

# UPDATE

TERM 1 2025



# THE GENERAL UPDATE

## M A N A G E R

What a fantastic start to the year at Tri Star! Term 1 has flown by, filled with exciting achievements, new faces, and positive developments across the club.

We are thrilled to welcome Kate Speight back to Tri Star, taking on the role of People and Culture Manager. Kate brings a wealth of experience and a passion for creating a supportive environment for our team and athletes.

Our athletes in Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG), and Trampoline (TRA) have been working hard, with several trialling for upcoming international tours—an incredible opportunity, and we're proud of the dedication and talent shown by all involved. A special shoutout to JD and Pete, who travelled to the USA to compete as part of the MAG New Zealand Levels Team. The boys competed in some big arenas and gained invaluable experience performing on an international stage. Well done lads—what an incredible opportunity!

Term 1 also saw the introduction of a couple of well-received sprint training sessions for our competitive athletes, offering a fresh challenge and a fun, high-energy way to build strength and speed.

We have had the excitement of continuing to upgrade our facility with new equipment arriving, including Parallel Bars, Pommel matting, Floor Beams, Beam Mats, Bar Sliding Mats, Trampoline Edge Matting, and P-Bar Pads. New spotting platforms are also on their way—big improvements that will benefit athletes and coaches alike.

We were proud to celebrate Diversability Awareness Week during Term 1, which gave us the chance to shine a spotlight on our amazing DGym Programme run by Catherine and her dedicated team. A massive thank you to everyone who supported the fundraising efforts towards keeping this programme as accessible as possible for our community—your generosity makes a real difference.

It's been wonderful welcoming new coaches to the team: Madeline Vinall, Nate Gore, Daniella van Delden, Merle Zibolsky, Lotte Bird, Isabelle Bird, and Hanna Smith—we're excited to have you all on board! At the same time, we farewelled Jalaya, who has taken on an exciting new role in events at NHG. We wish her all the best for this new chapter.

In judging news, a huge congratulations to Gareth Brettell and Matt Palmer, who both qualified as FIG Brevet Level 2 International MAG Judges—a remarkable achievement that reflects their hard work and dedication. We're also excited to see new judges joining the pathway over the coming months.

Lastly, we're grateful that some of our full-time staff were able to take well-deserved leave for some incredible adventures. Balancing this in a fast-paced environment like Tri Star is no small feat, so a huge thank you to everyone for your teamwork, flexibility, and support in covering during these leave periods.

Bring on Term 2—there's plenty more to look forward to, we are starting off with a bang with our first competition of 2025 (Tri Star Elementary and Novice Comp) kicking off at the end of the first week of term.

**Luke Dobney**  
**General Manager**

As Term 1 wraps up, we're excited to share some key highlights and developments from the past few months.

### **JD & Pete's USA Tour – Texas Training & Competition**

JD and Pete kicked off the year with a levels tour in Texas, USA, where they trained and competed alongside top-tier athletes. This trip provided invaluable experience, exposure to high-level competition, and fresh insights that they've brought back to the team. Their time in Texas has already begun to influence our training strategies, pushing everyone to elevate their performance.

### **New Mats & Equipment**

We're thrilled to announce the arrival of new mats and equipment! These upgrades will enhance our training environment, ensuring that all athletes have access to the best resources to develop their skills safely and effectively.

### **Competitive Testing**

This term, we also completed competitive testing, evaluating key performance metrics to track progress and determine levels for the upcoming season. This process helps our athletes understand their strengths, identify areas for improvement, and prepare mentally and physically for the season ahead.

### **International Events & Trials**

Several of our athletes are preparing for major international events and trials, giving them the opportunity to compete on the global stage. These experiences will be invaluable for growth and development, and we look forward to seeing them represent us at the highest level.

### **Upcoming Competition Season – Term 2**

With Term 2 marking the start of our official competition season, the focus now shifts to refining routines, sharpening skills, and building confidence. Our athletes have put in the work, and we're excited to see them step up and showcase their talent in the months ahead.

