

# UPDATE

TERM 2 2025





# THE GENERAL UPDATE

## M A N A G E R

Kia ora Tri Star whānau,

As we wrap up Term 2, I want to take a moment to reflect not just on the competitions and events, but on the culture, momentum, and sense of purpose that continue to grow within our club. This term has been a real reminder of what makes Tri Star special, not just the results on the floor, but the attitude, connection, and care shown by everyone in our community. From our littlest gymnasts to our senior athletes, and from new faces to long-standing members, the shared commitment to growth and support has been outstanding.

It's easy to focus on medals and milestones, and while we certainly celebrate those, I'm particularly proud of the learning that's happening in between the big moments. Whether it's athletes overcoming setbacks, coaches supporting one another, or a young gymnast offering encouragement to a teammate, these quieter wins reflect the strength of our environment. Creating a place where people feel like they belong and can be their best selves is at the heart of everything we do, and this term has offered many examples of that in action.

One of the highlights for me this term has been watching our culture continue to evolve. The re-introduction of Athlete Leaders across codes is a step towards empowering athletes not just as performers, but as role models and contributors to team culture. We're also seeing our values of Belong, Respect, and Excel show up more tangibly across all levels, and I want to thank our coaching and support teams for the role they play in reinforcing these daily.

We've also taken time this term to farewell a few athletes who have been with us for many years, people who've given a lot to the club and are now moving into new chapters. Moments like these remind us that gymnastics is a long game, and while the routines and skills may fade, the relationships and values we build here stay with us. We're grateful to everyone who has played a part in Tri Star's story so far, and we continue to be inspired by what's still to come.

Looking ahead, Term 3 brings more opportunities to build on this momentum. With Nationals on the horizon and key events across all programmes, it's an exciting stretch. But just as importantly, we'll continue to focus on wellbeing, connection, and learning, making sure that every athlete feels supported, and every coach and parent feels part of the journey. That balance is what keeps us sustainable and strong.

Thank you all once again for your continued energy and commitment. It takes a village to run a club like this, and your involvement, whether it's cheering from the stands, helping out behind the scenes, or simply showing up each week makes all the difference.

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

Term 2 has been a busy and exciting one, with the competitive season now underway for all our competitive athletes. It's been fantastic to see the hard work and preparation from earlier in the year paying off as our teams take to the floor and showcase their routines.

We were proud to host three major events this term: the Tri Star Elementary Competition, the Tri Star Trampoline Competition, and the Tri Star Senior Championships . A huge thank you to everyone involved – coaches, volunteers, judges, and families – for helping make each of these events a success. Hosting competitions at home is always a special opportunity to create a supportive and energetic environment for our athletes and the community.

Across the board, our competitive athletes have achieved some fantastic results and personal milestones. From first-time competitors gaining confidence and experience, to seasoned athletes delivering strong performances and earning podium finishes – it's been a term full of growth, effort, and proud moments.

We look forward to building on this momentum as the season continues into Term 3. Thank you for your continued support and encouragement – it makes all the difference!

**Paul Fischetti**  
**Competition Manager**

## TERM 3 2025 CALENDAR

**August 9-10** Auckland Championships, Tri Star, MAG Level 4-SO,

**August 9 – 10** NHG Champs, NHG, ALL TRAMP

**August 11 – 13** Training break, MAG Level 4 – SO, WAG STEP 5-SI, ALL TRA (End of qualifying season break)

**August 23 - 24** Waitakere GFA competition, Waitakere, Squad Girls Level 1-6

**September 6-7** Counties Manukau GFA, Counties Manukau, ALL squad

**September 13-14** Mason Gillespie Memorial, Tri Star, All Squad

**September 22-26** National Championships, Auckland, Qualified Athletes

**September 22 – 27** Training break MAG Level 1 – 3, WAG Step 1-4, TRA, ALL athletes not at Nationals, ALL squad

**September 29 – October 3** Training break All athletes

We are back at it with an addition of the Athlete's Nook!

**Athlete Leaders!**

This term we have appointed our new Athlete Leaders for 2025! Thanks to the athletes and coaches who sent through their nominations! Our Athlete Leaders have a key role in developing the clubs supportive training culture and are a point of contact for fellow athletes if they need to reach out to a familiar face! Our Athletes Leaders are:

- Senior WAG: Poppy Glasgow
- Junior WAG: Ella Campbell
- Senior MAG: William Fu Allen
- Junior MAG: Josh Wilcox
- Senior Tramp: Oliver Lynas
- Junior Tramp: Paige Martin
- Squad: Kelsey Cookson and Lara Simpson

**Team Challenges:**

This term we have seen Team Challenges kick off again! Our Junior MAG and Junior WAG teams have battled it out- next up will be our Senior teams, Tramp and Squad! At the end of the year, the winning team in each code will compete in 1 final challenge to claim bragging rights!

