

# REBOUND GYMNASTICS CLUB

# NEWSLETTER

Issue No 4

AUTUMN 2005

## CLUB CHAMPIONS

Following the Club Competition on Sunday 24 July we have four new Club Champions – Well Done Girls!

**Kerry Noton – Senior Champion 13+**  
**Caroline Curry – Senior Champion**  
**Georgina Owen-Smith – Intermediate Champion**  
**Alanah Coley – Junior Champion**

Photographs of the medal winners will appear in the "Members" section of the website in due course.

## COUNTY COMPETITION – 16 JULY 2005

The Club Competition came a week after our success at the County Competition with five of our gymnasts gaining medals:



L to R  
Jessica Bayliss – bronze, Hannah Bond – silver, Alanah Coley – gold, Rebecca Cook – silver and Caroline Curry – bronze.

All our gymnasts produced good performances in competition against gymnasts from Chelmsley Wood, Birmingham Flames and Wolverhampton Gymnastics Clubs.

## ACHIEVEMENT AWARDS

The Club gave out three Club Achievement Awards for 2005. There are two awards (junior and senior categories) for gymnasts who have made significant personal progress during the last 12 months and one award to recognise achievements of a new gymnast to the Club:-

**Caroline Curry – Senior Achievement Award** – Caroline has made terrific progress during the last 12 months, achieving round-off tuck back dismount on beam and

round-off flic arabian somi on floor to name but two. She is currently working on a full twisting somi on floor, giants on bars and a twisting dismount from beam. She is a shining example to all our younger gymnasts.

**Jessica Bayliss – Junior Achievement Award** – Jessica has been in the main class since she was 5 and has made fantastic progress during the last 12 months. She has achieved both upstarts on bars, round-off flic tuck back on floor and round-off on the beam. She was able to demonstrate these skills at the recent County and Club Competitions.

**Laura Gladstone – Best Newcomer.** Laura joined us part way through the year and is already full of enthusiasm for the sport. She has worked very hard to achieve new moves. She has achieved round-off flic and handspring on floor and can do a Level 5 routine on bars.

## CHANGE OF NAME

From September the main class will be known as the "Competition Class" with all gymnasts in this class working towards 4-piece competitions. Gymnasts in this class will be expected to work with their coaches to improve their skills and this will include doing conditioning exercises at home, attending regularly and being focused on achieving set targets.

Most of the groups will be smaller enabling coaches to concentrate more on individual needs.

## ENTRY TO THE COMPETITION CLASS

A set of criteria has been established for gymnasts within the Competition Class. This criterion will govern not only new gymnasts coming into the Class, but also gymnasts who wish to remain in the Class. The criteria will be based on competition requirements at each age.

As soon as it has been finalised a copy of the criteria will be made available to both gymnasts and parents via the Club website and Information Book.

## COACHING

The Club has spent close to £1,000 on coaching courses for this Autumn as we have 4 of our coaches taking their Club Coach course – Jane Curry, Melanie Warner, Krystie Newton and Amy Dodsworth. We also have 4 coaches

taking their first coaching course – Louise Curley, Michele Buchanan, Mo Phillips and Jo Lawson.

### **WEBSITE**

We are continuing to update and improve our Club website. We have recently added some photographs to the "Members" section (private pages). We welcome feedback on ways to make it better – particularly from our gymnasts!

www.reboundgym.co.uk

### **CLUB CONSTITUTION**

A copy of the Club Constitution is available on the "Members" section of the website and a hard copy is available for reference in the Information Book in the gym. We urge parents to familiarise themselves with this document.

### **CLUB POLICIES**

All Club Policies, including Child Protection, Equity and Anti-Bullying, are available on the website and/or displayed on the Club Notice Board or in the Club Information Book held in the gym.

### **GYMMARK - UPDATE**

We are nearly there! Following attendance at an "Equity in your Coaching" course on 3 September, we are now only waiting for the Regional Development Officer to organise a "Club Management" course and we will achieve the Award.

### **HELPING WITH EQUIPMENT**

Thank you for all the help we received last term. We were pleased to see nearly every parent lending a hand at some point.

It would be great if all parents of children in the Competition Class could help - if you are not sure what to do just ask.

We regularly get help putting away, but could with a bit more help at the start of the class - that way we can get the job done quicker and get on with coaching!

### **HOLIDAY TRAINING SESSIONS**

The holiday training sessions have been a huge success with gymnasts working extremely hard and achieving or improving moves such as upstarts, sole circles and giants on bars, flics and tuck backs on floor and full turning leaps and jumps on beam to name a few.

A special thank you to Louise who managed to help out at most sessions.

### **COMPETITIONS**

We have several competitions this term which are all taking place at Birmingham Sports Centre. Parents, brothers, sister and friends are all welcome to come along to watch and support the Club.

- \* **Individual Apparatus Teams** - 18 September
- \* **In and Out-of-Age Levels 4, 3 & 2** - 1&2 October
- \* **In and Out-of-Age Level 5** - 23 October
- \* **Regional Teams** - 12&13 November

### **PHOTOGRAPH PASS**

Remember you need to obtain a Photograph Pass in order to take photographs or use a video camera at Regional Competitions. An application form is available on the Club website.

### **HOSTING - 23 OCTOBER 2005**

As part of our participation at Regional Competitions, the Club has to take its turn at hosting and we will be doing this at the Level 5 Competition on 25 October. We will need help from both gymnasts and parents. We are looking for volunteers for the following tasks:-

- Runners
- Entrance fee collector / Programme seller
- Photograph Pass table
- Door Managers
- Refreshments Assistants

We also need to provide food for the judges so if you are not assist on the day, it would be great if you could help by providing an item of food. Amanda Bayliss will be co-ordinating all help, so please let her know what you can do.

### **CLUB REGISTRATION FORMS**

In order to ensure my records are up-to-date each gymnast will receive a new Registration Form to complete. The "start date" will not need to be completed for existing gymnasts, but I would be grateful if you could include e-mail addresses, where possible, and return the forms at the same time as paying the Term Fees.

***Mark and Erin Simpson  
September 2005***

*Earlier editions of the Club Newsletter appear on the website.*