

UPDATE

TERM 1 2026



THE GENERAL UPDATE

M A N A G E R

Kia ora Tri Star community,

Term 1 has been a solid start to the year for Tri Star Gymnastics, with a great turnout across all programmes. We've reached our largest Term 1 membership to date, which is a strong reflection of the continued support from our community. We appreciate everyone choosing to be part of the club.

During the term, we held our DGym Awareness Week, which was well supported. The Open Gym session and disco were highlights, providing a good opportunity for athletes and families to come together in a relaxed and inclusive setting. It was pleasing to see the engagement across the week supporting such an important part of our club.

We also had a number of athletes representing Tri Star internationally, with Daniel Stoddart, Josh Teitelbaum, Alex Istock, and Courtney McGregor competing overseas. A special mention to Courtney, who achieved a silver medal on Vault in Germany, which is a huge result at that level.

Around the facility, we've made a few small improvements, including finally getting the inside of the parent viewing windows cleaned, which should make things a bit clearer for those watching from upstairs. Thank you to those who have been using the feedback QR codes around the facility, we value the input and take it on board as we continue to improve the gym.

In the GFA Space Term 1 included the introduction of the new tumble track which has already been put to great use. Our GFA athletes have been working through their springboard testing and are beginning to look ahead to their first optional competition at the start of Term 2 here at Tri Star.

The competitive athletes have also had a productive term, completing their testing and building towards the start of their competition season in Term 2. The focus and effort in the gym has been consistent, and we're looking forward to seeing that carry through into competitions.

Thanks again to our athletes, coaches, and families for their ongoing support throughout the term. We're looking forward to what Term 2 brings.

Ngā mihi,

Luke Dobney
General Manager

Term 1 has been a productive start across the competition programmes, with a good balance of preparation, opportunities, and early season activity.

We kicked things off with our Elementary and Junior Summer Camps, which set a strong foundation for the term. These camps are always a valuable chance for athletes to build skills, settle back into training, and spend some extra time in the gym ahead of the year.

It was also great to host both the MAG and WAG New Zealand National Team Training Camps here at Tri Star. Having national level athletes and staff in the gym was a positive experience for our own athletes, and a good reflection of the standard of our facility and programme.

Our trampoline team has had an early start to their season, with a number of athletes travelling to compete in two trials held across the country. It's been a good opportunity to get routines out early and build competition experience heading into the main part of the season.

Our newly designed female leotards have started to arrive, in plenty of time for the upcoming competition season. It's always nice for the athletes to head into competitions feeling well presented and part of the team.

On the international front, we've had athletes representing Tri Star at both the Turkey World Cup and the DTB Gymnastics Team Cup in Germany across MAG and WAG. These are high-level events, and it's great to see our athletes gaining experience on that stage. A special mention to Courtney McGregor for her silver medal on Vault in Germany, which is an excellent result.

Back in the gym, the focus has been on building routines, learning new skills, and completing testing in preparation for the season ahead. The athletes have been putting in consistent work, and it's been pleasing to see steady progress across the groups.

Overall, it's been a solid term of groundwork, and we're looking forward to seeing the athletes take that into the competition season in Term 2.

Paul Fischetti
Competition Manager



Competitive Programme Calendars

Our Competitive Programme Calendars are the best place to go for up to date information on competition dates, public holidays, club events and training breaks.

There are separate calendars for MAG, WAG, TRA and Squad. They can all be found under Competitive Gymnastics on our website www.tristar.org.nz or linked [here](#)

Competition season is around the corner with testing and mock comp signifying the final preparation phase for 2026. Although this means less time spent doing enjoyable training such as learning new skills, we encourage our gymnasts to take on the challenge of competition in a positive light. In failure are the answers for progress, and a sign of maturity is the unwavering composure of an athlete when faced with challenge. Let's get it boys!

We would like to commend our level 2 group for their progress in strength and floor routine. A big task for the boys was the Lsit on rings. Anyone that has ever tried as much as a support hold will know the strength it takes to keep the rings stable, let alone perform an Lsit at the same time. The floor routine has now become locked in and memorised, it's now time to refine in time for competition. Well done!

