



Ava Fitzgerald – 2023 Paris World Cup

Annual Report 2023



Presidents Report

Having put Covid and the challenges it brought, we had high hopes that 2023 would usher in a return to normality. Sadly our hopes were dashed by the unprecedented flooding of Auckland Anniversary weekend. As the situation quickly escalated into a crisis, our leadership team demonstrated exceptional guidance, prioritizing the safety of our athletes and staff, and endeavouring to safeguard our magnificent facility.

Tristar got off luckier than some, but sadly both our pits were affected. In an awesome display of our community, there was a great response to our mayday call and you all pitched in to help. Something the board is incredibly proud and grateful for. Even today we are still feeling the repercussions of this event as we have had to navigate the insurance and replacement process. A particular acknowledgement to the tireless efforts of Luke who has been leading this particularly onerous process from our end.

This year also saw some significant changes within our operations. The board made the decision to support David achieve a life's ambition of living in Queenstown by allowing him to work remotely. This was a significant change for all our staff, and especially the lead team. In the face of this significant change, the performance of the club was extremely positive with us posting new records in terms of membership. The board wants to extend its gratitude to all our staff who made this possible.

This year we continued to optimise our program delivery to provide our members with as many opportunities as we can for them to remain active and engaged with the club. The introduction of our competitive Squad category as a pathway into our competitive programs has been a great success at spanning that transition gap. We also held our first Tumble and Tramp event in recent times which was very successful with athletes, coaches and judges which has led to a repeat.

In the gym for all programs, Gillian and her team consistently provided outstanding programs across all our programs, catering to a remarkably diverse segment of our community. Classes are so popular for some of our preschool programs we have had waitlists. Our DGym program continues to shine and be a model for our sport throughout New Zealand. Another massive highlight was the continued growth in attendance of our holiday program.

At a competitive level, Tri Star once again performed exceptionally well on the national stage. Like 2021 and 2022, nearly 100% of our eligible MAG and WAG athletes qualified for nationals, with numerous athletes medalling. This trend continued with our Tumble and Tramp who achieved great results throughout the year, culminating with a number of podiums at nationals.

In international honours Ava Fitzgerald, Misha Koudinov, William Fu Allen, Sam Dick, Ethan Dick, Daniel Stoddart have all gained selection to world cup events in February/March 2024. The international strength of the MAG program has been a cornerstone of our success as a club, so it was fantastic to see our senior WAG athletes starting to break through which is a testament to them and our WAG coaching staff.

The board would also like to take the opportunity to acknowledge some of our alumni. Congratulations to Gareth Brettell on being awarded GNZ Life Membership. We would also like to once again applaud Misha Koudinov, who received a Meritorious Award at the GNZ AGM.

We would also like to celebrate the awarding to Dido Gotz of the Officer of the New Zealand Order of Merit honour in the Kings honours list for her 70 years of service to Gymnastics. You will all agree that it was an incredibly well deserved award.

With heavy hearts, the club acknowledges the passing of one of our founders and stalwarts, Martin Gotz. Martin's influence in Tristar is beyond compare, his fingerprints are everywhere and he left us with an amazing legacy. Our sympathies to Dido and the Gotz family on his passing.

To all our volunteers, thank you for your dedication and hard work. Tri Star could not achieve what we do without your continued contribution. Your willingness to pitch in was never more evident than after the floods when we really needed you. We are very lucky and grateful to have access to a willing and able volunteer network who support the club year in and out.

This year we have had some great success with grant applications which we require for the surprisingly expensive Pit and Foam replacement that we are undertaking. As a community organisation we rely on the generosity of funding grants to make large capital investments and our thanks goes to all our supporters. The Dragon Community Trust, Trillian Trust and The Lion Foundation for their help with the EuroTramp. North & South Trust for helping us with our new Vault, TAB NZ, Foundation North, Four Winds Foundation, The Grassroots Trust and the Community Trust for your generous support for our Foam and covers.

The Board would also like to take this opportunity to thank our supporters and funders; Sport Auckland / Aktive, The Lion trust, Hugo Charitable Trust, NZ Community Trust, Pub Charity Limited and Friendly Manager for their continued support. We would also like to thank GNZ for their input and leadership in our sport. We would also like to thank Lennie and Associates, our Auditor for their continued engagement with Tri Star.

Thank you to my fellow Board members for their input, guidance and dedication to the club. Our success and standing in the gym sports community wouldn't be achievable without your support and input and I wanted to personally thank you for what you do for the club. I would like to personally thank Mark Lindon, who after 7 years is standing down from the board this round.

My final acknowledgment goes to David, Gillian, Luke, Matt and the incredibly dedicated team they lead. The way you live our values and deliver services to our athletes and community is an incredible achievement and we would be nothing without you all.

Paul Quickenden
President

Tri Star Gymnastics Club



General Managers Report.

