

PCYC Launceston Gymsports FunDay



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PCYC Launceston Gym Club, Sunday, 24 February 2013

Saturday February 23rd saw PCYC Launceston open its doors to a fun filled day utilising the Gymnastics and Trampoline equipment.

The inaugural Gymsports FunDay got off to a great start with some eager participants arriving well before the 10am advertised start time.

Over 250 participants - both PCYC members and those who just came for a look and a try - bounced, rolled, twisted, flipped and balanced their way through the 3 rooms of gymnastics and trampoline equipment on offer. Our Olympic Trampolines were set up on the Basketball court, the Gymnastics floor was a wonderful array of colourful circuits and the Trampoline room (always a favourite) was well used.

Springfree™ Trampoline was in attendance throughout the day. The "Springfree™ Trampoline S113 Large Square" was erected on the Friday night in preparation for the day's event with many interested onlookers watching the speedy set-up of the trampoline. The trampoline proved a hit, being actively used throughout the 5 hour long event by children and adults alike.

Jack Penny, Olympic Squad member 2012, and sponsored by Springfree™ Trampoline was there to chat to the participants and show off some of his skills both on the Springfree™ Trampoline and also on the Olympic trampolines. He was joined by Aidan Collins, Youth Olympian 2013, showcasing some of the skills he performed to take out the silver medal at the Australian Youth Olympic Festival in Sydney in January 2013. Both athletes were also on hand to sign autographs to the many participants who were eager to meet with them.

Displays by the PCYC Acro Team and by members of the Elite and Advanced Trampoline classes entertained us with a variety of routines throughout the day. Jack Penny, Aidan Collins and Makonnen Brown, (Indo-Pacific Australian Team member 2012), saulted and twisted their way through a variety of skills from very basic to skills involving double and triple somersaults with a number of twists. On the Gymnastics floor, our more advanced gymnasts showed off their floor routines to a very attentive crowd.

PCYC Launceston Gymsports Program are at present running a raffle, with first prize the "Springfree™ Trampoline S113 Large Square" that was used in the demonstration on the day. Tickets are for sale at the PCYC at a cost of \$2 per ticket. The winner will be drawn on Thursday 28th March, just in time for Easter!

While in Launceston the Springfree™ Trampoline marketing team also visited St Georges and Newstead Heights schools to view how trampolines are used in the programs run at these two campuses. The students at St Georges showed off the skills taught to them by Carolyn Kirkpatrick in

the Physical Education Program. Goodie bags of Springfree™ Trampoline products were given out to the excited students.

The Gymsports FunDay was manned by the wonderful PCYC Launceston Gymsports Coaching Team as well as by many parents of club members. A huge thank you to all who assisted in some form either on the day or in the lead up to the event.

PCYC Launceston would also like to thank Springfree™ Trampoline for joining us for the day and showing us that the Springfree Trampoline is truly the 'safest backyard trampoline'.

The PCYC Gymsports FunDay truly showcased the great Gymnastics sports we have on offer at the PCYC and showed that it is indeed....."all about OUR community"!

Other Links

[Springfree Trampoline](#)

[Jack Penny Springfree Trampoline](#)



GetAttachment (5)



GetAttachment (6)



GetAttachment (7)



GetAttachment (8)



GetAttachment



image[11]



image[12]



image[13]



image[14]



image[15]



image[17]



image[1]



image[23]



image[24]



image[27]



image[28]



image[2]



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