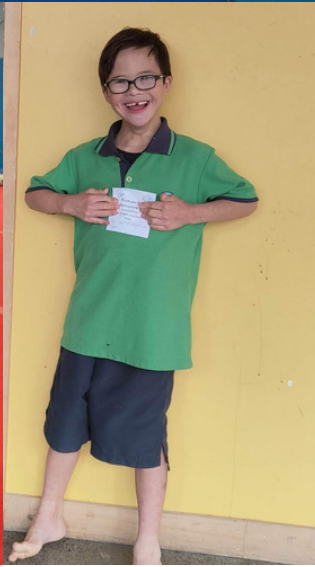
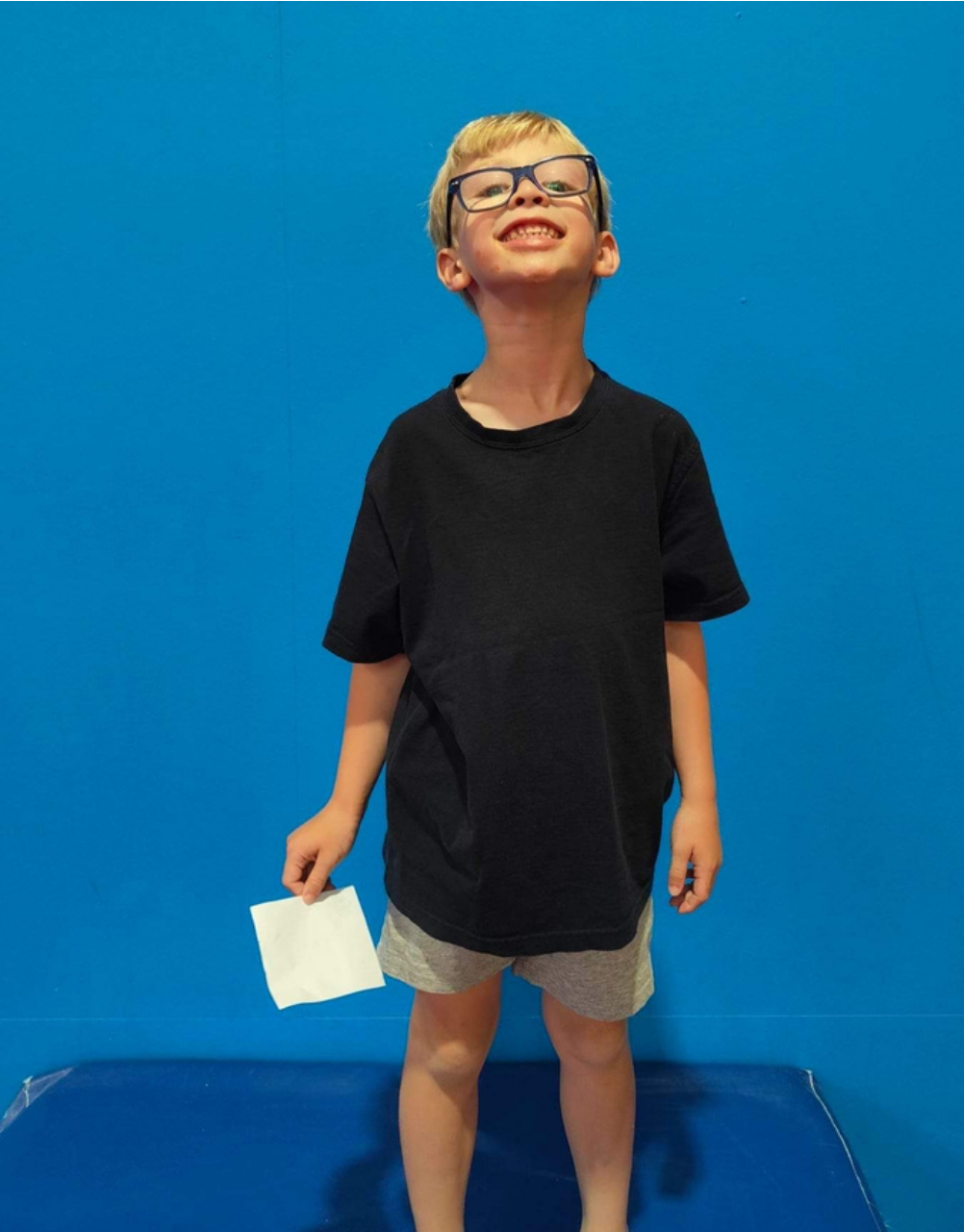