The first quarter of 2023 brought both challenges and successes for Tri Star, encompassing floods, staff shortages, and remarkable athlete achievements in our Competitive Codes. Despite challenges, the club remained steadfast in its commitment to community engagement and development, exemplifying resilience and adaptability.

The January floods presented significant challenges, causing disruptions to our facilities and operations. Despite these setbacks, our dedicated staff demonstrated resilience, ensuring minimal disruption to class delivery and swiftly addressing repair and maintenance needs. However, staffing shortages in subsequent months posed additional challenges, particularly in sustaining programme delivery and community facility efforts.

Our Competitive programmes achieved remarkable success both at national level with all codes having multiple medallists at National Champs and International success. Ava Fitzgerald, Grace Wellington, Georgia Dale, Bobbi Brown, Poppy Glasgow, Misha Koudinov, Sam Dick, Ethan Dick, William Fu-Allen and Daniel Stoddart all represented New Zealand in international competitions. These achievements underscored the dedication and talent of our athletes and coaching staff, further solidifying Tri Star's reputation as a powerhouse in New Zealand gymnastics.

Despite national trends indicating a softening in gymnastics membership, Tri Star achieved a milestone with weekly membership topping 1500 in Terms 3 and 4. This accomplishment speaks to the effectiveness of our strategic initiatives, including:

1. More athletes, more engaged: Fostering increased participation and engagement across all programmes.
2. Developing great coaches from the ground up: Investing in staff education and development to ensure excellence in coaching.
3. A gymnastics community for life: Cultivating a supportive and inclusive community that extends beyond the gym floor.
4. Resilience in a changing sporting landscape: Adapting to evolving challenges and leveraging opportunities for growth and sustainability.

Due to staffing shortages we found ourselves having to close our community gyms in Mangere Bridge and Mt Albert, we also stopped offering competitive tumbling at Tri Star, however our recreational tumble opportunities are still as popular as ever.

The passing of Martin Götz, a founding member of Tri Star, marked a sombre moment for our community. His legacy and contributions were celebrated during a commemorative service, reaffirming the profound impact he had on our club and New Zealand gymnastics. Additionally, the unveiling of the Honours Board served as a poignant reminder of the countless individuals who have contributed to Tri Star's success over nearly four decades.

The investiture of Dido Götz as an Officer of the New Zealand Order of Merit in the 2023/2024 New Years honours served as a beacon of pride for the club, celebrating a lifetime of service and dedication to gymnastics.

The support of funders, including grants and insurance proceeds, has been instrumental in facilitating facility repairs and operational sustainability. A huge thank you to Four Winds Foundation and NZCT for their contribution towards the small gym roof replacement, Dragon Trust for funding the new

Eurotramp, North and South Trust for the new vault table and Hugo Trust for contribution towards keeping DGym accessible to as many people as possible.

We hosted a massive number of participants at our competitions and events throughout 2023. While the schedule turned out to be a challenge for our event staff the efforts of the whole club including all our incredible volunteers lead to the overall success of all our events. Its during event season where the true value of our Tri Star community really comes to light, and I want to thank everyone who takes extra time out of their busy lives to contribute to our club.

I would like to thank our Board of Directors for the support and direction throughout the year and a huge thank you to the entire Tri Star staff who all worked tirelessly to contribute to a very successful year at Tri Star. I would like to acknowledge the resignations of permanent staff; Morgan McCormick and Alexandra Koudinova during 2023 as well as Mattew Palmer, Kate Speight and David Phillips at the end of 2023. We wish you the best in your next endeavours.

As we reflect on the challenges and achievements of 2023 it is evident that Tri Star's resilience, dedication, and sense of community are the cornerstones of our success. Moving forward, we remain committed to our mission of providing high-quality gymnastics programmes, fostering community engagement, and nurturing the holistic development of our athletes and staff.

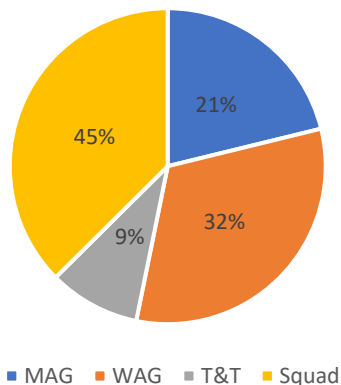
Bring on 2024!

Luke Dobney
General Manager
Tri Star Gymnastics

Competitive

Programme Coordinator: Sarah Kelly

2023 Competitive Membership



The disruptions of the January floods were significant for our competitive athletes some of whom were preparing for international events at the time. We were very proud of our athletes and coaches who showed resilience as their competition preparations were impacted, but also generosity as we absorbed four competitive codes of North Harbour Gymnastics (NHG) for much of Term one due to flood damage to their facility. It was a very full gym but a great opportunity to support our friends across the bridge!