**Paul Fischetti**

**Competition Manager**

## **TERM 2 2025 CALENDAR**

**MAY 3-4** Tristar Elementary and Novice champs MAG L 1-3, WAG Step 1-4, ALL Squad

**MAY 10-11** Argos Elementary, Tauranga MAG L 1-3, WAG step 1-4

**May 31 - June 1** KB Memorial, Counties Manukau MAG L 4-6, WAG step 5 -10

**June 2** Kings Birthday No Training ALL athletes

**June 7-8** Waitakere Elementary WAG step 1-4

**June 20** Matariki No Training Step 1-4 + MAG Level 1-3, TRA, All squad

**June 21-22** Tri Star Senior Champs MAG 4-SO, WAG step 5-SI

**July 5-6** CSG Classic Christchurch MAG 4-SO, WAG step 5 SI

**July 12-13** NHG North Harbor MAG L 1 - U18, WAG step 1 - 10

**July 14-19** TRAINING BREAK (first week school holidays) MAG L 1-6, WAG step 1-6

The final version of the men's gymnastics manual has recently been released and there were a few surprises. Some of the skills which we had put a few months into prioritizing such as the planche progressions had been removed and a couple new ones added to our new levels program. This is not to say we had wasted time as all the different skill training builds the boys for a brighter future. Our boys have been great to adapt to these quick changes and we are staying focussed on getting as much (ideally all) of the routines ready for this new season.

One major change is in the level 5-6 rings routine. The boys are now required to press to handstand without using the cables for support. This means the gymnast must connect his feet together in a handstand before relying on using the cables for additional balance. Here, locking the elbows and turning the rings straight on is a massive challenge for the boys so we have increased our press to handstand training dramatically to meet this demand.

A point of discussion in the NZ men's gymnastics scene has been the early development of specialists. In this era it is tremendously difficult to get all six men's apparatus to a high standard, so one strategy we will incorporate is identifying a gymnast's talents early and allowing the appropriate development of that particular apparatus to increase our chances of making it to the senior or world stage in the future.

**Gong Award:** John Ryan has caught the Kovacs on high bar. This release is a double back somersault over the bar and considered as a big step toward building difficulty on this apparatus. Congratulations John!

**Hard work award:** our level 2 boys have been faced with the challenge of doing multiple circles in a row on the mushroom. Eight circles is the required routine and Jai was unsure that he would ever make it that far. After months of being capable of only one circle, Jai has finally had a leap in skill and increased to two and beyond. Once you get going, circles on the mushroom are fun to do. Congratulations Jai!

**Misha Koudinov**  
MAG Lead Coach



What a way to finish the term! Our Step 1-4 cuties had a great time at their mock comp, showing off their new routines in preparation for our first competition of the season – Tristar Elementary on the 3 & 4th May. The girls have been hard at work, perfecting new routines and choreography, and it's all coming together. The energy in the gym is high, and we're so proud of the effort from both our athletes and coaches. It's going to be an exciting start to the season!

For our Step 5-SI athletes, the pre-season grind is in full swing with the senior competition season fast approaching at the end of May. We're already seeing great progress with routine combinations, and it's exciting to watch new skills emerge!

A special shout-out to Freya, who competes this weekend at the World Cup in Croatia followed by Doha! Freya will be competing on Vault, Bar and Beam. This marks her first senior international tour, and we are so proud of the dedication and hard work she's put in and we can't wait to see her represent on the world stage. We'll all be cheering for you from back home—go, Freya!

**Sarah Kelly**  
**WAG Co-Ordinator**



Term 1 has flown by with every athlete working new skills and combinations to prepare themselves for the upcoming competition season. With the new code of points and the change of how we can qualify to nationals on Trampoline in particular, everyone has worked hard towards improving their basics to improve their "execution" score. It's been super cool to see everybody push themselves to be better each session, which was shown at our mock competition held at the end of term 1.

A huge congratulations to Marlowe and Nikita who both took part in the North Island Trial for Australian Nationals, where both of them put down big passes and routines. They both should be proud of how they represented the club and to show the rest of the clubs that Tristar are here to play with the bigger clubs in the country!

As we move into our competition season starting week 1 of term 2, I want to wish everyone the best of luck and to have fun!

**Emily Knight**  
**Tramp Lead Coach**



Term one has been a long one for our squad athletes. Many participated in summer camp at the beginning of the year, giving the opportunity to try out some skills.

