

Coach Report - AGM

MAY 7th 2023

For year ending December 2022

It's a great pleasure to be able to present my report in the 21st year of our club. It's been another busy year. **B U S Y** meaning **Being Under Stress Yearly!!** However we seem to be making headway and can finally see a bigger brighter future for our club, lets change the **BUSY** in busy to **Best & Ultimate Sport for Youth**

I would like to thank the committee for their active support in all areas. Everyone pitches in together in the best interests of our club. All the committee have been so giving of their time, thank goodness the meetings can almost be seen as a "night out" for some of us when held at Be Social or "The Albie". Special mention must be given to Colleen Nisbet who has juggled her work life and family commitments to also spend hours and hours applying for grants, writing letters and submissions all in the cause of raising funds and finding money, money and more money for our club. It seems fitting in this coronation weekend she be granted the title of Queen Colleen, we really appreciate everything you do along with the rest of the committee Julie, Prue, Katherine, Kate and Caz.

Community connections

Community Connections continue to grow and develop each year.

We have forged great relationships with local groups. The HQ class of students with additional needs, from Mt Aspiring College, continue to attend weekly sessions which are now fully funded with the assistance of grants for next 2 years. We look forward to opening up this session to children in Years 5/6 from local Primary Schools when we move to our new facility. NZ Snowsports athletes continue to do some pre-season early morning training as an extension of their "off snow" training and Wanaka Kids Club continue to attend in the school holidays. Home based educators continue to attend Mini Muscles sessions and this year we also welcomed our first visit from Mountainside Early Childhood Centre. The Police youth program BLAST continued in Term 2 and 3 and Gymsports is now firmly on the program each year.

A new relationship is developing with Wanaka Excel Early Childhood Centre, who will be trialling a gymnastic session for 4 yr olds in 2023. We also have a new relationship with Wanaka Rowing Club. After trialling a 6 week "off water" training class, incorporating fun games/activities, strength/conditioning and fitness, they opted for another 8 weeks, so 14 early morning sessions in total. Our program has been used as an example for other communities on how gymnastic clubs can share facilities and share knowledge to aid the performance and training of athletes from other sports.

Our Foundation coaches Kate Harry and Aimee Harrold reached the end of their college journey in Wanaka last year. Both coaches had been with the club since their pre-school days then were competitive gymnasts before coaching from the age of 14-17 years old. The gymnastic coaching qualifications gained while with us at the club will

provide employment opportunities for them in the future. Bella Soper, James Watson and Lachlan Hay continue to participate in the coach development program and we welcome Charlie Nisbet and Abbey Pessione on board for 2023. Jess Clydesdale handed in her resignation and has returned to Dunedin to continue her passion of gardening and psychology; we thank her for her assistance in coaching and judging. Sarah Scott and Jess Warburton continue to assist where they can in gymnastic classes and we also welcome Laura Woods to the coaching team to help out during my surgery absence. Laura competed as a gymnast for NZ in the Sydney Olympics 2000. Janette Santos and Jenny McAuley continue to assist at Mini Muscles when available and we look at the roster for filling in for coach surgery absences next year. Kath Nicholson continues to coach rhythmic gymnastics on a volunteer basis, and we are indebted to her for her dedication and generosity for her volunteer hours. Thanks also to Wanaka Primary School who continue to allow us to use the school hall free of charge for these classes.

Emily and Ranan Feit have completed their first year of coaching with us and we have some exciting changes coming up in our recreational program 2023. They will introduce their Junior Gymnastic Program in 2023 (to replace Kiwi Gym Fun) and new ninja and parkour classes, hoping to attract more boys to the club. Our numbers in the WAG competitive development group have been boosted this year with the introduction of a new Pre-comp, Step 1 and Step 2 training plan. Initially hours will need to be reduced to fit everyone in but as coach numbers and space in a new venue allows, we will be able to accommodate everyone. We do have a gap in our cycle of junior gymnasts in the MAG competitive program, due to space, time and coaching. With the new ninja, parkour and, when possible, Boys Gymnastics classes next year, we hope to give opportunities to identify junior males and ensure a smooth pathway, into the competitive program, with gymnasts who have strong entry level skills.

Emily continues to grow the competitive Squad for trampoline and tumbling despite frustrating training conditions with times and sessions changing each term for the gymnasts, based on court bookings at the Wanaka Rec Centre. We had success at Nationals with Caoimhe Heath partnering with Hannah Norris and winning Gold in Synchronised trampoline, Vienna Harley was our first gymnast selected in the Otago team for tumbling and completed in her first Nationals placing 9th in her field, a huge achievement considering we didn't even have a 25 metre tumble track to train on, thanks to her parents for getting her to training in Dunedin. Congratulations must also go to Skyla Coll and Piper Wolf who also got selected in the Otago team and competed at Nationals. For the first time we attended Aims Games in Tauranga. The games are an annual national competition for year 7/8 students. We sent a team of 8, who participated with permission from Mt Aspiring college in Artistic Gymnastics, Trampoline and Tumbling. Charlie Nisbet scooped the pool and won medals in everything he entered. Due to the cost factor, we are unsure if we will participate annually but it provided a great opportunity for our gymnasts to compete at a National competition. Thanks to Julie Jones and Katja Karlsson for their help organising for the trip.

Emily, Ranan and Rae attended the Coach Connect Conference in Christchurch in November where we were treated to a variety of lectures and seminars. There are

always new perspectives on coaching but we really loved the science based factual sessions on training hours, growth injuries and mental health. Healthy practises for all gymnasts and coaches lead to a connected club, dedicated to best practise and opportunities for all. Thanks for allowing us to up skill and participate in Professional development in our jobs.

Mini Muscles classes continue to be popular with families in Wanaka, a place to meet new friends and be supported by other parents and families. Saturdays have the highest number of fathers and grandparents attending. Class prices were increased by \$1 this year and most families now have concession cards. A registration and booking system has been successful but could be improved by linking online payments to attendance. Due to the pre-booking system, we now have accurate statistics of families who use our facility. Even though this report is based on last year's efforts, to date we have 462 - up from 278 families registered with Mini Muscles from a total of over 1200 subscribers. We have 2,245 followers on our MM fb page and 1,143 followers on our Aspiring Gymsports page.

Birthday parties were popular especially in term 2 and 3 and while we haven't managed to get regular "nerf challenge' nights on the ground, we see it as a regular addition for next year. Once we have had a couple of terms of Ninja/parkour classes next year, it will be a good time to introduce our Ninja Challenge fundraiser.

Our new training bar has been ordered and we look forward to using that in training next year. We still need to secure a few equipment items which will all be put on the "wish list". Once in our new venue the wear and tear on the equipment should be minimised as it will be fixed in place plus we hope for the addition of extra mats and blocks for each area, reducing the need to move equipment.

General

Thank you to all coaches who have battled on within our small gym, always helping each other, moving, lifting, carrying, setting up and changing equipment in order to run a class. We continue to have interruptions in coaching numbers with surgeries and absences but can pull the team together to offer the best possible practise in class delivery and coaching. We welcome Ranan as the new Head coach for 2023 while I will become the Club and Community Liaison and continue to Lead Coach WAG and assist with Rec and Early childhood and provide relief where needed. Ranan is Lead of MAG and GFA classes while Emily is Lead of Trampoline, Aerobics and will take on the administrator role, which will begin in 2023. We are continually on the lookout for new coaches to join the team to help with coaching. We need to consider accommodation, pay rates and the special character of our club, when employing future coaches. All coaches are looking forward to our move next year. Thanks to everyone who is helping and supporting us to make that happen.

Rae Paterson