Term 1, 2023

UPDATE

Tri Star Gymnastics





A MESSAGE FROM DAVID

It has been a term for the record books with Summer and Future Camps, major flooding resulting in a large scale clean and absorption of North Harbour Gymnastics (NHG) MAG and WAG competitive athletes, cyclone Gabrielle which closed the gym for two days, our first Tri Star Tramp and Tumble event, Oceania Championship team trials, Diverse-ability Awareness Week and now a jammed pack school holiday programme. It certainly isn't boring around here!

The weather events of recent months have impacted many of our friends and family in Auckland and further down the country. While we came away with relatively minor damage our friends at NHG were not so lucky with hundreds of thousands of dollars' worth of equipment and facility damage. It has been our pleasure to host NHG athletes during this challenging time and I commend our coaches and athletes for making the timetable work.

Tri Stars facility wasn't completely untouched, and we are so grateful to our community for donning their gumboots and PPE to help clean out the bottom of both pits which flooded. A gross job for sure but attacked with our clubs usual muck-in-until-it's-done attitude. My sincere thanks to everyone who helped us out. An insurance claim for pit repairs and foam replacement is now pending.

Prior to the weather events we made a down payment on new pit foam and covers which are now in production. The covers will help reduce dust and foam degradation and will greatly improve the air quality around the pit. With the silent efforts of Kerri Murray, we managed to raise \$99,600 towards this project in 2022 and our thanks go to The Lion Foundation, Four Winds Foundation, Pub Charity, NZCT, Foundation North, and TAB for their generous contributions.

Our special congratulations also to Tri Star athletes Misha Koudinov, Sam Dick, Ethan Dick, William Fu Allen, Daniel Stoddart who make up the entire MAG team for the Oceania Champs in May. Congratulations to Ava Fitzgerald and coach Sarah Miller who will be joining the boys as a part of the WAG team. This is an awesome achievement in difficult training circumstances and we wish you all every success.

David Phillips - General Manager

Jump into it!

EVENT RECAP

World cup tour

Our very own senior international athletes Samuel Dick and Misha Koudinov represented New Zealand at the FIG Artistic apparatus world cups in March, in Baku, Azerbaijan and Doha, Qatar.

The tour consisted of three weeks competing at the FIG Artistic Gymnastics Apparatus World cup, AGF trophy in Baku and Taishan World cup in Doha, competing against top athletes from around the world. Both athletes gave stellar performances on their chosen apparatus.

Misha competed in high bar and parallel bar apparatus in both competitions. He made 1st reserve on parallel bars and 2nd reserve on high bar in Doha. Misha is pleased with his results and looks forward to increasing his difficulty level for upcoming competitions.

Sam competed in vault and rings apparatus at both competitions. Sam was happy with his performance, sticking both of his vaults in Doha was a high point of the tour for him. "Going into the competition I was very confident in my fitness strength wise and mentally, that took a bit of a hit on first apparatus on rings, just ran out of juice... but was very confident after vault".

Misha's highlights of the tour, "getting to train with the best guys in the world, the competition itself is obviously quite a serious event but training with the guys together from all over the world, sharing that space, its inspiring, its motivating, it's the greatest feeling". Misha enjoyed spending time with coach David Colvin and Sam outside of the gym as it was a real bonding experience for them.



Sam celebrated his 21st birthday in Baku, everyone at a banquet they attended helped celebrate him with cake and joined in singing happy birthday.

GM David Philips comments 'As they begin the journey towards Paris Olympic Selection Misha and Sam have added significant difficulty to their programmes, and with that comes some risk. Their performances at the Baku and Doha World cup events show they have the routines to be competitive, and as they get more events under their belt the consistency will come. Everyone here at Tri Star is super proud of their efforts.'

