

# REBOUND GYMNASTICS CLUB

# NEWSLETTER

Issue No 6

AUTUMN 2006

## COMPETITION SUCCESS

What a season! All the efforts of the coaches and gymnasts have paid off with the club scooping 21 medals in all!

### County Competition – 15 July

Right - Gabby Cook & Caroline Curry County Champs!

Below - looking pleased with Rebecca cook & Hannah Bond



The girls did well working to the new code for the first time with the Club picking up 7 medals! – other medal winners were Rebecca Cook, Hannah Bond, Jessica Bayliss, Sam Deakin and Georgina Owen-Smith

### Regional Team Apparatus Championships - 17 September

We were able to enter 4 teams this year. Our Level 5 team (Katie Griffiths, Amy Wevill, Elania Coulthurst and Ciara Houlihann) came a commendable 6<sup>th</sup> out of 14 teams, the Level 4 team (10 years and under) (Sam Deakin, Jessica Wevill, Ellie Sarson, Hannah Bond and Alanah Coley) came 2<sup>nd</sup>, the Level 3 team (Freya Phillips, Rebecca Blay, Georgina Owen-Smith and Jessica Bayliss) came 9<sup>th</sup> and the Level 2 team (Georgina Mynott, Gabbie Cook, Caroline Curry, Alison Buchanan and Rebecca Cook) came 2<sup>nd</sup>.

Pictured below are the Level 2 & 4 Teams with their medals



All smiles from the Level 5 team



### Regional In-Age Championships - 30 September

Hannah Bond competed in the Level 4 category and came 5<sup>th</sup> making her the travelling reserve for the National Finals Team. As things turned out, Hannah competed for the team on Saturday 4 November at Guildford producing strong scores on vault and bars.



Hannah practicing beam for the National Final

### Regional Out-of-Age Championships – 1 October

We entered 3 gymnasts in the Level 4 (10/11 years) category with Jessica Wevill coming 9<sup>th</sup>, Sam Deakin 13<sup>th</sup> and Rebecca Blay 17<sup>th</sup>. We also entered Freya Phillips in the Level 4 12+ category and she came 7<sup>th</sup>. At Level 3 (11/12 years) we had two gymnasts Georgina Owen-Smith who came 8<sup>th</sup> and Alison Buchanan who came 13<sup>th</sup>. We then had 3 gymnasts entered at Level 2 - Caroline Curry competed in the 12/13 year category and came 1<sup>st</sup> making her the Level 2 Champion. Gabbie Cook and Georgina Mynott competed in the 14+ category and came 2<sup>nd</sup> and 3<sup>rd</sup> respectively!



### Regional Team Championships – 22 October

We had two teams in this competition – a Level 4 (10 and under) team consisting of Sam Deakin, Jessica Wevill, Alanah Coley, Ellie Sarson and Katie Griffiths who came 3<sup>rd</sup> with the Level 2 team of Georgina Mynott, Gabbie Cook, Caroline Curry and Rebecca Cook coming 2<sup>nd</sup>.



Unfortunately we had to withdraw our Level 3 team (Alison Buchanan, Freya Phillips, Georgina Owen-Smith, Rebecca Blay and Jessica Bayliss) as a result of injury and illness.

Level 5 – 12 November

We entered 6 gymnasts – Lauren Ansell, Ellie Sarson, Katie Griffiths, Ciara Houlihan, Amy Wevill and Elania Coulthurst. All the girls performed well with an excellent result from Katie coming 10<sup>th</sup> overall and 1<sup>st</sup> on bars.

Challenge Cup – 25 November

Caroline Curry will be taking part in this National Competition being held at Rushmoor Gymnastics Club, Aldershot. The Club wishes her every success.

ANNUAL COMPETITION CLASS CHAMPIONSHIPS

This will now take place on Sunday 17 December at the Munrow Centre.

COACHING SUCCESSES

We are pleased to announce 3 new coaches to the Club – Hannah Askill, Ruby Ghoray and Kerry Noton – all ex-gymnasts. They passed their Assistant Club Coach exam on 24 September.

**WELL DONE to all of you!**

**New trainee** – Patrick Sarson is taking his first coaching steps helping with the Recreational Classes on a Saturday morning.

JUDGING SUCCESS

Mark and Jane qualified as Regional Judges back in July, Erin retained her Club Judge qualification in September and we welcome Michele Buchanan as a new Club Judge who had her first taste of judging at the recent Level Competitions.

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).

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 club photographs.

Our future plan for the website is to introduce a "members forum" where gymnasts can add messages for each other. This will, of course, be on the private section of the website.

GYMNAST OF THE MONTH

This has been established in both the Competition and Recreational Classes and details can be found under the **News** section of the Club website.

EQUIPMENT

We would like to thank all those parents who regularly help us to "squeeze" everything into the kit room. With everyone's help we are now getting the equipment away within 15-20 minutes.

We have placed an order for new equipment which is due for delivery in early December.

- o **A Rebounder** –for practising casts and turns
- o **Power Springboard** – to make repetitions easier
- o **Vault Impulser** – to help second flight on vault
- o **Stretching Frame** – to help with giants
- o **Soft floor beam**
- o **Beam pads**
- o **Coaching blocks**

GYMMARK

We are going forward for our annual reassessment in November.

COUNTY TRIAL – 14 JANUARY 2006

We currently have 10 gymnasts in the Metropolitan County Squad - Gabbie Cook, Caroline Curry, Rebecca Cook, Jessica Wevill, Hannah Bond, Georgina Owen-Smith, Jessica Bayliss, Sam Deakin, Alanah Coley and Georgina Mynott.

The Squad trains once a month at the Munrow Centre, Birmingham University and the trial for next year will take place on 14 January.

SPECIAL MENTIONS

In this edition we want to say a "special" thank you to Lyn & Malcolm Buchanan and Des Blay for the extra effort put in to assist the Club when we hosted the Level 5 competition on 12 November. We also want to acknowledge the fantastic support given by Patrick Sarson in helping with the equipment.

We appreciate the help and support given by all the families of our gymnasts, including those who have helped setting out equipment for regional competitions – Graham Bond, Simon Griffiths, Des Blay, the Sarsons, and the Buchanans.

**Mark & Erin Simpson  
November 2006**