In level 3 and 4 one challenge for the boys has been the basket kip on parallel bars. I'll spare readers the explanation, but as a bonus skill in level 3 and a compulsory skill in level 4 it proves to be one of the main struggles year after year. While many of our gymnasts have made the skill their own we would like to wish the best for anyone still in the process of learning the basket kip, go hard boys, we know you can do it!

Speaking of parallel bars, the swing to handstand is the last skill in the routine for levels 5 and 6. It's hard enough to find your balance upside down from a swing, but even more difficult when you're out of energy at the end of a routine. Taking care and having the right balance of receptivity and control will allow the optimal sense of the handstand. A new level of handstand awareness is in sight.

For our seniors the skill acquisition faze is coming to an end and the routine grind is beginning. We are proud of our level 7+ boys who are demonstrating levels of difficulty rarely seen within NZ and wish the best as they endeavour to put serious skills into routines for this season.

A congratulations to Joshua Teitelbaum, Daniels Stoddart and Alex Istock along with all the members of the NZ team for their performances at the Turkey and Stuttgart World Cups. While we know there were some areas where our training efforts weren't reflected as desired we will continue to learn how to perform to the best of our ability in such high pressure situations. Looking forward to your return.

Gong Award - Blake Vincent is twisting into a new dimension. Blake is training a back layout double twist as a level 3 gymnast which is outstanding. We are all excited to see Blake master the skill and show us a good landing soon. Congratulations!

Hard Work Award - Isaac Gutovitz has joined us from USA and is working consistently in his new home. Isaacs effort has lead to a couple high level skills which we hope will be competition ready this season. The Tkachev release on high bar, and most recently the double back piked off parallel bars. Keep it up Isaac!

Misha Koudinov
MAG Lead Coach



This term we have plenty to celebrate in the WAG programme, highlighted by Courtney on her impressive performances at the Turkey World Cup and the DTB Pokal Challenge in Germany. Courtney had a strong return to international competition after 10 years, making the vault final at both competitions and earning a silver medal at the DTB final, and also advancing through to bar finals at the DTB challenge. Truly inspiring work Courtney, congratulations!

Also, a big congratulations to Julia who has been selected to represent NZ in Level 7 at the upcoming Australian State Champs in May. Wishing you all the best in your build up Julia and can't wait to see you represent!

The whole programme has also been hard at work this term preparing for physical abilities and skills testing, which has now been completed. It's been great to see the girls and coaches putting in huge effort to show readiness for the upcoming season. There is great progress happening across all areas which is encouraging to see. Bring on a strong comp season!

Finally, we are excited to have our junior mock comp take place this week. We are looking forward to a run through and receiving valuable feedback from our judges, to continue fine tuning routines for the season. The girls are also very excited to have received their new leotards and can't wait for an opportunity to show them off!

Sarah Kelly
WAG Co-Ordinator



Term 1 has been a busy one for the team as we prep for our upcoming competition season. We welcomed Lucy Reynard and Emma Solly into our training groups, growing our trampoline squad even more. We also opened our gym for an open pit training with the wider trampoline community which was a massive success.

During the term, we've had Marlowe Ansley, Ollie Lynas and Lucy Reynard take part in two trials - one in Auckland and one in Christchurch, trialling to try make the NZ team that will compete at Australian National Championships. Over the two trials, all three athletes put down some massive routines and passes, showing their hard work they've been doing - congratulations team!!

The rest of the team have been working hard to work on their compulsory routines and new skills to put towards their voluntary routines, as we get ready for a busy competition season starting in May. It's been so awesome to see each athlete setting goals and achieving them!

Emily Knight
Tramp Lead Coach



Term ones focus has been skill development and preparing for our up coming competition season. All squad groups have been putting in lots of work on learning their routines. Well done to all the athletes and coaches.

Congradulations to the squad 5 group, all athletes have successfully achieved a kip on bar! A special kudos to Ella, Mieka and Azariah for achieving a round off, back handspring, back tuck on floor!

