

# Miranda RSL Youth Club



Term 1 2009

## Welcome back to Term 2!

Welcome back to Term 2 of Karate and Trampoline Sports at Miranda RSL Youth Club.

## Youth Club Wins the FUJ Tinkler Memorial Shield for 2008!

Each year, the competition is conducted by the RSL Youth Council to find the leading RSL Youth Club in NSW. It is considered to be the most prestigious event run by the RSL Youth Council.

This award was donated by the late Mrs H. Tinkler, MBE, to perpetuate the memory of her late husband Colonel F.U.J. Tinkler, who was the founder of the NSW RSL Youth Movement.

Frederick Usher John Tinkler was born in 1893. His service to his country during WWI was carried out with distinction serving with the first Infantry Battalion A.I.F. from 1914 to 1919 in Egypt, Sinai, Anzac (landings), France and Belgium. During WWII he was on the General Staff (signalling) A.I.F. Australia 1939 to 1945. He joined the RSL Movement in 1919 and was instrumental in making the RSL what it is today, in particular his work for the youth of the country. By his example and dedication, he has continued to inspire members of RSL Youth Clubs to greater endeavours.

Miranda RSL Youth Club has previously won the FUJ Tinkler Shield twice: once in 1993 and prior to that we drew with Hornsby Youth Club in 1978.

## Coaches First Aid Updating

Members will be attending a Senior First Aid course held by St Johns Ambulance on Sunday the 21<sup>st</sup> June. It is a requirement that all coaches at Miranda RSL Youth Club have a first aid certificate.

## Anzac Day Dawn Service

Thank you to all Youth Club members who attended the Anzac Day dawn service. It is good to see so many members attending this event.

## “Australia My Country” competition winner

Caprice Martin, a member of the Youth Club trampoline activity has achieved second place in a writing composition competition for school children in years 3 and 4. Caprice wrote a short story about her Grandfather and his story of the War. Caprice's composition is posted on the notice board at the Youth Club, and she also read her story at our Anzac Day Service this year. Congratulations Caprice!

## New Youth Club Jacket and bag!

We now have a new jacket, which should be worn at all Youth Club events. The bags are great for carrying all your training gear, there is even room for shoes!

The price of the new jacket is \$40, and the small sports bags are \$20.



**Please come along and help us celebrate by attending the official presentation!**

**All Youth Club children to wear their Youth Club t-shirts.**

### **FUJ Tinkler Memorial Shield Presentation:**

**Where:** Miranda RSL Youth Club

**When:** 11<sup>th</sup> May 2009

**Events:** A supper will be held between 6:30 to 7pm, which will be followed by a display of Trampoline and Karate from 7 – 8pm.

# Trampoline

## Fully equipped in Trampoline

The Trampoline activity has updated their equipment by purchasing:

- 30 new mats
- One throw in mat
- One throw in mat cover; and
- One wedge.

## Coaches attending Courses

Trampoline and Tumbling coaches Rebecca Howe, Carol Prestage and Leanne Matthews attended coaching courses earlier this month. Rebecca and Carol attended the Level 1 General Principles course, held at Sutherland PCYC on the 21<sup>st</sup> of March and Leanne attended the Level 2 General Principles course on the 6-8<sup>th</sup> of March at Homebush. Rebecca and Carol will also be attending the Level 1 Trampoline Specific day, to be held at Castle Hill RSL on the 26<sup>th</sup> of April.

It is important for coaches to continue their professional development. Almost all of our coaches are accredited as Level 1 or higher with Gymnastics Australia. It is fantastic to see so many dedicated coaches at Miranda Youth Club – keep up the great work!

## Competition Results from Term 1

This year so far, we have attended 4 competitions! During the year we attend a large number of competitions all over the state.

### Interclub Competition, Ryde RSL 1<sup>st</sup> March 2009:

Congratulations to Mitchell Sutherland who competed in the Level 5 Trampoline event and came 1<sup>st</sup>. Mitch also passed Level 5 at this competition, which is a great achievement!

### Interclub Competition, Central Coast Youth Club, Niagara Park 15<sup>th</sup> March 2009:

Congratulations to Elyse Cook who competed in the Level 4 Trampoline event and placed 3<sup>rd</sup>. This was Elyse's 2<sup>nd</sup> competition ever! Well done!



