

A photograph of a young gymnast in a dark leotard performing a jump on a blue mat. A coach in a black jacket is on the left, and other children are in the background.

# MACKAY GYMNASTICS

## TERM 4 2025 NEWSLETTER

Welcome to Term 4! It's hard to believe we're already in the final term of the year. I'm really looking forward to seeing our athletes continue to grow in confidence, competence, and skill as they work alongside our dedicated coaches. This term, we're focusing on fostering a positive and supportive culture — one that encourages every gymnast to believe in themselves, tackle new challenges, and continue refining their techniques.

To those athletes still competing, we wish you all the very best as you prepare for your upcoming events. We're so proud of the way you represent our club, and we look forward to celebrating your achievements.

For those who don't know me yet, I'm Nicky — the new manager here at Mackay Gymnastics. I've spent most of my career in the fitness and sport industry, with a deep passion for building community through sport. Back in Western Australia, I owned and ran a community-focused gym — a place built on connection, inclusivity, and creating a space where everyone felt welcome. After selling my business and moving to Queensland, I was fortunate to join the Mackay Gymnastics family, where I continue to follow that same passion for community and sport.

Since starting at Mackay Gymnastics, I've found it so endearing getting to know the amazing staff, our talented athletes, and their supportive parents. There's such a genuine warmth and positive energy here, and I feel so lucky to be part of it.

I'm really excited to continue learning about what makes this club so special and to play a part in the wonderful culture that already exists. Here's to a fun, rewarding, and inspiring Term 4 together — let's finish the year strong!

See you around the gym!

A handwritten signature in cursive script that reads "Nicky".

Gym Operations Manager

## THE ONLY LOCAL GYMNASTICS CLUB TO ACCEPT PLAY ON! SPORTS VOUCHERS

PlayOn Sports Vouchers have now been exhausted in this round. Keep an eye out for the new round opening early 2026 (note only 1 voucher can be redeemed per financial year). If you received a PlayOn voucher in the first round, please email to admin so it can be redeemed before expiry.



### Donations Appreciated

Most people wouldn't know, but we hand out lots of hair ties and bandaids to our gymnasts — free of charge! To help us keep these essentials on hand, we'd greatly appreciate any donations of the following items:

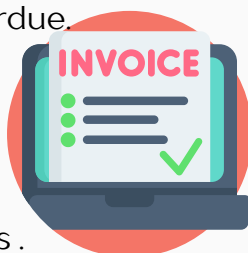
- Hair ties
- Band-aids (standard and large sizes)
- Gel ice packs
- Zooper Doopers
- Any of the snacks or drinks we stock in our vending machine

Every little bit helps keep our gymnasts smiling and supported — thank you!



## REMINDER

Any outstanding Term 4 invoices are now overdue. Please make payment ASAP to secure your child's spot. Unpaid gymnasts will be dropped from classes this week and spots will be offered to next on the the waitlist. It's easy to pay online via the 'pay now' button on invoices.



## Important Dates

1/11 Halloween Disco, MGI

8/11 Awards Night

15/11 Shining Stars  
Recreational Carnival,  
MGI

16/11 RecReady Carnival,  
MGI

16/11 Tramp Round Robin  
#3, MGI

22-23/11 Townsville  
Championships

1-6/11 Gym Mix 'Up Week'  
Trials

12-15/12 Danish Travelling  
Team Visiting

13/12 Last day of Term 4

14/12 Danish Team  
Performance

15/12 Danish Team  
Workshops



# MGI

# HALLOWEEN DISCO

at Mackay Gymnastics  
5 Snow Wright Court, Beaconsfield

**SATURDAY 1<sup>ST</sup> NOVEMBER**  
**6:30PM - 8:30PM**

**KIDS 2-12 YEARS**  
**\$10 EACH**  
**UNDER 2YRS FREE**

**PAY CASH/EFTPOS AT THE DOOR**

Get dressed up in your best  
halloween costume & be ready for a  
fun-filled night of games & music

Please note: Some spooky decorations and themes may not be suitable for younger children. Parental discretion is advised.



# MACKAY GYMNASTICS AWARDS NIGHT



**Saturday 8<sup>th</sup> November 2025**



**Doors open 6.00pm, commencing at 6.30pm**



**Souths Legaues Club,  
181 Milton Street, Mackay**



**Theme: Dress the colour of your discipline -** WAG Pink, MAG Blue, TRAMP Purple, ACRO Red, TEAMGYM Green

**Grab your  
tickets now!**

**Click  
Here**



Please note: This event is for competition classes only



# SHINING STARS RECREATIONAL CARNIVAL

**Saturday 15<sup>th</sup> November**

Our second Recreational Carnival this year is changing shape by combining our Term 4 skills testing and the Carnival in one exciting day!

This final skills testing day is important as it determines whether your child is ready to graduate to the next level for 2026. Please note that this will be the **ONLY** opportunity for final skills testing, and therefore we strongly advise **EVERYONE'S** attendance at the Carnival.