**Ko Tatou Awards:**

Our Ko Tatou Certificates are awarded to athletes who display one of Tri Star's values- Belong, Respect and Excel. Throughout the year our coaches will award these certificates to any athletes who have displayed these values. Congratulations to the following athletes who received one in Term 2!

- Siena Woods: Siena shows up day in and day out, always up for the challenge while maintaining a positive work attitude and supporting both her team mates, those from other clubs (eg cheering on other athletes in her rotation at comp) and being a great athlete to coach.
- Elijah Parsons: Is always the first to greet you and is a very friendly person around the gym.

As we hover around the half way mark of the 2025 season our boys are solidifying their competition routines, finalising skills that weren't quite ready in time for comps and making a little time to work on future skills.

Looking at the last two competitions at Counties Manukau and Tristar it became more clear where our boys stand out, but also where we lack behind. The next phase of our training will be working on our downfalls but we plan to leave enough time to capitalise on our strengths too.

In other news we would like to say farewell to our veteran brothers Sam and Ethan Dick. After devoting their lives in the pursuit of gymnastics Sam and Ethan will be moving on and pursuing the next steps in their future. Their shoes will be difficult to fill, Sam's talents on rings are one in a million while Ethan reflects similar natural ability on pommel horse. The brothers have contributed massively to team NZ's scores in international events like Commonwealth Games and World Championships and we will be waiting for athletes to step up and cover their essential roles. We will miss you guys!

### Hard Work Award

- Ammar Elsherif is in his first year of level 6. His consistent efforts in training have been rewarded as Ammar won the all around title in Counties Manukau Champs by over 3 points. Although Ammar hurt his knee at this competition, a calculated approach in the lead up to Tristar Champs won Ammar another all around gold despite not being anywhere near his full form. Keep up the good work Ammar, and be sure to let those injuries recover!

### Gong Award

- there have been so many significant new skills this time around that it would be unfair to only mention one. Taiyo Chueh stands out after landing his first front layout double twist to the resi mat on floor, this is well advanced for a level 6 gymnast! Taiyo also competed his first Tsukahara on vault and has won the vault title at Counties champs as well as Tristar champs.
- Matvey Ruban, Victor Sanchez, Freddie Zhao and Hugo Thorman have recently competed two flic flacs (back handsprings) in a row for the first time
- Lucas Zhao and Joshua Wilcox have caught their first Moy to support on parallel bars. What's more is that Lucas caught his first one unexpectedly at the Counties Champs

**Misha Koudinov**  
**MAG Lead Coach**





We are so proud to share that Poppy has been successfully accepted as a Senior International athlete this term after completing verification on beam and floor, she competed in her first competition as a Senior at Tristar Champs. Pop, you were absolutely stunning out there and truly held your own. Your hard work and ability to overcome challenges have been an inspiration to everyone. This is only just the beginning of your journey—congratulations on this incredible milestone.

Our entire WAG team have also been delivering stellar performances across all Steps this season so far. Highlights include podium finishes at all competitions, passing scores, personal-bests, major milestone achievements and notable progress and consistency. We couldn't be prouder of each athlete's commitment, energy, and growth. Wishing everyone the best for the rest of the competition season!

**Growing Strong Award** – Georgia Pickles STEP 7. Georgia has been a stand out athlete this term showing incredible growth physically and mentally on her return from surgery. Georgia has made a big shift in her mindset and approach to training, showing great drive and work ethic. Georgia also has successfully competed her new Yurchenko vault this season. Amazing work girl!

**Sarah Kelly**  
WAG Co-Ordinator





Term 2 has been a massive one for the team, with us kicking off our competition season, attending 4 competitions collectively through the group. Everyone showed up at the first two competitions alone, where 16 out of 18 competitive athletes qualified for Nationals. This result is a big reflection on the mahi the team has done during our off season and I couldn't be prouder. Here's hoping over the last couple of competitions we can get the whole team qualified!

In particular, A big congratulations to Marlowe who has qualified for Junior International DMT at his first competition in this division, being the youngest athlete in the group!