The focus now shifts to training for the Oceania Championships in May. Misha and Sam aim to make improvements and increase skill difficulty. Sam looks forward to using the CSG Classic in Christchurch next month as a fitness test for Oceania. The goal of being able to send the New Zealand Team to the World Championships later this year.

Congratulations boys!



COMPETITIVE

The competitive team have hit the ground running in 2023 with lots accomplished already. Term 1 kicked off with goal setting for our athletes, and this year we had our intermediate and senior athletes work through a Values in Action survey which highlighted their top 3 character strengths and were added into the values section of their goal setting sheet. Character strengths are positive parts of your personality that impact how you think, feel, and behave. Helping our athletes to identify and apply their strengths in the gym will increase their overall wellbeing and performance. This exercise has also provided coaches with valuable insight to help guide their athletes more effectively and authentically.

The T&T athletes have been busy with two competitions each under their belt, including competing in their first home competition at Tristar T&T Champs. Congratulations to Emily for being selected as coach for the Australian Nationals in May. Enjoy the experience!

Our WAG and MAG athletes have been fine-tuning routines for competition season and step 5+ Level 4+ enjoyed their first competition on the calendar at Argos in sunny Tauranga. In the International space, Oceania teams have been selected with TriStar's own Misha, Will, Sam, Ethan and Daniel making up the entire MAG team and Ava for the WAG team. Oceania champs is coming up in a few weeks on the 6th May on the Gold Coast. A huge congratulations to these athletes, we look forward to watching you do TriStar and NZ proud!

Our Junior MAG and WAG groups had a great time attending Summer camp earlier in the term and Future camp is about to get underway. Our Squad athletes have completed their skills testing for term 1 to determine their competition levels for the upcoming season. Squad levels 1-5 are about to get amongst the fun at Future camp and the Squad 6's are enjoying a training break before they ramp up for comp season kicking off in June.

With competition season underway for most, there has been a focus on reflective practice post competitions to encourage our athletes to become more self-aware, gain insights and focus on the learning opportunities in a competitive environment. By helping our athletes have a greater understanding of their competitive experiences they will be more likely to be able to adopt a positive mindset during competition. This mindset gives athletes a higher level of control and confidence and allows them to positively interpret any anxiety. What's not to like!

Hope everyone had a relaxing Easter break and feeling re-energized ready to tackle term 2!

Competitive Program Coordinator – Sarah Kelly

TERM 2 CALENDAR

29-30 April KB Memorial WAG 5+/MAG 4+

6 May Oceania Champs

6-7 May North Island Champs Tramp

13-14 May Tri Star Senior Champs WAG
5+/MAG 4+

13-14 May CSG T&T Classic Optional

20-21 May Northland Champs WAG 1-4/MAG
1-3

27-28 May Auckland Manukau Champs WAG
5+/MAG 4+

1-5 June Training Break WAG 5+/MAG 4+/T&T

3-4 June KB Junior Competition WAG 1-
4/MAG 1-3

3-5 June Howick Novice Comp Sq 1-6

5 June Kings Birthday No training all

10-11 June Tri Star Elementary Champs WAG
1-4/MAG 1-3

10-11 June Tri Star Novice Comp Sq 1-6

24-25 June Franklin Elementary (Counties)
WAG 1-4/MAG 1-3

1-16 July School Holidays

1-9 July Training Break All Squad

1-16 July Training Break WAG 1-4/MAG 1-
3/TT + all athletes not at nationals

5-8 July National Champs - Tauranga Qualified
WAG 5+/MAG 4+/T&T

14 July Matariki No Training all

9-16 July Training Break WAG 5+/MAG
4+/T&T all nationals athletes



Mens Artistic



The boys have kicked off their season with Argos and we had a blast. It was a great atmosphere to start things off and I hope everyone got a chance to enjoy the mount, I'd be over the moon if this event was in our schedule every year! It was good to see our boys reaching the podium in every level we entered, and even managed to walk away with some gold medal performances. Congratulations to all the Tristar lads.

