

UPDATE

TERM 1 2024



The General Update

Kia Ora Tri Star,

Term 1 of 2024 has included some big changes for our team. We said goodbye to some of our key staff and welcomed some new faces into the mix.

A big change for me has been my change in role from Events and Operations Manager to General Manager. It has been a fun few months learning the ropes and I would like to say a huge thank you to our Tri Star staff, board members, parents, athletes and alumni who have all been incredibly supportive and patient in this transition period. While I might not always get everything 100% right, I will put in 100% effort to make sure I can do my best for the club and its members.

Saying goodbye to Kate, Matt and David

I would like to say a big thank you to Kate Speight, Matthew Palmer and David Phillips who have all moved on from their roles at Tri Star in Term 1. Kate, Matt and David have all been instrumental members of the Tri Star team and their work in the club will leave a lasting legacy.

Kate was officially our athlete wellbeing coordinator but in reality was our go to gal for a lot of things at Tri Star including the wellbeing of our staff. Kate implemented and ran the mental skills programme for our competitive athletes and was the friendly face for all our athletes, parents and fellow staff members. Kate was also the queen of organisation for competition entries, logistics and was our National Champs provincial manager. Kate has jetted off on an overseas adventure and we will all miss her greatly.

Matt was our finance man and coached in the MAG Competitive Programme. Matt did an awesome job at keeping the money flowing at Tri Star and did a huge amount of work helping get us through the Covid period. Matt has recently welcomed a new baby to his family and has made a move up north. Many of you will still see Matt judging at competitions and I know the staff are looking forward to meeting his new baby.

David was our General Manager whose face you will all know from past updates. David led Tri Star through the difficult covid years, he initiated and developed a number of programmes here at Tri Star including the DGym programme and was a long time coach in the MAG programme. David has relocated to Queenstown and has taken up the 'Head of Gymnastics' role at Gymnastics New Zealand. David is a life member of Tri Star and we know we will still see him around the facility when he comes up to Auckland.

Saying hello to new faces

We are very excited to welcome four new faces to our staff here at Tri Star. You may have had some interaction with Paul, Toni, Oscar & Cathy already, but if not I'm sure you will join us in welcoming them all to the Tri Star family.

Paul Fischetti is our new competition manager and coaches in the MAG programme. I would give you a bit of background on Paul but he has done it himself a few pages down in the update. Welcome to the team Paul we are stoked to have you.

Toni Johnson is our new Office Administration super star. Toni will be the new friendly face at reception Monday to Thursday and is likely the person at the other end of the team emails. Toni will also be our safeguarding lead and there to support the athletes if and when they need it. Welcome Toni.

Cathy Ramanjalum is our new Finance Manager and the guru of all things money at Tri Star. Cathy originates from South Africa but even more recently moved up to Auckland from Dunedin with her husband and daughter. While Cathy won't be as customer facing as many of the other staff members, the work she does is integral to keeping the club ticking. Welcome Cathy.

Last but certainly not least we welcome Oscar Graham to the team. Oscar is our new Events and Operations Coordinator and will join Kerri in the events space. Oscar has hit the ground running and is quickly learning the ropes. Oscar has recently moved back to Auckland from Dunedin and is an avid rugby player. You will see Oscar around the facility most days and he will soon be in all your inboxes with info around events and all things Tri Star.

For Toni, Cathy and Oscar gymnastics is a new sport and as such they are learning how it all works. We all know that the ins and outs of gymnastics can be confusing so please help them out where you can while they learn. I know I am looking forward to getting to know our new staff members and can already see how they are adding value and ideas to Tri Star.

Looking forward to a great year as we head into competition season.

Ngā mihi,
Luke Dobney
General Manager

Jump into it!

Term 1 has been full of exciting changes and competitions!

Firstly, I would like to introduce myself. My name is Paul, and I'm the new Competitive Programme Manager. Originally from San Francisco California, I pursued my education in Kinesiology at California Polytechnic State University. After 11 years as a competitive gymnast, I took my skills to springboard diving and competed in the NCAA. I started coaching gymnastics at a local gym during university and have been coaching ever since. I'm looking forward to supporting all athletes, coaches, and parents at Tri Star while also learning and growing together as a team.