A special mention also goes to Ollie, who also qualified for Junior International Tramp and DMT for the first time after setting big goals for this when I first started at Tristar. He has received many compliments from senior coaches around the country around how good he is looking, which is a testament to hard work in training.

Finally, I'd like to wish Matthias a speedy recovery after he sustained another knee injury (not on the trampoline!) which required another surgery. This is the second season he's had cut short due to injury 😞 The seniors can't wait to have you back strengthening up your knee!

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





Term 2 started off strong with the Tristar Novice competition. Great results from all levels. A special congratulations to Mila Parkin scoring a perfect 10 on floor.

We then ended the term with Howick Gymfest and NHG champs. Many of the athletes showed how hard they have been working to improve their skills this term. Congratulations to all the athletes on fantastic results. Tristar took home first place team in Level 1, 2 and 4 at Howick.

Congratulations to Iris Yang placing 1<sup>st</sup> in level 1 at both Howick and NHG! Chloe Sutcliffe 1<sup>st</sup> place in level 5 and Mila Alexander 1<sup>st</sup> place level 6 at NHG!

A farewell to Mackenzie Lambourne who competed at her last gymnastics competition at Howick, moving on to focus on Taekwondo, we wish you all the best!

### Annaliese Tracey Squad Lead Coach





Term 2 was a short but busy one! We hit the ground running with the first GFA comp of the year at the end of the first week, schools event in the middle of the term and then wrapped up the term with the first round of assessments for the pilot of springboard for those children in the 5-9 year old gymnastics classes.

We also welcomed some new coaches and buddy coaches to the team and farewelled Josh who headed back home to Germany. Josh was coaching almost full time, coaching everything from the tiny 2 year olds right through to Comp MAG. I know the children are going to miss you and we wish you all the best with your studies!

Term 3 is looking to be an even bigger term with more children and coaches and our biggest GFA event of the year at the end of week 9 Mason Gillespie.

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



## TERM 3 2025 CALENDAR

August 25<sup>th</sup> Term 4 Enrolments open for existing members

September 1<sup>st</sup> Term 4 Enrolments open for everyone

September 6-7<sup>th</sup> -Counties Manukau GFA Comp-Novice Comp

September 13-14<sup>th</sup> Mason Gillespie Memorial, Tri Star, All GFA Kids

September 21<sup>st</sup> Last Day of Term 3

Term 2 was a short term packed with action for our smallest athletes!

It was a term of growth, many of our tots became walkers, the 2-4yr old classes have shown bravery with learn to walk on the beams by themselves and trying new skills on the bars.

With this new confidence kids are moving up classes to take a step towards doing their gymnastics independently. Frankie (picture below) we welcome you to play gym plus in term 3, where children have their first go at a gymnastics class without their adult! I look forward to seeing you thrive in this space!

I hope everyone enjoyed their break and are ready to get stuck in for term 3!

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





Hi everyone,

We hope you've all had a great school holiday and are excited for another term of gymnastics! This term, we're continuing with the new Springboard Programme from Gymnastics NZ. You might have noticed your child being assessed on this last term. If you're curious to see how they're progressing, you can log in to your Tri Star Friendly Manager profile and head to the Springboard tab for their results.

Coming up near the end of term we have an exciting event, the Mason Gillespie Gymfest on Saturday 14th September. This is a fun and low-pressure opportunity for our GFA athletes to showcase what they've been working on. Each athlete will perform four routines in front of a judge, who will score each one out of 10. There's no ranking, just a chance to show off their skills in front of friends and family. Every participant will receive a certificate with their scores and a medal to celebrate their hard work.

We'll start learning these routines in Week 3 to get ready for the event, and we can't wait to see all the progress and confidence your athletes bring to the floor.

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

Demand for Diverseability gymnastics keeps growing so we needed more coaches! Over the last 2 terms we have been lucky enough to have Kendall, Ollie and Xavier step into Dgym coaching who have all become favourites with their athletes.

Our DGym classes are going strong with gymnasts graduating to the next classes to make way for younger newcomers.

On top of our regular Dgym classes we hosted weekly sessions with students from local schools and community groups enjoying everything gymnastics has to offer!

Gymnastics was a Highlight of the Halberg games again this year. Every session was packed with kids from around New Zealand. We were accompanied by coaches from Howick and North Harbour Gymnastics who I'm sure will also become regulars with us at these events.

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