**Interclub Competition, Central Coast Youth Club, Niagara Park 29<sup>th</sup> March 2009:** Congratulations to the following athletes who were awarded the following places:

- Jade Parker and Shanen Pickles: = 3<sup>rd</sup> in Level 2 Single mini event
- Kane Pickles: 1<sup>st</sup> in Level 4 Double mini
- Mitchell Sutherland: 2<sup>nd</sup> in 17+ Double mini

**State Levels Championships, Central Coast Youth Club, Niagara Park 4 & 5<sup>th</sup> April 2009:** Congratulations to Youth Club competitors Mitchell Sutherland, Marriann Corey-Hewitt, Shannon Rigby and Laura Bourne who competed at these Championships.

Congratulations to all competitors! Also, these events wouldn't run without the help of coaches and judges. Miranda RSL Youth Club has a large number of coaches and judges attending competitions. Thank you to Coaches and Judges: Robert Bull, Louise Brown, Michelle Prestage, Melissa Hooper, Victoria Timperon, Lyndall Jensen, Rebecca Howe and Leanne Matthews.

## Competition Leotard Update

Leotards are now being ordered! Our leotards are made by Beat Street Dance wear using beautiful blue and sparkly black velour material. Leotards are taking approximately 2 weeks to be made, so if you need one please fill out the order form available from the Youth Club office. Alternatively, you may go to Beat Street individually. Address details are as follows: Beat Street, 310 Railway Parade, Carlton. Ph: 9553 8283.

Levels Leotard



Age Leotard



## NSW State Team Officials

Congratulations to Michelle Prestage and Leanne Matthews who have been selected as officials to represent NSW at the 2009 National Championships. Michelle will be chaperone for the team and Leanne will be judging at the competition.

# Karate

## Karate is changing its hours

The 7:30 – 8:30 pm Tuesday class will be closing immediately. The 7:30 – 8:30 pm Thursday class will continue. The other training hours will remain the same.

## SKI NSW State Championships

The SKI NSW State Championships this year was held on the 6<sup>th</sup> of April at Epping YMCA. Competitors at this Championships, including children and adults, representing Miranda RSL Youth Club were: Nicholas Goh, Darren Mexsom, Gabriel Kazachkov, Brendon Fox, Andrew Panaretos, Damian Simic, and Georgia Simic.

Congratulations to the following competitors who placed in the top 3 in the state!

- Darren Mexsom – 2 Gold medals
- Gabriel Kazachkov – Bronze medal
- Brendan Fox – Bronze medal
- Andrew Panaretos – Bronze medal

## Japanese Instructor and World Champion visiting Sydney

On the 16<sup>th</sup> and 17<sup>th</sup> of May SKI Australia have a Japanese Instructor and World Champion coming to Sydney to conduct a training seminar. All members of the Karate activity are encouraged to attend this training seminar. Please see Brian Cox for more details.

## Shotokan Week 2009

Shotokan Week 2009 will be held in Gladstone Central Queensland from Monday 28th September to Sunday 4th October 2009. If you would like more information regarding this event please contact Brian Cox.

# Important Dates

## Dates for your diary

### Term 2, 2009

#### Monday 11th May

Presentation of F.U.J. Tinkler Memorial Shield. Miranda RSL won this competition in 2008 and now it is time to celebrate!

#### Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup> May

Japanese Instructor and World Champion coming to Sydney to conduct a training seminar.

#### Sunday 17th May (Qualifier)

Trampoline Age/Open competition: Trampoline & Double mini only. Castle Hill RSL.

#### Sunday 24th May

Trampoline Levels competition: Trampoline, Double mini & Tumbling. Merrylands RSL.

#### Sunday 31st May (Qualifier)

Trampoline Age/Open competition: Trampoline & Double mini only. Eastlakes (Belmont High School).

#### Saturday 13th & Sunday 14th June (Qualifier)

NSW Trampoline Championships (Age/Open). Trampoline, Double mini, tumbling and Synchronised trampoline. Central Coast Youth Club. Athletes competing will be notified.

## Fundraising

Dear Parents,

### FUNDRAISING FOR MIRANDA R.S.L. YOUTH CLUB

Each year we fundraise for the club at Display Day, Mothers Day and Fathers Day to help the youth of the Sutherland Shire. This helps with buying equipment and the running costs of the club.

Anything that you could donate would be greatly appreciated. If you could donate to one of these causes it would benefit our students. We are mainly looking for anything that could be used as a prize or raffle.

If you could donate anything it would be appreciated if we could have it by the end of April.

If you have any queries please contact Mrs Pina Budd on 9668 8575 or 0421 322 738.

Yours faithfully

Pina Budd  
Junior Vice President  
Miranda RSL Youth Club