Now for some competitive team updates. Congratulations to Daniel, Will, Sam, and Ethan who represented New Zealand during the World Cup circuit in Feb 2024, and Ava who competed at the Baku World Cup in March. Ava was also officially selected to compete at Pac Rim in Columbia and will be joining Ben for the team event in April. Additionally, Grace was announced as a part of the women's artistic team to represent New Zealand at the upcoming World Challenge Cups being held in Varna, Bulgaria and Koper, Slovenia.

The Trampoline program had their first competition at Icon Championships, and it was a big success. Half of the team has already qualified for National Championships in October! We also received and set up a 4th Euro Trampoline for the program, giving our athletes another piece of equipment to utilise. Gillian has taken over the Squad Lead Communication as Dennise has moved to the WAG Assistant Coach Role. We extend our gratitude to Gillian for stepping up and taking on this additional responsibility.

All of MAG and WAG completed preseason testing, I am extremely proud of the entire competitive team and how they are progressing this term. All the best to our traveling international athletes and our entire competitive team gearing up for the 2024 season.



spotlight!

Our trip to Egypt and Germany was very memorable. There were ups and downs in the gym but it was great to be out there again amongst the very best. Aside from gymnastics the experience was incredible with the pyramids being a highlight for sure. Always grateful for the opportunities this sport and this club present to me:)

~ Daniel

TERM 2 CALENDAR

15-21st April Training break MAG 1-3 WAG 1-3

15-28th April Training Break ALL squad

18-19th April Future Camp MAG 1-3 WAG 1-3, SQUAD L 1-4

25th April ANZAC no training ALL athletes

4-5th May Hamilton Elementary Hamilton 1-3

11-12th May Tristar Elementary

1-2nd June KB Memorial Counties Manukau WAG Step 1-10, MAG Level 1 - Senior Open

3rd June Kings Birthday no training ALL athletes

8-9th June Tristar T&T Champs

22-23rd June Argos Elementary Tauranga 1-3

29-30th June Tristar Senior Champs WAG Step 5+, MAG Level 4+

Routines are almost ready! Following testing there has been a big push from our boys to finalize inconsistencies and wrap up initial preparations for competition season. That's not to say our work is finished, new skills and routines are rarely clean in form from the beginning and take a few months to polish. It feels good to see our work paying off, watching the boys getting through skills they weren't able to do just months ago, seeing them enjoy that contrast of skills that were difficult become easier in their present, that's what it's about for me.

A change worth mentioning is our level 1 boys have begun training on the high bar with their new straps and gloves. I've looked over on a few occasions as coach Caleb was showing the boys how to put them on and enjoyed watching their reactions when they realized how much higher they could swing with them. In NZ, boys will compete and train in straps until level 4 where there is a transition to wearing hand guards. At this stage the routine becomes more complex with a higher swing requirement so hand guards are a way to lessen the burden on a gymnast's skin.

As our domestic season approaches we also have some outstanding senior international gymnasts representing NZ through April and May. We would like to wish all the best to Ben Stein who will be doing his first international competition for NZ at the 2024 Pacific Rim Champs in Colombia, a competition consistently engaging some of the best gymnasts in the world. We would also like to say good luck to Sam Dick, William Fu Allen, Ethan Dick and Daniel Stoddart who will be taking on the top Australians at the 2024 Oceania Championships to battle for the final Olympic qualification spot for the Oceania region.

Gong Award

Sam Dick After approximately 5 years of struggling with additional hand adjustments during the 'top change' on high bar, Sam has finally won the war. We usually focus on big skills for this award, however sometimes it's the minor detail that's the most difficult to change, and old habits that are most difficult to break. Well done Sam, you've saved yourself a couple tenths on bar :)

Hard Work Award

Matvey Ruban Also on the high bar, Matvey has struggled with the back uprise since starting level 3. During this skill, the gymnast swings backward from under the bar and must land in a support position, much like the support on parallel bars. There were moments when Matvey thought it was simply not possible for him, yet with consistent training, a couple drills and a serious power of will to continue training a skill he does not enjoy doing, Matvey lit up when he suddenly found himself on top of the bar for the first time making the back uprise by himself. Congratulations!