Squad Level 5 is the first level we introduce music for their floor routines, this is a special moment for athletes. Both exciting and challanging as they learn more artistry on floor. All level 5 + athletes have been working through routine creation, I look forward to seeing them in action this season.

As we move into the competition season in term 2 please remember to keep an eye out for competition invitations. Shedules for competitions with specific timings are not released untill approx 2 weeks prior to the competition date, if you accept an invitation please make yourself available for the whole day.

The first competition of the season is Tristar Novice Competition 2-3rd of May. All level 1-4 athletes will compete on Sunday 3rd May. Levels 5 + will compete either on Saturday 2nd (if necessary) or on Sunday 3rd.

Squad Levels 1 - 4 are on training break April 3rd - 19th .Squad levels 5+ training break 3rd April - 12th , and will start training on 13th April (second week on the school holidays).

Have a great easter break and much deserved holidays!

For any squad specific enquiries please contact me directly at annaliese.tracey@tristar.org.nz

Annaliese Tracey
Squad Lead Coach



Term 1 was a busy start to 2026 with lots of children busy in the gym. New kids, new equipment and new coaches what a great way to kick off the year!

We had our 4th round of Springboard testing where a couple of children completed Level 6. Well Done! For those who didn't get a Springboard certificate this term keep up the good work as there were lots of children hovering around the 70% mark.

Diversability week saw some of the preschoolers holding chin ups for 20 secs, handstands to count to 50 and hanging on the bar for 10 swings. The tween and teen dgymers came out to dance at the disco and there was lots of happy faces as they saw pictures of themselves up on the wall. Huge thank you to all those who supported this crucial fundraiser, especially the coaches who volunteered their time to come and help out with the open gym and disco.

We are looking forward to a busy term 2 starting off with the gymfest at the end of week 2.

Have a safe and happy holiday everyone!

Gillian Tracey
Programme Manager



TERM 2 2026 CALENDAR

20th April First Day of Term 2

27th April NO CLASSES ANZAC DAY OBSERVED

3rd May TriStar Gymfest

1st June NO CLASSES KINGS BIRTHDAY

8th June Enrolments open for Term 3 for current members

5th July Last Day of Term 2

We have had a great start to the year in our preschool space, lots of new faces in the gym finding their love of gymnastics!

Playgym plus has focused on strength and Flexibility this term, congratulations to those athletes who received a horse or gorilla certificate this week!

We ended the term with certificates to celebrate your hard work and a trip to the big gym for those who attend daytime classes, exploring a new space made for a fun end to the term.

Have a happy easter and school holidays, we look forward to having you back next term!

Annaliese
PLAYGYM Lead Coach



Hi everyone,

We started 2026 off strong in the small gym with a brand new tumble track, it was a big job to set up so it's been awesome to see it getting some good use by our GFA athletes. Our athletes have also completed another round of Springboard testing this term, congratulations to everyone who gave it a go and to those moving on to the next level.

Coming up early next term is the Tri Star Gymfest. This will be on Sunday 3rd May and is a fun event where the athletes show 4 routines in front of a judge and get a score out of 10 for each routine. There are no 1st, 2nd, or 3rd placings, and everyone will receive a certificate and a medal for their participation. Make sure to check your emails for the sign up information if you're interested.

Thanks for a great start to the year everyone, looking forward to term 2!

Cheers,
Ryan
GFA Lead Coach

Term 1 has been an amazing start to the year!

During the term we had so many fun events which our amazing divers-ability kids got to partake in!

On Saturday the 14th of March we got our groove on with the DGym Disco. Our team busted out their best dance, sang some songs and ate some yummy food.

From the 14th of March to the 29th we had Diversability Awareness for our GFA and competitive athletes. We are now at \$1000 raised and still counting. We look forward to announcing the top fundraiser and the final total once all money has come in by the 12th of April.

To round off the term, we handed out certificates to congratulate all of our amazing d-gym kids and their hand work. Congratulations everyone!!

We hope everyone had a happy easter and we look forward to seeing you all in term 2.

Catherine Takle
Diverse-ability Co-Ordinator