Looking ahead, our senior international boys will have their first domestic competition in Christchurch, which has been known for bringing together most, if not all seniors in NZ. Our level 1-3 boys will start their season not long after that in Whangarei and it's exciting to see how our build up this year will stack up. Each competition will reveal bits and pieces to take back home with us and come back stronger for the next round.

This year it's an honor to have a clean sweep of Tristar athletes making up the Oceania champs team. At the same time, it's a monumental task to get everyone there safely and ready to perform in peak condition. The winners of this year's team event (a showdown between the best AUS and NZ gymnasts) will earn their way to the 2023 world championships. Team NZ have never come out on top, yet we are working with a passion to make it happen this year. The event will take place May 6th in the Gold Coast.

We would like to officially welcome coach Roisin to the MAG coaching staff, we have benefited tremendously from just the first few weeks of Roisin joining the program and I look forward to working together toward a bright future for our gymnasts!

Hard work award: There were many milestones overcome this term, but one most notable came from Daniel North in the level 4 space. Daniel has been battling a block in his round off back handspring for at least a year and just the other day all the work finally paid off. We wish Daniel the best in his pursuit to compete it this year. Congratulations!

Gong Award: Henru Viljoen has been earnestly working in the level 5 program toward his giants on high bar. Henru had an accident training this skill which set us back to square one, yet Henru's persistence led to him competing the giants at Argos. Well done!

MAG Lead Coach - Misha Koudinov

Womens Artistic

Proud of the grind work done by the WAG team during term 1 with competition routines taking shape. Now its time to build in consistency and confidence ready to hit when it counts! The first competition of the season always provides a challenge, dusting off those competition cobwebs and feeling the roller coaster of emotions that a comp environment provides! Argos was a fantastic starting point for our STEP 5-9 girls, with lots of personal wins and learnings to take away, and some nationals qualifying scores achieved. I am excited to see how the season progresses!

The Step 1-4 groups looked the part at their mock competition. It was a great opportunity for the girls to practice their routines in front of our judges. They have since been busy working away on feedback received by our judges ready for their first competition at Northland Champs.

It has been awesome to see Grace compete in her first Senior International competition at the Oceania trial. Not an easy competition first up but Grace stepped up and did us proud. Ava also performed well at the Oceania trial and earned herself a spot on the Oceania team, her first selection to an NZ team as a Senior. Congratulations Ava, your hard work and perseverance is paying off!

Gong Award: Zoe Roterham – for turning her big Tsukahara tuck vault to a hard surface for the first time and competing it successfully at Argos in Step 7. What a champ Zoe!

Tough Chick Award: Lasya Goldman – Lasya has been diligently working hard at her rehab and building back her confidence after sustaining an injury last year. It has been a long challenging road, but we are proud of Lasya for digging deep!



Trampoline & Tumble



Term 1 has been a busy one for the team, with us being well and truly into our qualifying season. It's been awesome to see how the Trampoline and Tumble team have been performing so far, with a highlight of holding our first Trampoline and Tumbling championship competition in a while and it being on home soil. A massive thank you to all who volunteered and helped over 1-2 April, without your support we wouldn't have been able to pull off such an awesome competition.



Whilst competitions bring out some athletes nerves, it's been fantastic to see the team bonding and support happening between everyone at each competition. Some athletes have been able to reflect on how far they've come since the competition season last year in their confidence and results thus far and for others, has helped give them more drive and determination to reach their own individual goals.



Currently we have 7 T&T athletes qualified for nationals, and we're hoping to see that number grow as our competition season continues into term 2, with competitions in Gisborne, Auckland and Christchurch. Here's to hitting more personal goals whilst doing it with a smile and having some fun along the way - any medals and qualification scores after that are a bonus!

Coach Emily



Squad

Squad is the new competitive pathway at Tri Star. Squad athletes train a little less than our other competitive classes (so they also enjoy other activities), compete in Novice Competitions and have a load of fun!

Term 1 was full of new skills, faces and friendships! It's been great to see our coaching team develop each individual to challenge their abilities and confidence across the apparatus as the weeks went by. We held our testing week to have a check point across groups, as well as determine the level our athletes would compete this season. Groups have then been building onto not only their required skills for their specific level, but getting the chance to try new things when the time allows.