Misha Koudinov **MAG Lead Coach**



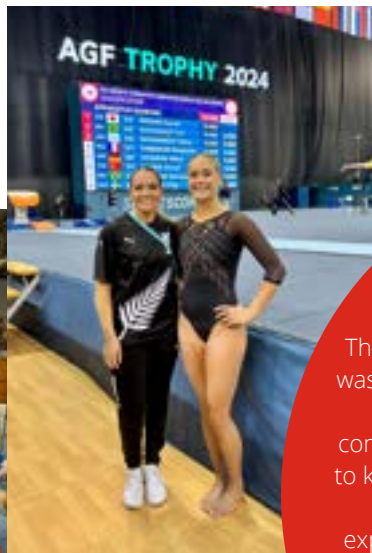
2024 has kicked off to a very busy start for our senior international athletes. Ava recently returned from Baku where she competed vault and bar. This comp was a great opportunity for her to test out some new upgrades and although it didn't all go to plan, it was another valuable learning experience for her. In 2 weeks Ava is off to Pac Rim in Columbia where she will compete at her first international All-Around competition. Let's get it Ava!

Grace has also been selected for her first international assignment at the World Challenge Cups in Slovenia and Bulgaria at the end of May where she will compete on vault and floor. A huge congrats to Grace for this milestone, we can't wait to see you representing NZ on the world stage! Freya was named as the reserve for Pac Rim and was also conditionally selected to attend the World Cups pending injury recovery. Freya is recovering well and has done an incredible job persevering and showing determination but unfortunately time hasn't been on her side to get competition ready so won't be attending these comps this time around.

Our Steps athletes have been busy working away preparing for competition season. It's great to see routines coming together at this early stage. We have the first junior mock coming up on the 12th April for Step 1-4 and a routine run through on the 13th for Step 5+. Our juniors are not far off their first comp of the season on May 4-5 in Hamilton, while Step 5+ will have one more mock on the 17th May before their first comp on the 1-2 June at KB. All the best for your preparation's girls, we look forward to seeing all your hard work out on the comp floor!

Top Effort: Alex Quickenden – for putting in the extra work around attention to details in her leaps, spins and dance on beam. Love to see it Alex!

Sarah Kelly
WAG Co-Ordinator



spotlight!

The Baku World Cup was an amazing experience, it was so cool to have my coach Sarah come along and be there for me during the training and the competition. A big highlight was meeting and getting to know gymnasts from around the world and seeing how different country's train. I really enjoyed exploring Baku and the amazing architecture of the city, the Caspian waterfront was a highlight. This was overall a great learning experience and another opportunity for me to compete for New Zealand at an international competition for which I am really grateful.

~ Ava

The trampoline team hit the ground running in term 1, working towards perfecting routines for our first competition scheduled in mid-march. Throughout the build-up, everyone continued to have fun, support each other and add a few more skills to their repertoire. It's been super enjoyable to watch our junior competitive team where a handful of previous squad athletes are making their transition into the competitive scene which is a testament to their hard work and determination.

Throughout the excitement of getting ready for our competition season it was important as a team to go back to our "why" as sometimes, this can get lost within conversations with team mates, and other external pressures. The overwhelming response from the team was that they do trampolining because of how fun it is, the friendships they've made and because they get to learn cool flips at the same time. Equally, for myself as a coach, I enjoy the happiness the athletes get out of learning new flips and the valued friendships they get out of such a cool sport. It's important to go back to this every so often with each athlete so they don't get caught up in the things they can't control.

Our first competition, which was held at Icon Trampoline, was a huge success. The team competed to a high standard and was awesome to see those who competed at their first competition getting their feet wet, now knowing what to expect at the next competitions. We came away with half the team qualified for nationals, multiple personal best scores - some over 2 points from their scores from last year(!), and 7 medals won which is a testament to the hard work they've put in during the off season.

A special mention goes to Nikita Nicholl-Jones who had worked hard over the off season to move from the age group system to the international system with the aim qualify for the NZ team to compete at Australian Nationals. Unfortunately, days before the trial, she was injured at school meaning we were unable to attend. As frustrating as it is, it has been super cool to see her hard work paying off to making this transition across and inspiring for her younger teammates at the same time to push harder in their own trainings.

Emily Knight
Tramp Lead Coach



With over 60 athletes, squad is now our biggest competitive program! All the athletes have spent the term increasing their strength and flexibility, refining their skills to put into routines.

We welcome Elena (an exchange student) who is training in our Squad 5 group during her time in New Zealand.

It has been fantastic to see the squad 5s floors coming together as they add their own artistic flair to their individual routines.