53 athletes qualified to nationals across all codes and at our peak we had over 200 athletes in competitive programmes (MAG, WAG, T&T, SQUAD). Our competitive programmes remain a meaningful and important part of the Tri Star club environment.



MAG

Men's Artistic Gymnastics



Programme Coaches: Misha Koudinov (Lead Coach), Matt Palmer, Sam Dick, Roison Collins, Mark Jujnovich

Membership high: 43

The MAG boys had an eventful year with some new faces and some great results. Misha Koudinov (MAG Lead Coach) continued to defy the young gymnast stereotype producing some of his best ever gymnastics now as a 30+ year old. The next generation are also coming through with Ben Stein, Eras Viljoen, Janko Viljoen, Ammar Elsherif gaining selection to 360 or Challenger Squads which is the national development pathway, and Daniel Stoddart who joined the other athletes below in qualifying to the national team.

HIGHLIGHTS

- Misha Koudinov won the Oceania Championships and the MAG team (William Fu Allen, Sam Dick, Ethan Dick, Daniel Stoddart) came within a whisker of beating the Aussie lads!
- Misha, Sam, William competed in Cottbus and Doha world cups with Sam placing 13th on VT in Doha and Misha gaining 9th place on PB at Cottbus.
- Misha Koudinov received a GNZ Meritorious Award for his service to gymnastics, and won Athlete of the Year at Nationals.
- Ethan Dick and Misha Koudinov competed at the World Championships in Belgium.
- Ben Stein qualified to a World Cup tour which was unfortunately cancelled.
- Ben Stein was named on the 2024 Pacific Rim team.
- Ben Stein, Eras Viljoen, Janko Viljoen, Ammar Elsherif qualified to 360 or Challenger Squads.
- Matt Palmer appointed judge to Oceania Champs and Asian Games
- JD Rosse Levels Athlete of the Year at Nationals
- Misha Koudinov, Sam Dick, William Fu Allen, Daniel Stoddart, Ethan Dick selected for 2024 Cottbus, Cairo & Doha world Cup Olympic Qualifier events.
- Daniel Stoddart, Misha Koudinov, Sam Dick, Ethan Dick, William Fu Allen named in 2024 National Squad.

T&T

Trampoline and Tumbling

Programme Coaches: Emily Knight, Sarah Deverell, Roisin Collins, Ryan Davies

Membership high: 19



The Trampoline and Tumbling programmes had a successful year of competition and skill development in 2023, including 6 medals won at Nationals! In a small developing programme such as ours this is an incredible achievement and points the quality of our coaches and dedication of these athletes. Many of our T&T athletes are also involved in coaching and volunteering and it's a real asset to have such a dedicated code within our wider community.

After a long period of trying to find a stable coach to lead the Tumbling code, at the end of 2023 we sadly had to close the programme. Our competitive Tumbling programme has had many coaches over its short life, but we have not been able to secure one to move the programme forward in 2024. Tri Star would like to thank all the coaches, athletes and families who have helped to deliver competitive Tumbling. Tri Star still has a strong recreational Tumbling programme and who knows what the future may hold.

HIGHLIGHTS

- A new trampoline and end frames was a welcome addition to the trampoline programme enabling Tri Star to now host synchro trampoline events alongside individual events.
- 2023 was the first time the whole T&T programme qualified to nationals from Tri Star.
- 6 medals - 1x gold, 3x silver, 2x bronze across T&T programme were won at Nationals.
- Emily Knight represented NZ as a coach at the Australian National Championships.

WAG

Women's Artistic Gymnastics

Programme Coaches: Sarah Kelly (Lead Coach), Alexandra Koudinova (Lead Artistry Coach), Luke Dobney, Dennise Hassan, Ryan Davies, Ashleigh Pinner, Kendall Hollingsworth, Lisa McLea, Emma Jesson

Membership high: 65

Our WAG programme continues to move from strength to strength with excellent performances in all Steps throughout the season. The coaching culture of the WAG programme is increasingly a collaborative one with coaching teams operating across all training groups, increased alignment in 'coach approach' and sharing of team strengths. Our athletes are now beginning to rise to the top with Ava Fitzgerald and Grace Wellington gaining selection to the National Team, and athletes in many steps reaching the podium at nationals and for the junior levels at our regional events. Ava represented New Zealand in World Cups in Hungary and France as well as at the Oceania Championships in Australia.



HIGHLIGHTS

- Grace Wellington, Bobbi Brown, Poppi Glasgow and Georgia Dale represented NZ at the Aloha GymFest in Hawaii.
- Ava Fitzgerald competed at Oceania Championships.
- Ava Fitzgerald competed at World Cup events in Hungary and France and placed 13th and 11th on VT.
- Grace Wellington and Ava Fitzgerald were named on the 2024 National Team
- Sarah Kelly was selected as coach to Oceania Champs.
- Alexandra Koudinova was selected as coach to the Aloha Gymfest.