Future Camp was held during the school holidays where we saw our athletes across all codes cross over with our Junior Competitive gymnasts. Athletes got to explore different drills and coaching perspectives as well as getting the chance to try out "big" skills they would see our senior athletes perform during trainings and competitions. I'm looking forward to seeing the turn out at our next camp!

A big congratulations and spotlight on our Squad gymnast Priscilla Zhong. Priscilla trains in our Squad 6 group during the week, but was approved by the NZ WAG TC (Women's Artistic Gymnastics Technical Committee) earlier this year to compete as a STEP 7 athlete in the WAG programme!

Her first competition of the season held at ARGOS Gymnastics in Tauranga. She then came back after experiencing her first event and has learnt how to manage with the change in competition environment, reset her focus and goals and recently competed at the Christchurch School of Gymnastics Classics Competition. Not only did she manage to qualify for the 2023 Nationals through her All Around score across the 4 apparatus, Priscilla's first day of performance resulted in qualifying into the second day apparatus final for Beam and Floor, taking out 3rd on floor! An absolute well deserved accomplishment.

A special farewell to Vaughan Hurley, who has been a part of the Tri Star family for the past 8 years developing her gymnastics through our Novice Comp and now Squad programme for as long as we can remember! Vaughan played a special part to the Squad 6 group, encouraging and supporting not only her friends but others around her in the gym. She brought a fun factor to the group and always kept training interesting by some great fails when it's least expected. We wish her all the best in her next adventures, you will be missed!

Thank you to coach Amy who has moved on from coaching our T&T groups to start a new full time job. We welcome coach Sam and Oli to the team. Bring on term 2



KO TATAU AWARDS

Ko Tatau awards are awarded to our competitive athletes every term. The recipients are those who show and uphold our Tristar values of Belong, Respect and Excel. It helps us recognize those athletes who are actively contributing to creating a positive culture at Tristar. Congratulations to our term 1 recipients.

MAG

L1-4

BELONG VIHAAN GOLDMAN
RESPECT DANIEL NORTH
EXCEL AMMAR ELSHERIF

L5-6

BELONG HENRU VILJOEN
RESPECT LIAM BOWLES
EXCEL OSCAR DELLOW

L7+

BELONG DANIEL STODDART
RESPECT PETER NICHOLLS
EXCEL BEN STEIN

WAG

S1-3

BELONG FRANKIE JACOBSEN
RESPECT NICOLA GREVILLE
EXCEL ELLA CAMPBELL

S4-6

BELONG CHEVERNY JAYASURIYA
RESPECT YUZU KAWAHARA
EXCEL LEXI FYHN

S7+

BELONG BAILEY TOMOKINO
RESPECT ZOE ROTHERHAM
EXCEL HANNA SMITH

TRAMP

BELONG XAVIER BOWRING
RESPECT PAIGE MARTIN
EXCEL LYLA SKINNER

TUMBLE

BELONG IMOGEN GYDE
RESPECT ASHLEIGH BABBINGTON
EXCEL JULIA MCPHERSON

SQUAD

T&T

BELONG AUGUST GULLERY
RESPECT ALEXA WOOLFORD
EXCEL ISLA KNOX

MAG

BELONG MILES PAGET
RESPECT JAI ABHYANKAR
EXCEL FOX DENTICE

WAG SQ1-3

BELONG CECILA MELLO SERATHIUK
RESPECT SAMANTHA WEBB
EXCEL ARIANNE ALMAR

WAG SQ4-6

BELONG JONI STEWART
RESPECT LILI FOURRIER
EXCEL EDITH DICKINSON

GYMNASTICS FOR ALL

What a fantastic way to start the year! With over 1100 children across the locations Term 1 was a busy way to start the year and despite the weather Term 1 saw the launching of a new satellite location at Mangere Bridge Scout Hall. This has provided a much needed gymnastics opportunity for our families who live on that side of the bridge. With classes from 2-9 year olds and a couple of classes running at a time this has seen some families able to bring 4 children to class at the same time!

Diversability Awareness week was a huge success for all with some big goals achieved and some children really getting an appreciation for how challenging adapted gymnastics can be! Thank you to all those who supported this important fundraiser to help keep our Dgym program going!