There is no training these holidays unless your athletes are enrolled in camp which runs 18th&19th April. So rest up and have a fabulous couple of weeks off before we hit the ground running in Term 2 with only 4 training sessions until that first comp at TriStar!

Gillian Tracey
Squad Lead Coach



2024 has started with a hiss and a roar! With lots of full classes and new coaches onboarding the gym has been a busy space. Welcome to all our new and returning members it has been awesome to see so many familiar faces in classes.

Watching kids walk along the beam blindfolded, handstand using one arm and navigate around an obstacle course being guided by their friends was a highlight for me. It is important for us at Tristar to try and cater for children and adults of all abilities and we know that a one size fits all approach doesn't work. A huge THANK YOU to those families who got on board with Diversability awareness week sponsorship and helped us fundraise to ensure we can continue to offer the program.

The last week of term sees certificates across the board and the joy it brings is fabulous.

Enrolments for Term 2 have opened and we encourage all those who are wanting to enrol in a class to get onto it now as some classes are already full and other classes have limited availability. If you aren't sure what to enrol for next term reach out to the team and they will be able to guide you on what to book in for.



TERM 2 CALENDAR

15th-26th	Holiday Programme
29th April	Start of Term 2
12th May	TriStar Novice Comp and Gymfest
3rd June	Kings Birthday (No classes)
8/9th June	TriStar Tumble and Tramp
28th June	Matariki (No classes)

Hi everyone,

The GFA term is always a fun, if sometimes chaotic time. We've had a great term working on our strength and technique. I've especially seen a big improvement in the athletes' chin ups, keep it up team. This term we celebrated Diversity Awareness week where we challenged ourselves to get stronger. It was awesome to see the athletes get involved and support their fellow Tri Star athletes, and a big thank you to those who have already brought in their donations.

Coming up in term 2 we have Tri Star Novice Comp & Gymfest on 12 May, children who attended classes in Term 1 will be able to register for this event soon so keep an eye on your emails. I hope you all had a good long weekend and are ready for the last 2 weeks of term!

Ryan
GFA Lead Coach



This term we have had a huge increase in our smallest members, our tots classes for 1-2 year olds are growing! It's great to see all the new faces explore the gym and learn new ways to move their bodies. While we have had newcomers, some of our tots from last year moved up a class this term and have been thriving in their new space.

Our biggest kids in the playgym space, independent preschoolers have been focusing on jumping and landings, working towards the spring and landing bunny/kangaroo certificates. They have been working hard to improve on some tricky skills.

During the term the playgym kids participated in Diversity-awareness week, their challenge was to walk along the beam blindfolded. They got to have a new perspective and had heaps of fun giving it a go. Our weekday day morning classes have been able to explore the big gym for the last two weeks of term, it's a highlight for the kids and gives them an opportunity to use some equipment we don't have in the small gym. Enjoy the holiday break, we'll see you back in the gym next term!

Annaliese
PLAYGYM Lead Coach

A Huge DGym week thank you to everyone who participated in or donated to our Dgym week Gymathon. Thank you for helping up keep doing what we do here in DGym...



spotlight!

I've been doing gym for 5 years & I love jumping on the trampoline. My favourite thing to do is swing on the rings and running down the long trampoline.

~Molly

I've been doing gymnastics for 2 years & love swinging on the rings. I love Molly and my Coach. The coolest thing I do here is jumping on the trampoline.

~Olivia

The annual Halberg games is being held 19th-21st April. Athletes from all over the North Island with physical disabilities come to Auckland to participate and compete in a huge variety of sports. Tri Star is excited to be delivering the gymnastics segment of the games which is always a huge hit.

spotlight!

I'm a lifeguard. I'm super strong- My muscles are from drinking Prime. I'm also funny, I've been doing gymnastics for 7 years & love doing mean tricks on the trampoline. My best skills are side flips, cartwheels, my 10 second handstand & chin ups with my muscles.

~ Micheal



Catherine Takle
Diverse-ability Co-Ordinator



In Term 1 Tri Star hosted a Memorial Celebration for life member Martin Götz. Martin was a founding member of Tri Star Gymnastics and has been involved in many capacities over the years. It was nice to be able to farewell and celebrate Martin alongside his family and many of the gymnastics community.



Some of the Tri Star life members get together every year for a catch up getaway. This year they descended on Miranda Hotsprings for a fun weekend. Great to see being a member of Tri Star really can be a lifelong journey!