The Shining Stars Recreational Carnival will include gymnasts in the following classes – **Girls Bronze, Silver, Gold & Platinum – Boys Bronze, Silver & Gold – Tramp Bronze, Silver & Gold.**

**Scan or click the QR code for more details & to nominate for the Shining Stars Rec Carnival**



Rec Ready Carnival is on **Sunday 16<sup>th</sup> November** and includes gymnasts in **Action Acrobats and Gym Mix Junior/Senior** classes.

RecReady is an innovative recreational gymnastics initiative that aims to cultivate a structured and inclusive environment for individuals of all ages and abilities. This program is designed to provide diverse pathways for participants to engage in gymnastics, develop essential skills, and master fundamental movement patterns, fostering a lifelong love for the sport.

**Scan or click the QR code for more details & to nominate for the RecReady Carnival**



Our qualified coaches will review all the scores and invitations will be emailed out for graduating gymnasts. Gymnasts who are unable to attend may not be considered for graduating up into 2026.

**Nominations close on Wednesday 5th November COB**  
Final session schedules will be sent out once nominations close

## Canteen Volunteers Needed – Shining Stars & RecReady Carnival



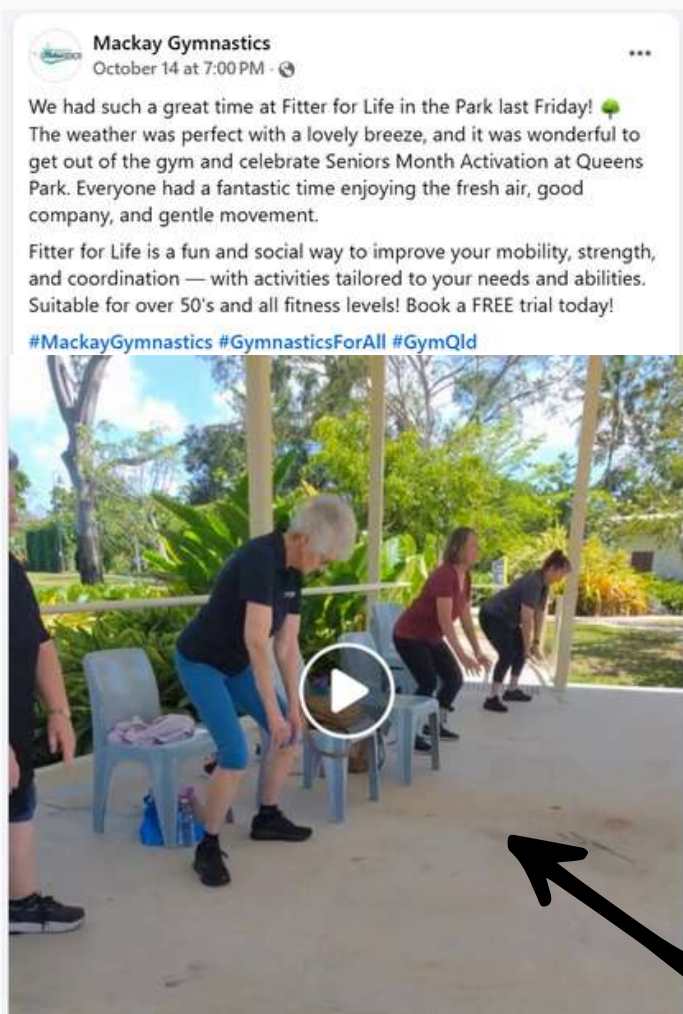
We need volunteers to help in the canteen for our upcoming Shining Stars and RecReady Carnivals, held over 2 days Sat 15<sup>th</sup> & Sun 16<sup>th</sup> Nov. Please spare some time to help out.

SIGN UP HERE



<https://volunteersignup.org/PWQEY>

# On SOCIALS



**Click to watch!**





A promotional graphic for 'Explore A Gym' sessions. It features a large photo of a young girl hanging from two wooden rings in a gym. To the right, there's a green background with a blue speech bubble containing the text 'Explore A Gym'. Below this, an orange circle lists the schedule: 'Wednesday 9am-11am' and 'Thursday 10am-12pm'. A blue circle specifies 'AGES 18 mths - 5 years'. Another blue circle at the bottom right says '\$12 PER CHILD'. A circular inset photo shows a smiling boy. The 'MACKAY GYMNASTICS INC.' logo is at the top center.

Our Explore A Gym free play sessions have become very popular and we love to see young families having a great time in our gym! A reminder to please book in your child via fb messenger, phone or email.

## GymAbility

Our GymAbility classes have exploded this year with a huge increase in families attending. Thanks to the generous funding from Dalrymple Bay Coal Terminal, these classes are fully funded so no cost to attendees. It's important to RSVP for upcoming class dates so we can ensure we have enough coaches rostered on. **Our next GymAbility class is Sunday 9<sup>th</sup> November from 10-11am.**



GymAbility is a program that is designed to suit all levels of physical and mental ability. Our qualified coaches are trained to adapt movements to suit everyone's needs while delivering a gymnastics experience that is safe, enjoyable and enables every participant to reach their potential.