Term 2 is set to be another busy term with the learning of routines for Tristar Novice Comp and some interesting styles during crazy hair week its going to be a fun one! Put those dates in your diaries so you don't miss out on the fun!

Finally I would like to take this opportunity to thank Cayley Lam-Tracey for all her coaching in GFA and Preschool over the past 8 years and wish her the best of luck in her new Career. And we also farewell Morgan our GFA lead who is off to live in Europe thanks for your time over the past year.

Coach Gillian - GfA Manager

Calendar

24/4	First Day Term 1
25/4	Anzac Day No Classes
11/6	Tristar Novice Comp
22/6	Primary School Funfest
26/6-2/7	Crazy Hair Week
2/7	Last Day of Term



Preschool



Term 1 has brought many new faces to the preschool programme, and the return of many familiar ones. The new faces have been working hard learning new things like landing shapes, bunny handstands, climbing, swinging, and balancing, and the return athletes have been refreshing and refining their skills from last year, and have clearly been practicing at home!

Gym tots and play gym classes are the only two classes at Tri Star where the adults participate directly in the class itself, and I just wanted to extend a big thank you to all these adults who get stuck in and create the fun atmosphere that we love about preschool gym.

Play gym plus is the first time in a Tri Star athlete's life where they train without their adults, and it allows the athlete to gain some independence but also means the adults get to relax a little. The play gym plus athletes have impressed our coaches with some pretty fancy skills like handstands, cartwheels, dive rolls, and even some front flips here and there! Keep it up everyone.

We hope everyone has a relaxing holiday, and we're looking forward to seeing you all in term 2!

Preschool Lead Coach - Ryan

Afterschool

Welcome back everyone!

It has been great to see some new and familiar faces back this year in our afterschool classes. These are now based across three locations: our main facility in Mt Roskill, our satellite gym in Mt Albert, and our new community gym in Māngere Bridge. We have had a great turnout at our community gym and it has been lovely to see kids experience gymnastics for the first time.

It was also fun to see the kids experience Diversability Awareness Week, and how well they responded to the challenges set and testing their goals. They also helped raise enough money to reach the fundraising goal, which will be a huge help to our Diversability program and athletes. And as always, the kids had a great time during fun week and loved their certificates!

Finally, I would like to thank the great athletes, coaches and parents who have made my time back at Tri Star filled with fond memories. I am moving on to my next adventure and will be moving to Europe in Term 2. Have a great rest of your year continuing with your gymnastics and our great programs!

Au revoir!

GFA Lead Coach - Morgan



Diverse-ability



We would like to give the Tristar community a huge thank you for participating in the Gymathon and helping us keep this amazing program accessible for diverse-ability athletes. Our goal was smashed thanks in huge part to all of you!

Our Dgymers nailed all of their Gymathon goals this term! There were piles of push ups, long- held wall hand-stands and lots of bar routines.

It was a big month in DGym with the Halberg games occurring as well. There were hundreds of athletes from all over New Zealand participating and competing in a multitude of sports. Gymnastics was a huge hit and we were honoured to host it again.

Coach Catherine - DGym Lead

ATHLETE NOOK

A corner where we find out what are our athletes up to?

2023 Athlete Leaders

A poster refresh has been put up around the gym with our 2023 Athlete Leaders! Thank you to Ollie, Grace, Poppy and Will for continuing in their role of Athlete Leaders this year and welcome onboard to Priscilla and Prisha who are our new Squad Athlete Leaders!

The Athlete Leaders play an important role in our gym's ecosystem. They help to encourage our younger athletes at competitions, lead team challenges in training, facilitate athlete feedback discussions and ensure we are wrapping the right support around our aspiring champions! It's no small task, so thank you all for the support you provide for your fellow gymnasts!

Prisha and Priscilla SQUAD



Ollie Lynas T&T



Grace Wellington WAG



Will Fu-Allen MAG



Poppy Glasgow WAG



2023

ATHLETE

Leaders

tristar
GYMNASTICS

FOCUS

One of our strategic priorities is to be A Gymnastics Community for Life. We want our members to have opportunities to enjoy our community at any age or stage and we have a Community Development Plan guiding our activity in this space.