SQUAD

Regional Competitive Gymnastics



Programme Coaches: Dennise Hassan (Lead Coach), Ashleigh Pinner, Liam Bowles, Annaliese Tracey, Emma Jesson, Isobella Norton, Lydia Garlic, Gillian Tracey, Amelia Alizadeh, Oliver Lynas, Sarah Deverell

Membership high: 76

The squad programme is the first competitive experience for many young athletes at Tri Star. Squad is a regional competitive programme competing in 'novice competitions' mostly around Auckland in a fun, less formal setting.

Squad athletes enjoyed a busy year of in-gym skill development and competition opportunities. With increased training hours available to athletes in 2023 the standard across the programme lifted and a number of athletes were invited to join the codes in the national stream competition pathway (MAG, WAG, T&T).

Of note, Priscilla Zhong successfully transitioned to the Step 7 WAG competitive pathway and won a bronze medal at Nationals! An amazing result considering the reduced training hours she has as a squad athlete.

HIGHLIGHTS

- Tri Star Novice Comp and Mason Gillespie Competitions (carnival theme!)
- Squad handbook created.
- Goal setting for all squad athletes.
- Priscilla Zhong won bronze on beam at Nationals.
- New Squad Tramp and Tumble classes started.



ATHLETE WELLBEING

Athlete Wellbeing Coordinator: Kate Speight

Tri Star delivered a full year of athlete centred activity here at the club both on and off the gym floor. As we continue to find new ways to deliver on our strategy of *more athletes, more engaged* we are seeing positive outcomes such as increased retention, increased involvement in volunteerism, coaching and judging, positive athlete survey feedback, new athletes joining our club and our athletes leading the way in team 'vibes' out there on the competition floor.

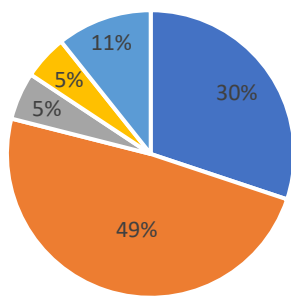


HIGHLIGHTS

- New 'Life Hacks' resource completed for competitive athletes entering university, complete with insights on training and competing resources, university support and contacts, advice on how to manage time and balance priorities and more.
- New Athlete Leaders – William Fu Allen, Grace Wellington, Poppi Glasgow and Ollie Lynas, Jodi Orias helped with events, communication, team challenges and role-modelled our values of Belong, Respect, Excel.
- Athlete Leaders also helped to host our first Volunteers breakfast ... athletes serving our volunteers in a role reversal to say 'thank you'!
- Athlete Representatives Grace Wellington and William Fu Allen reported quarterly to the Board of Directors.
- 3rd annual competitive athlete survey completed.
- 10-week Mental Skills programme.
- Ko Tatou 'this is us' certificates which celebrate our values of Belong, Respect, Excel introduced to GfA
- Drug Free sport workshop held at Summer Camp.
- RED-S screening conducted 6 monthly to monitor athletes for energy availability / training load.
- Mental Skills Cues wall created as an in-gym reminder to athletes to apply their learnings.

Gymnastics for All

2023 GfA Membership



- Preschool
- Afterschool Gymnastics
- D-Gym
- Community Gym
- Freestyle

Programme Manager: Gillian Tracey

Programme Coaches: Ashleigh Pinner, Cayley Lam-Tracey, Jodi Orias, Madeleine Lacey, Sarah Sherlock, Grace Wellington, Aly Snowsill, Jenna Veal, Amy Metcalfe, Abi Stewart, Leti Foster, Zoe Rotherham, Oliver Lynas, Isobella Norton, Amelia Alizadeh, Morgan McCormick, Annaliese Tracey, Elspeth Osborne, Timothy Webb, Catherine Takle, Erin Veal, Jalaya Waleed, Lara Simpson.

Membership high: 1345

Our Gym for All programme offers a wide range of programmes under our key programme areas Preschool, School Age Gymnastics, Freestyle, Community Gyms and Diverse-ability Gymnastics. GfA gymnastics grew at a significant rate in 2023 despite coach shortages and bucked the national trend. In 2023 we hit a membership high over 1500 weekly members which is a huge milestone. The average membership each term lifted from 1259 (2022) to 1419 (2023). Note this reflects both GfA and Competitive membership. With waitlists each term in GfA the demand for participation level, gymnastics at Tri Star continues to grow, and is a reflection of the quality programming Gillian and her awesome team continue to deliver.

Tri Star's GfA team also offer a growing suite of opportunities for our community that are not membership based including Holiday Programme, Birthday Parties and Large Group programmes all of which saw significant growth in 2023.



PRESCHOOL

Lead Coach: Ryan Davies

Membership high: 405



Preschool remains a key entry point to our community and the efforts of Ryan and the team of Preschool coaches are having an impact. With a membership of over 405 in Term 3 Tri Star's preschool programme alone is now equal to a medium sized club nationally! While obviously delivering important foundational movement opportunities, our preschool programme is also a highly relational one for both children and caregivers. We often see groups gathering after classes for morning tea or heading off to the playground next door. The preschool programme really does lay the foundation for not only our future champions, but also a connected community.

