Welcome to Term 2 at MIGS. You will see some changes to the facility now, and there will be more changes as the term goes on. We are nearing completion of the build, and the first step toward the layout is evident, as you walk in. Following shortly will be new toilets and gas heating for the older part of the gym.

The much needed new and improved facility has created additional costs in building and maintainence. We are committed to keeping costs to you low and also to increase our revenue base. To do this we are diversifying from relying solely on subscriptions and donations from philanthropic trusts. We are actively looking for partners, in the form of sponsors and other clubs / sports using our facilities.

You can support the club in a number of ways :

1. By completing the surveys we send out this term
– one is to get a profile of who the families are in the club.
– one is to find out if you or the organisation you work for is able to make a donation or be a sponsorship partner with the club.
2. Providing household items / baking / preserves / jams for the MONSTER GARAGE SALE.
3. Helping to sell tickets in the raffle to be undertaken a little later this year.
4. Letting the coaching staff know if you are interested in providing practical help, e.g. coaching or other voluntary assistance.
5. Telling people what's on in the club

WHAT ARE THE BENEFITS ASSOCIATED WITH GYM SPORTS LIKE THOSE OFFERED AT MIGS?

⇒ Studies show that children learn cognitive skills more effectively in an environment that includes the body as well as the mind (Barrett, 1998).

⇒ Gymnastics and early Childhood movement education is directly attributed to developing neurological pathways in students and promoting reading readiness

⇒ children who have participated in movement education activities have longer attention spans, increased communication skills, general problem solving skills and improved self-esteem.

⇒ Researchers at the Robert Wood Johnson Medical School found a relationship between physical activity and children's self-esteem.

⇒ The more time children ages 10 to 16 spent being active, the higher their self-efficacy and self-esteem were reported to be (Strauss RS, Rodzilsky D, Burack G, Colin M., 2001.

⇒ Healthy activities like gymnastics keep our kids off the couch and engaged in a healthy lifestyle

⇒ active children are more likely to grow to become active and healthier adults. Nurturing the enjoyment of movement and motor skill development at an early age will help to promote continued participation in physical activity. Long range, these active and therefore healthier adults are more likely to be more productive at work, take less sick days, and have fewer "on the job" accidents (Paffenbarger, 1986).

These are amongst the reasons this committee and coaching team promote and provide the variety of programmes we do, not to mention the core strength and skills gym sports provides no matter what sporting activities our children undertake.

CONGRATULATIONS TO OUR FORWARD TUMBLING TEAM – WORLD RECORD HOLDERS

– we're getting a 5 minute video made and will be showing later in the term, come in and see it.

Enjoy Term 2: we know it'll be *warmer* inside and *more comfortable* for you!! If you have any ideas you'd like to discuss let us know!

Some of the Programmes delivered at MIGS:

- Scallywags – for pre-schoolers
- Programmes for Schools
- Recreational Gymnastics and Trampolining
- Programmes for those who are Home Schooled
- Programmes for those with Special Needs
- Programmes for other sports - core strength / skills
- Programmes for competitive gymnasts and trampolinists

The MIGS Website

We are building and updating our web site – take a look at: www.migs.co.nz