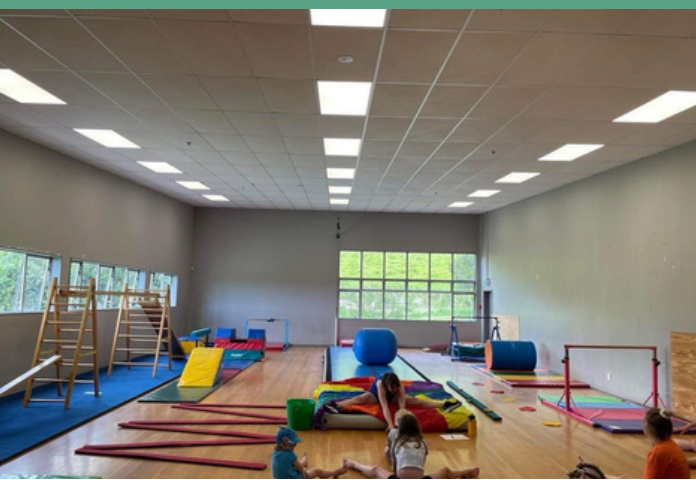
Our Community Development Plan has four priority areas of Diversity, Facility, Connection and Celebration which help to consolidate what is quite a broad strategic target, crossing many areas of operation. These priorities have action statements and specific tactics which we have been working away at in order to deliver positive outcomes:

Increase accessibility to Tri Star to the local community.

Our Diverse-ability programme has the most visibility in terms of our efforts to increase accessibility to gymnastics. We partner with Aktive (sport Auckland) through the Tu Manawa fund to help subsidise this programme. Other ways we work to increase accessibility is by running schools programmes both here at Tri Star, but also onsite at schools. This service removes transport barriers and enables schools to build gymnastics into their school day. Our Community Gym initiative is primarily focused on increasing access to gymnastics to our local community. We deliver Preschool, Gymnastics, and Tumble classes in Mt Albert and now Mangere Bridge which enables families from these locations to start their gymnastics journey closer to home. Both venues are within a 15 minute drive to Keith Hay Park so if athletes want to take their gymnastics to the next level, exciting programmes are within reach.

Develop Tri Star into a venue people want to spend time in.

Our Keith Hay Park facility is really the hub of all our community activity. Athletes can spend many hours here and we regularly celebrate the new upgrades in equipment we acquire for them. We recognise also that their families really benefit from an environment that is nice to spend time in. One of our key outputs in 2022 was the installation of fibre which has meant free internet for all facility users. The number of parents finishing up their work day from Tri star is evidence that this upgrade has hit the mark. We have also painted the GfA viewing area, installed a large fan in the GfA space (for those hot summer months), created an Athlete Nook and Homework Room, and introduced Snack Packs (to provide healthy a healthy food option).





Develop a strong sense of connection and ownership to the club and community.

The larger we get the harder it is to retain that personal touch and for new members to know where they fit. A lot of what we do is highly relational, and our staff work hard to make athletes and their families feel welcome and oriented. Relationships are the back bone of our club and we are working hard to provide opportunities to foster these. A few actions we have taken this past year include creating a Programme Map so parents know what opportunities are available to their child, regularly update our social media and website content with news and events, we have a quarterly club newsletter filled with interesting articles about our people, we have created 'bite-sized' volunteer opportunities to suit busy families, and actively engaged our Alumni network to encourage their ongoing connection to club life.

Celebrate well the efforts of our members wherever they engage.

This is an area we have been a little relaxed with in recent years. We have become accustomed to seeing our athletes succeed and sometimes don't make enough of a song and dance about it! We're getting better in this space through our Update newsletter content which celebrates our members across all programme areas, we put increased focus on producing high quality designs for social media posts, we have written articles about members who are an important part of our club for both our website and for media outlets, we've introduced new awards at our prize giving including the Legacy Award and Ko Tatou Awards, and introduced term by term awards for athletes who best represent our values of Belong, Respect and Excel. We have also converted Gym-a-thon to Diverse-ability Awareness Week increasing the visibility of our DGym activity to all club members.