HIGHLIGHTS

- New soft play equipment for all GfA programmes to use and benefit from.
- Preschool club display – naturally this was the cutest!

COMMUNITY GYMS



Lead Coach: Gillian Tracey
Membership high: 67

In term 1 we were excited to launch our second Community Gym in Mangere Bridge (alongside our already established Mt Albert venue). The local Scout Hall was a well-received addition to our locations with more than 140 registrations to our open day followed by 40 term 1 registrations! The Mangere Bridge location is a new, sunny and spacious training venue and our athletes have enjoyed the preschool, afterschool class options available close to home.



Sadly due to coaching shortages in Term 4 we had to close both the Mt Albert and Mangere Bridge locations indefinitely. We have loved taking our van loaded with gear out into the community these past two years. It's pretty physical work setting up and packing down, but it's always been rewarding to see more children and families involved in our sport.

For the foreseeable future Tri Star will focus on maximising our Keith Hay Park facility utilisation. Our sincere thanks to the families who have supported this initiative out into the community.

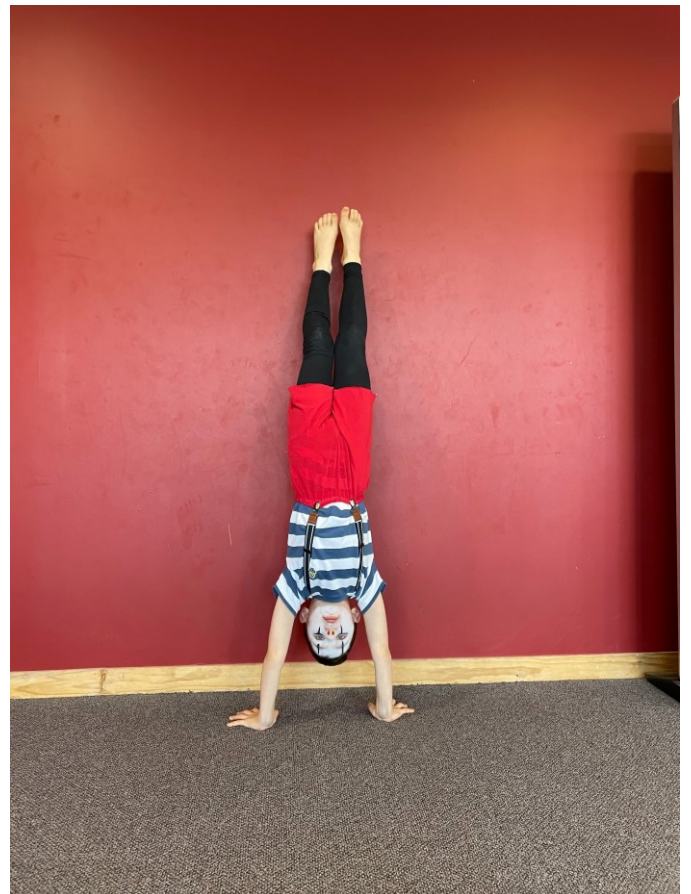
SCHOOL AGE

Lead Coach: Morgan McCormick, Ryan Davies
Membership high: 839

Our school age classes provide opportunities for all ages 5 years+ in gymnastics, trampoline, tumble and parkour. Together these programmes make up nearly 50% of our membership. Athletes can transition from GfA classes into our competitive programmes or continue into opportunities like Novice Competition, code specific opportunities for teens and to open adults classes.

HIGHLIGHTS

- More than 350 GfA children enjoyed Tri Star Elementary and Novice Competition – a staggering number!
- Mason Gillespie Competition saw our athletes perform routines in front of their families and friends all dressed in a carnival theme. So much fun for athletes and staff!
- Ko Tatou 'this is us' certificates which celebrate our values of Belong, Respect, Excel were introduced in our GfA programme (they were introduced to competitive in 2022).
- Club displays – in 2023 these was such a high degree of participation we had to run multiples of the same displays to fit all the athletes in!



D-GYM



Lead DGym Coach : Catherine Takle

Membership high: 72

Diverse-ability Gymnastics is really thriving here at Tri Star. Catherine and her team are delivering to more athletes in more creative ways and our programme growth is only limited by available coaches!

Sadly we were unsuccessful in securing additional Tu Manawa funding in 2023. This fund is designated 'seed funding' and DGym has now been operating for over 6 years! The funding cut has, in a way, proved to be a blessing in disguise as our staff explored new ways of grouping athletes together to keep the class costs accessible. Many of our DGym athletes who were in private training settings now have a training buddy or two, and we have found creative ways to safely continue to challenge, inspire and develop their skills. The Tri Star community rallied around our D-Gym programme at this year's Diverse-ability Awareness week with more than \$6500 raised!