# National Danish Performance Team



**MGI is thrilled to announce that we'll be hosting athletes from the Denmark Travelling Team this December!**

Recognised as world leaders in team and display gymnastics, the National Danish Performance Team are returning to Australia with their 2025–2026 World Tour show CORE.

There will also be exclusive athlete and coach **workshops** led by members of the Danish team on **Monday 15th December**.

## **CORE PERFORMANCE** **Sunday 14th December**

Audiences can expect to be wowed by a stunning showcase of athleticism and artistry which will feature a variety of modern rhythmic gymnastics, dance, tumbling, vaulting and high-energy acrobatics.

Don't miss your opportunity to witness the National Danish Performance Team's spectacular new show CORE!

## About the Team

The National Danish Performance Team (NDPT), is a group of 28 young, high-level gymnasts who tour the world every two years. They combine various disciplines like gymnastics, dance, cheer, tumbling, and acrobatics to perform shows and lead workshops that promote a healthy and active lifestyle.



**Tickets on sale soon!**







Hosting athletes from Denmark is a wonderful opportunity to create lasting friendships, share cultures, and support a visiting performance team. Host families are a key part of the athletes' experience—offering a welcoming home, meals, and insights into local life.

### Why Host?

- Share your home, culture, and daily life with young athletes, their team managers and coaches
- Gain insight into Danish culture and the unique experience of "life on tour."
- Build connections—many host families develop lifelong friendships with their guests.
- Provide athletes with a sense of belonging by including them in family routines, meals, and activities.

As a thank you, **host families** will receive **free tickets** for direct family members to:

**The Danish Team's performance event a 90 minute showcase of flipping and flying through the air.**

**All families hosting will also go in the draw for a voucher of \$200 off fees for their next term of enrolment!**

**Host a Team  
Member!**



**17 Hosting dates:** Evening of December 12th – Evening of 15th December

# A FEW HOUSEKEEPING ITEMS

- Please arrive on time for classes.
- No school uniforms to be worn while training on the floor.
- Children to be seated upstairs – no running/jumping on the seating.
- Please keep children off the fencing and gates. We have had multiple panels broken from children climbing/ hanging from the fencing.
- Remember to bring hair ties. Hair should be tied up in a bun.
- The drive through is for quick drop offs and pick ups. Please don't sit in the drive through if your child is not ready to come out yet. This also serves as our exit so must be kept clear to prevent congestion in the car park.
- Please ensure you collect/drop off your children on time. It is not admin or our coaches responsibility to watch children before/after their class time.
- Check lost property bin or the office for missing items. Lost property is cleared out at the end of each month.

## Proud Sponsors of Mackay Gymnastics



**Is your business interested in a sponsorship package with Mackay Gymnastics? If so please contact admin who will pass on your details to our committee.**



# MGI Supporters Business Directory

Thank you to these businesses who have supported Mackay Gymnastics with donations or sponsorships for fundraising of events and competitions.

NQ Protective Coatings	<a href="http://www.nqprotectivecoatings.com.au">www.nqprotectivecoatings.com.au</a>
Go2Handyman	Phone Ray on 0402 250 875
Body Renew Mackay	<a href="http://www.bodyrenewmackay.com.au">www.bodyrenewmackay.com.au</a>
Jodi Leeming Arbonne	<a href="http://www.jodileeming.arbonne.com">www.jodileeming.arbonne.com</a>
Fierce Signage	<a href="http://www.fiercesignage.com.au">www.fiercesignage.com.au</a>
Maximise Exterior Services	<a href="http://www.maximiseqlld.com.au">www.maximiseqlld.com.au</a>
F45 Training	<a href="http://www.f45training.com.au/mackaycity">www.f45training.com.au/mackaycity</a>
DeckaDice	<a href="https://m.facebook.com/p/DeckaDice-61552755375096/">m.facebook.com/p/DeckaDice-61552755375096/</a>
Tim's Kitchen	<a href="http://www.timskitchen.com.au">www.timskitchen.com.au</a>
Scentsy – Christine Independent Consultant	<a href="http://www.christinevdl.scentsy.com.au">www.christinevdl.scentsy.com.au</a>
Star Mackay 101.9	<a href="http://www.star1019.com.au">www.star1019.com.au</a>
Sorbello's Italian Restaurant	<a href="http://www.sorbellos.com.au">www.sorbellos.com.au</a>
Laffo's	<a href="http://www.laffospizza.com.au">www.laffospizza.com.au</a>
Gardian Real Estate	<a href="http://www.gardianrealestate.com.au">www.gardianrealestate.com.au</a>
Harvey Norman Bedding	<a href="http://www.harveynorman.com.au">www.harveynorman.com.au</a>
Precise Corporation	<a href="http://www.precise.com.au">www.precise.com.au</a>
Integrity Pest Control	<a href="http://www.pestcontrolmackay.com.au">www.pestcontrolmackay.com.au</a>