

# REBOUND GYMNASTICS CLUB

# NEWSLETTER

Issue No 5

SPRING 2006

## GYMMARK

As most of you will know by now, we achieved GymMark accreditation in November last year. The Club is extremely proud of this achievement and will be updating the Club Development Plan to ensure continuous development of both coaches and gymnasts during 2006-7.



## COMPETITION SUCCESS



Last Term saw the girls achieve Silver Team Medals in both the Level 3 and Level 4 categories of the Regional Team Championships with the Level 5 team narrowly missing a

Bronze. The Level 3 team (pictured above) consisted of Ruby Ghoray, Kerry Noton, Georgina Mynott, Rebecca Cook, Caroline Curry and Alison Buchanan. The Level 4 Team (pictured on the right) included Jessica Bayliss, Rebecca Jones, Freya Phillips, Georgina Owen-Smith, Jessica Wevill and Samantha Deakin and the Level 5 team was Hannah Bond, Alanah Coley, Katie Griffiths, Ellie Sarson and Lauren Ansell.



Two of our gymnasts were then selected for the John Reeves competition in December - Caroline Curry took part in the Level 2 team and came 1<sup>st</sup> on beam and Rebecca Cook competed as part of the Level 3 team achieving a 2<sup>nd</sup> place on vault. Both the Metropolitan County teams got Gold! (A full set of Club Competition Results, including Levels, Grades and County, is available on the website.)

## COACHING SUCCESSES

We are committed to improving the quality of coaching within the Club and are delighted to announce that Jane Curry passed her Club Coach exam in December with

flying colours. Hot on the heels of this success Louise Curly, Jo Lawson, Michele Buchanan and Mo Phillips passed their Assistant Club Coach exams at the beginning of January.

Melanie Warner and Krystie Newton took their Club Coach exams on 19 February and despite being a stressful experience we are very proud to announce that they have both passed their Club Coach exams.

**WELL DONE to all of you!**

## COUNTY TRIAL – 22 JANUARY 2006

Six of our gymnasts gained places in the County Squad last January and this year we were in a position to enter 10 of our gymnasts for the County Trial on 22 January. The girls worked extremely hard and Gabbie, Caroline, Rebecca, Jessica and Hannah retained their places. We are thrilled to announce that they are joined this year by Georgina Owen-Smith, Jessica Bayliss, Sam Deakin, Alanah Coley and Georgina Mynott, which now gives us 10 gymnasts in the County Squad!

## GRADES - 5 MARCH / 1&2 APRIL

Grades are the first competitions of the year and they start with the higher grades - 3, 2 and 1 on 5 March. The younger gymnasts will then compete in Grades 6, 5 and 4 during the first weekend in April. These competitions require the gymnasts to perform set agilities on each apparatus and scores are given out of 10.

For Grades 6, 5 and 4 gymnasts also need to perform a range and conditioning exercise to demonstrate their suppleness and strength. It is, therefore, very important that the gymnasts practice their splits and bridges at home. These competitions tend to have a very high number of entries - usually over 60 at Grades 6 and 5 - and if gymnasts want to do well they must be prepared to work at home as well as in the gym.

## CONDITIONING

It is important - we can tell those who are doing their conditioning exercises properly and regularly at home!

Conditioning sheets are available on the website.

## **PHOTO POLICY**

For Child Protection reasons no cameras, videos or mobile phones can be used at competitions without a Photo Pass – if you want to take photographs or use a camcorder please complete a Photograph Pass application form (copies available on the website) and send it off to the address on the form at least 6 weeks prior to the competition.

## **RECREATIONAL CLASS COMPETITION**

The competition will take place on **Sunday 26 March** and at the same time we will be launching our "Gymnast of the Month" awards. Each month the coaches will be asked to nominate one of their gymnasts and a gymnast from each of the 3 recreational classes will be selected to receive the award for a month. So gymnasts get ready to impress your coaches!

## **THANKS**

We would like to thank Paul Worrall, Beverley Bate and Krystie Newton for their dedication and commitment to coaching in the Recreational Classes and also Jo Lowson and Michele Buchanan who have already proved to be very positive members of the coaching team. We also appreciate the enthusiasm brought to the classes by our trainee coaches Ruby, Kerry, Georgina and Kathryn.

## **EQUIPMENT**

We would like to thank all those parents who help us to "squeeze" everything in the kit room. The help we have received over the last few months - with more parents helping on a regular basis - has been greatly appreciated and has meant the equipment is going away a lot faster.

## **TERM DATES**

A paper copy is usually handed out at the start of term, but you should refer to the website for the most up-to-date list of Term Dates (including details of competitions).

## **CONTACT DETAILS**

It is very important that we are notified of any changes to your address or telephone numbers, particularly mobile numbers, which may need to be used to contact you in the event of your child suffering any illness or injury in the gym.

## **WEBSITE**

The website contains lots of useful information about the Club, including Club Policies and Procedures, the Club Constitution etc. The "Members Only" pages are private

and can only be accessed via a login and password which we control. These pages contain more personal information about the club together photographs.

The website is updated regularly and details of updates will be posted on the "News" page in future.

## **CLOTHING OFFICER**

Sarah Askill has very kindly looked after the Club Uniform for us for a good many years and was instrumental in the successful introduction of a competition leotard a couple of years ago.

Now that Hannah is no longer training means that Sarah is not able to come into the gym as often and, therefore, feels that it is time for her to hand over the reins to another willing volunteer. Sarah is happy to assist anyone who takes on the role. Any parent who has some spare time and is interested in helping the Club in this way, please have a word with one of us.

## **SPECIAL MENTION**

We would like to take this opportunity to say something about 3 members of the Club:

**Gabbie Cook** - Despite her injury Gabbie has continued to show the type of dedication and commitment to her sport that is usually only seen in true champions. It has been a slow recovery process, but she has persevered through her frustrations and continued to come into the gym and work very hard. We are pleased to say that she is now beginning to regain her strength on all apparatus, particularly bars which has been the hardest piece for her, and she is now looking forward to a more positive year. We are very proud of you Gabbie.

**Hannah Askill** - has been Club Champion twice and the Club's first gymnast to do a flic on the high beam in competition. Sadly, she made the difficult decision last term to retire from competitive gymnastics, but luckily for us Hannah has decided to take up coaching and will be helping with the young development gymnasts. Hannah is highly thought of by both coaches and gymnasts alike and is an asset to the Club.

**Hannah Bond** – has made excellent progress over the past couple of months and we wanted to record her latest achievement of round-off tuck back somi dismount from the beam. This is a difficult move with a high anxiety factor and she has achieved it on the high beam (without matting or support) consistently in a very short period of time – well done Hannah.

***Mark and Erin Simpson***  
***February 2006***