HIGHLIGHTS

- Hosted a training session for Parafed.
- Holiday programme opportunities for D-Gym athletes and families which helped with continuity for D-Gym athletes and gave parents a nice break in the holidays!
- D-Gym open sessions continue to bring the families together for a fun time of jumping, rolling and sharing.
- D-Gym Club Display where we had a really large turn out ... there were plenty of proud staff, family and club members watching these athletes give it their all, and with the most genuine joy.
- D-Gym Christmas Party!
- Hugo Trust \$5000 donation towards D-Gym costs!

HOLIDAY PROGRAMME

HP & Birthday Party Coordinator: Annaliese Tracey

Tri Stars Holiday Programme is a key area of focus for our strategy of *resilience in a changing sporting landscape* in diversifying our revenue. In 2023 our Holiday Programme revenue lifted from \$140,000 in 2022 to a staggering \$192,000.

BIRTHDAYS

HP & Birthday Party Coordinator: Annaliese Tracey

Birthday Parties are a great introduction to Tri Stars facility and the joy of gymnastics. Parties give children a structured lesson in our gyms and provide children a sample of all the exciting opportunities available at our club. Annaliese and her team of coaches successfully delivered 103 birthday parties in 2023 which translates to approximately 1500 athletes being introduced to gymnastics at Tri Star!

GROUPS

As a part of our regular offering Tri Star delivers both an onsite gymnastics opportunity for large groups such as schools, preschools and other holiday programmes. We also go out to schools and deliver specialised classes to support the continued development of gymnastics in the school setting. At times we can have up to 100 kids in the gym having a high energy (and high noise) gymnastics experience!

HIGHLIGHTS

- Eden Epsom Playcentre accessed the gym 2 x / week in term 1-2 due to flood damage in their facility.
- Onsite group classes were delivered to Ficino School, Blockhouse Bay Playcentre, St Cuths, Our Lady Sacred Heart, Poppies Preschool, Westmere Kindy, St Paul's School, Onehunga Playcentre, Kid Inn Preschool, Hillsborough Playcentre.
- External Holiday Programmes (Gladstone School, YMCA) booked our facility and coaches for school holiday fun.
- Offsite specialised classes delivered at St Cuthberts College and St Kentigern College
- Tri Star participated in Sport Auckland Have a Go day with over 280 children from local schools enjoying our facility and coaching.

Operations + Events

Operations and Events Manager: Luke Dobney.

Events & Fundraising Coordinator: Kerri Murray.

Part time staff: Ashleigh Pinner



The Tri Star operations team deliver a diverse range of activities to ensure our facility is fit for purpose and available to as many in our community as possible. Key areas include Facility Hire, Events and Facility Development.

On January 27 Auckland experienced significant flooding in both of our Mt Roskill gyms with water ingress to the foam pits. There was minimal disruption to class delivery but the smell was long lasting! An insurance claim totalling \$262,940.00 was eventually settled which will include a full pit replacement alongside other remedial work connected to the floods. A further state of emergency impacted programme delivery on 9 May but fortunately no additional damage was incurred.



FACILITY HIRE

Tri Star has many hire opportunities including our gyms, multipurpose rooms, conference and meeting rooms. All of these spaces provide opportunities for community groups to gather and deliver their own opportunities, as well as providing valuable revenue to the club to enable us to keep our classes accessible. In 2023 the following organisations enjoyed access to the Keith Hay Park Gymnasium:

- Moana Pacifica Rugby Team
 - My Cheer
 - Shotokan Karate
 - Green Prescription
 - Gymnastics New Zealand
 - Baradene School
 - Three Kings Judo
 - Big Judo
 - Electoral Commission
 - Redefining athleticism
 - Alpha Cheer
 - North Harbour Tumble
 - North Harbour Gymnastics (NHG)
 - Other private hirers.
- Tri Star continued their support of MAG 360, the Auckland Gymnastics Team and performance athletes by providing free access to the facility for training opportunities.
 - Schools Festival events hosted by Dido Gotz continue to be a popular opportunity for primary and intermediate children to represent their schools in gymnastics.



Rongoā Kākāriki
GREEN
PRESCRIPTION

EVENTS

The 2023 event calendar was a 'monster'! With multiple back-to-back events in a shortened season, together with the 2 yearly hosting of Auckland Manukau Champs and our normal club events, this year was a stretch. As always, we rely heavily on the availability and contribution of volunteers to deliver this key revenue stream which year on year becomes more challenging. Families are busy, time is precious and with many impacted by both the January floods and the economic environment finding the necessary 'bodies' is tough.