We have since been getting stuck into routine work in preparation for their first competition, the Tristar Novice competition. Over the term many of the squad 5 athletes have achieved their kip on bar and are looking forward to putting them in their routine this season.

We wish all the best to our retiring squad 5 and 6 athletes Charlotte Hsiao, Edith Dickinson and Amelia Bell. Thank you for being apart of the Tristar family for all these years, we wish you the best in all your future endeavours. Charlotte has joined our coaching team, starting a new gymnastics journey.

**Annaliese Tracey**  
**Squad Lead Coach**



Term 1 was the longest term of the year which was great to give the children a real chance to get into their classes! This term we have had so many preschoolers in the programme that we have had to add extra coaches and classes all over the place over 150 preschoolers just in weekend classes. We have welcomed a collection of new coaches to the team as we see our ex gymnasts take on a new role in the sport that they love and some new to our area.

We had DGYM week with lots of children experiencing the beam without being able to see where they were going, and set goals and achieve them. We finished the DGYM week with an Open session for all and a disco for our DGYM community I have never seen the gym so lit up!

Now we look forward to term 2 with the first Gymfest of the year at the end of week 1 and with the pilot of the new GNZ springboard programme. Keep an eye on your inboxes for more details.

**Gillian Tracey**  
**Programme Manager**



## TERM 2 2025 CALENDAR

**28th April** Term 2 Starts

**4th May** TriStar Gymfest and Novice Comp

**2nd June** Queens Birthday no classes

**20th June** Matariki no classes

**29th June** Last Day Term 2



Term 1 has been busy! We had 11 weeks to practice our gymnastics working on some old and new skill. Dgym awareness week, where we had a go at walking blindfolded across the beam and testing out strength to help raise money for the diverse-abilty programme.

We spent the last week of term having a go in the big gym and getting certificates for our hard work. The playgym plus kids were tested for their Static and balance certificate with most achieving the stage one Tuatara. Well done team!

**Annaliese**  
**PLAYGYM Lead Coach**



Hi everyone,

I hope you're all having a nice Easter holidays, I just wanted to share with you all what's upcoming in term 2 for our GFA athletes.

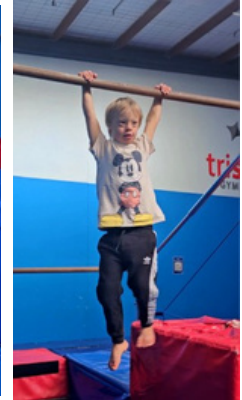
Gym Fest is just around the corner, taking place on Sunday, 4th May. This is a special event where our GFA athletes have the opportunity to showcase the skills they've been working so hard on throughout Term 1. It's a fun, supportive environment where friends and family are welcome to come along, cheer them on, and celebrate their progress.

We're also excited to share that Gymnastics NZ is launching a new foundational programme for recreational athletes called Springboard. Designed with progressive skill development in mind, the programme features multiple levels that athletes advance through as they learn. Assessments for level progression will be easily accessible to parents and caregivers, making it simple to track each athlete's journey. We're excited to be one of the first clubs in New Zealand to pilot this exciting new initiative.

Thank you all for your continued support, and we look forward to seeing you in term 2!

**Ryan**  
**GFA Lead Coach**





Thank you everyone who has supported our Diverse-ability athletes- keep the sponsorship money coming in!

Diverse-ability athletes require a higher coach to athlete ratio. Sometimes this is one on one and sometimes it's small groups. We do not receive funding for our DGym program. Therefore, the cost is much higher for our DGymers to participate.

Thank you for helping us keep the fees accessible for their families so our athletes can keep doing gymnastics 😊

We hosted a special open gym session, both gyms were buzzing with DGymers and DGym supporters doing their gymnastics.

Then the small gym was transformed with party lighting, music and dancing for the diverse-ability athletes disco. It was a great opportunity for them to connect, socialise and have a great time! A few sponsors helped make this an awesome event- They were treated to neon face painting, burgers, goodie bags and Katie the fairy.

**Catherine Takle**  
Diverse-ability Co-Ordinator

