for any new gymnasts who may wish to join our club.

Coach Communication and Car Pooling

Also remember that all communication with your child's coach must go through the squad rep for your level.

We would like to try and support as many gymnasts and their families as we can to train the hours they would like. If you are available to car pool/ride share on a rostered type basis, please contact your squad rep.

POLICIES

Please ensure you are familiar with the PRG policies.

These are displayed on the PRG notice board at the gym and can be viewed on our updated website: <http://www.prahranrg.com.au>

With State Trials coming up it is important to remind parents that no parents/guardians are to contact or approach anyone from Gymnastics Victoria or Gymnastics Australia any questions or concerns this includes all judges and officials. Any issues or questions to these bodies need to go through the club.



Clubbies

Congratulations Prahran Rhythmic Gymnastics Specialist Centre!

Our club is a finalist in the 2019 Sportscover Clubbies Awards – Best Club category.

We have made it to the TOP 25 in the "Best Club" Category across all sports across the entire country!!

Friends and families of Prahran RG please use the link below and fill in your details to submit your vote for us. Voting closes March 28, 2019. We are in the running for a share of the \$10,000 of prizes up for grabs.

<https://www.insidesport.com.au/clubbies/vote>



We love to hear from parents at the club who are happy with the service we provide at PRG and who may wish to submit written testimonials or photos we can share. Please email our Secretary and we will endeavour to share these on social media or in our newsletter.

Thank you everyone



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