A strategic area we have focussed on in building a *gymnastics community for life* has been athlete engagement. 2023 saw a noticeable lift in the contribution to club events from our athletes. Our competitive athletes always help pack in and pack out the equipment for events, and more and more are helping out around their competition times with event support. We are also seeing an increase in athletes putting their hands up to begin, coach education and judge education. Matthias Coleman is an exemplar of this shift and was the first recipient of Junior Volunteer of the Year Award.



HIGHLIGHTS

- Summer Camp, Future Camp and Spring Camp with guest speakers Drug Free Sport, Kate Speight and Mnthali Price.
- Updated emergency response policy and procedures following the January flooding.
- The AGM brought members past and present out of the woodwork to celebrate the progress of the club this past year.
- Tri Star Elementary and Novice Comp had over 750 athletes combined across the two days! Huge event!
- First ever Tri Star Trampoline and Tumble Competition.
- Tri Star Elementary Championships (and Novice Competition) had good participation from around the Auckland region.
- Tri Star Championships remains our premier competitive event and this year was no different with over 300 competitors.
- 2023 was Tri Stars turn to host the Auckland Manukau Championships which was well attended with over 290 Athletes across MAG and WAG in attendance.
- Competitive Awards Night with an on-the-couch interview with lead coaches Misha Koudinov, Emily Knight and Sarah Kelly.
- Tri Star hosted an F.I.G Level 2 Coaching Academy with guest coaches from Portugal, Australia and Belgium.
- The annual Tri Star Schools Competition saw over 350 entries across Auckland Primary Schools and was a great way to showcase our facility.
- The Mason Gillespie Memorial saw an increase in participation (450) and was a great way for our GfA athletes to see out Term 3.
- Spring Camp saw visitors from as far away as Dunedin and was a high quality training opportunity.
- Club Display was a colourful celebration of all our programmes and was attended by an increased amount of members. It's getting hard to fit them all in!
- The Athlete Leaders together with Tri Star event staff hosted the first annual Volunteers Breakfast where we thanked our tireless volunteers for a year of valued service.

FACILITY DEVELOPMENT



It requires a lot of time and investment to maintain and improve a facility such as our Keith Hay Park Gymnasium. The collective efforts of our operations and finance team to ensure this incredible asset of ours continues to deliver opportunities for community sport. In a year where natural events, 1500+ weekly participants, larger than ever hireage and large event delivery it is the sustained efforts of Matthew Palmer, Luke Dobney, Kerri Murray together with the strategic oversight of the board of directors that keeps Tri Star upright and operational! Some big wins for us this year included:

- \$19,000 from Four Winds Foundation towards roof replacement
- \$19,500 from NZCT for roof replacement.
- \$11,645 from Dragon Trust to Eurotramp
- \$12,900 from North and South Trust for a new vault table.
- \$5,000 from Hugo Trust for DGym



North & South Trust

- Completion of the capital investment plan which included documenting the age of our fixed assets to help prioritise spending to continue to enhance our facility.
- A new cloud based phone system was installed increasing functionality for staff working across multiple sites and settings.
- Insurance claim for damage to our foam pit during January floods was accepted by insurer and paid - \$262,940.00. Delays in both the processing of claim and shipping have resulted in repair work being pushed to 2024.
- Auckland Council land lease was signed for further 5 years.
- Key capital expenditure included:
 - 119,000 for new pit foam complete with lycra covers (to improve hygiene and longevity).
 - New laptops and tablets for staff and community gym locations.
 - New baby change table.
- Key repairs and maintenance costs included:
 - Replacement of small gym lights
 - Floor repair and new carpet in downstairs foyer.
 - Equipment parts replacement (e.g. UB rails)
- New equipment
 - 1 x Eurotramp trampoline and end frames
 - 1 x Speith vaulting horse
 - 2 x speith springboards
 - 1 x gymnova adjustable single rail
 - 2 x gymnova balance beams
 - 1 x gymnova pommel horse
 - 6 x spotting blocks
 - various matting and soft play items



ALUMNI



Our Tri Star Alumni remain as active and involved as ever, and we have had a year to celebrate! Life member Dido Götz was appointed an [Officer of the New Zealand Order of Merit](#), for services to gymnastics. An amazing honour and Tri Star was immensely proud of this well-deserved acknowledgement of a lifetime of service.

We also acknowledged the passing of Dido's husband and founding member of Tri Star Martin Götz. Martin passed on 17 November after a long period of illness. A celebration service was held early 2024 to commemorate his incredible life-time of service to our club and New Zealand Gymnastics.

The Tri Star Honours Board installation saw members from on and off the gym floor recognised for their service dating back to 1987. A celebration lunch was held for all those recognised and it was a long overdue public acknowledgement of the achievements and service of our community across nearly 4 decades.

HIGHLIGHTS

- Mark Jujnovich (Performance Advisor) and Gareth Brettell (Chair) named on MAG Technical Committee.
- Hayley Sligo (Performance Advisor) and Leanne Olsen (Athlete Advisor) named on WAG Technical Committee.
- Gareth Brettell re-appointed as Oceania Gymnastics Union Technical Director for MAG.
- Gareth Brettell received GNZ life membership.
- Life member David Phillips continues to lead National 360 MAG Development Programme.
- Athlete Wellbeing Advisory Group saw the continued involvement of previous athletes Mnthali Price, Mark Holyoake, Patrick Peng, and Hayley Sligo.
- Opportunities for Alumni to connect were provided in conjunction with Tri Star Championships, AGM, Competitive Awards Night, Honours Board Unveiling and Club Display.
- Angela Douglas and Dido Gotz continue to represent the club as judges at domestic competitions for WAG.

STAFF

As a part of our strategy to *develop great coaches from the ground up* in 2023 we invested in ongoing coach education, growth opportunities and in staff wellbeing initiatives that improve Tri Stars position as a preferred employer.

STAFF WELLBEING

- All employees working 0.5 FTE or greater receive a Wellbeing Allowance which they can use for any activity (within reason) that directly improves their wellbeing.
- All coach 'contact' hours have been reduced to 30 hours / week maximum.
- Weekly coach education, discussion and/or supervision for all competitive codes.
- Staff access to EAP (counselling services).
- Active management of leave entitlements, offsetting seasonal busy periods with much needed down time.
- Social activity included Holy Moly, Christmas event, dinners out and team lunches.

EDUCATION

- Luke Dobney, Dennise Hassan and Ryan Davies successfully completed F.I.G Level 2 Academy (NZ Senior Coach)
- The following staff completed GNZ coach education: Jack Williams, Emma Jesson, Zoe Rotherham, Amelia Alizadeh, Jalaya Waleed, Isobella Norton, Liam Bowles
- Sarah Kelly invited to participate in HPNZ delivered Core Knowledge programme in 2024.
- Facilitating Competition Reflection workshop delivered to competitive staff.
- 100% staff completed safeguarding training.
- An 'Unpacking Balance is Better' e-series was delivered to all staff (GfA and Comp) increasing understanding of how to apply Sport NZ BB concepts in a gymnastics setting.
- 8 competitive staff attended Dave Tilley S&C workshop hosted by GNZ
- Nutrition workshop was held at Spring Camp by Dane Baker from Axis.
- The following completed GNZ judge education – Willow Reid, Hannah Smith, Freya Reid
- Resignations received in 2023 included Morgan McCormick, Matthew Palmer, Kate Speight, Alexandra Koudinova and GM – David Phillips. We wish them all well for their future opportunities.

Finance

Finance Manager: Matthew Palmer

Tri Star returned to a strong financial position in 2023 with the completion of covid credit obligations, strong membership activity and effective cost management. In challenging economic conditions where operational costs have lifted in line with inflation, it is clear that the collective efforts of all areas of operation are having a positive impact.

Increasingly revenue streams that support our membership fees are enabling reinvestment and for Tri Star to remain accessible as a community sport provider. Holiday programme and birthday party revenue feature strongly in this diversification with a total revenue in 2023 of \$225,547 compared to 160,969 in 2022.

In an interesting turn of events, the DGym programme benefited from a surprise funding boost of \$5k from Hugo Trust in 2023. GM David Phillips (who was based remotely in Queenstown for the year) was out walking his dog when he struck up a conversation with a lady who happened to be one of the benefactors of Hugo Charitable Trust. She had a keen interest in helping to remove barriers for individuals with disabilities and next thing you know there was money in the bank. A very worthwhile walk!

HIGHLIGHTS

- Audit of Covid 19 wage subsidy was completed and Tri Star met all obligations under the scheme.
- \$12,193 in fundraising revenue (\$5698 in 2022)
- \$137,630 equipment and facility development grants (\$7,770 in 2022)
- \$1,535,941 in tuition revenue (\$1,250,334 in 2022)
- \$120,612 in events revenue (\$76,333 in 2022)
- \$93,106 in facility hire (\$6,1749 in 2022)
- \$239,019 insurance proceeds (flood repairs)
- \$11,645 interest and dividends (\$5,556 in 2022)



SUSTAINABILITY

As a club we started our journey towards sustainability through creating a Sustainability Plan. We know our members care about the environment and we also want to do our part in promoting and delivering activity centred around the practices of reduce, reuse, and recycle.

In 2023 we will create a 'green' event promoting sustainability in sport, help facilitate alternative transport, adopt operational practices that reduce waste, and in time invest in alternative energy.



HIGHLIGHTS

- We partnered with Mt Roskill Bike Kitchen in an initiative aimed at encouraging sustainable travel including carpooling, biking, taking public transport. This ran in conjunction with the Tri Star Elementary Competition and the MRBK team set up a free bike repair mobile workshop at the event.
- When new pit is installed in 2024 Dunlop foam has agreed to recycle all our old pit foam into carpet underlay!





Martin Gotz – Life Member 1934-2023

thanks

Martin