

REBOUND GYMNASTICS CLUB

NEWSLETTER

Issue No 7

SUMMER 2007

WELCOME TO NEW MEMBERS

We are pleased to welcome two new members to the Competition Class this Term – Megan Hughes and Abigail Spinks. They follow in the footsteps of Annalise Pugh and Morgan Watkins who joined the competition class during the Spring Term. We will also have Mackenzie Watkins joining us for some taster sessions this term prior to her joining the Competition Class in September.

The Newcomers!



Pictured left to right: Abigail, Megan, Mackenzie, Morgan and Annalise.

COMPETITION SUCCESS

Hannah Bond took part in Grade 4 in March and came 2nd giving her a place in the National Final held on 28 April where she represented the West Midlands.



Hannah pictured with Erin, her coach, at the National Finals

COUNTY COMPETITION – 14 JULY

Gymnasts from Chelmsley Wood, Wolverhampton, Birmingham Flames and Rebound Gymnastic Clubs took part in the competition. Competing from Rebound were Georgina Mynott, Freya Phillips, Sam Deakin, Jessica Wevill, Hannah Bond, Ellie Sarson, Katie Griffiths, Alanah Coley, Maisie Franklin, Annalise Pugh and 6 year olds Lucy Paddock and Morgan Watkins. We are especially proud of Sam and Freya who got bronze medals in the Level 3 and Level 4 categories respectively – well done girls!

ANNUAL CLUB CHAMPIONSHIPS – 15 JULY

The Competition Class Championships were held on Sunday 15 July at The Munrow Centre, Birmingham University. The girls worked extremely well and gave excellent performances on all 4 pieces. A DVD of the floor routines will be available shortly – please let Mark know if you would like a copy.

A full set of results is available on the club website.



Level 5 (6-7 years)

Lucy 1st, Morgan 2nd and Megan 3rd

Lucy was also presented with the Junior Achievement Award



Level 5 (8 years)

Annalise 1st and Maisie 2nd

Annalise was also presented with the Best Newcomer Award



Level 5 (9 years)

Amy 1st and Elania 2nd

Amy is the Junior Champion and was also presented with the Best Beam Award



Level 4 (10 years) - Intermediate Club Champion – Hannah Bond

Hannah 1st, Alanah 2nd and Ellie 3rd



Level 3 (11 years) – Senior Club Champion – Jessica Wevill
Jessica 1st, Sam 2nd and Jess 3^d

Jessica was also presented with the Best Bar Award and Sam was presented with the Senior Achievement Award



Level 2 (13+ years) – Senior Club Champion 13+ - Georgina Mynott
Georgina 1st, Alison 2nd and Freya 3^d

Freya was presented with the Best Vault Award & Alison was presented with the Outstanding Commitment Award

More photos will be on the website shortly!

DISPLAY EVENING & CHRISTMAS PARTY

We have decided to hold this year's display evening in December and combine it with an end of Term Christmas Party. Further details will be posted on the Club notice board in due course.

COACHING

Patrick Sarson will be taking his first coaching exam in September - good luck.

TERM DATES

Term dates for both the Recreational and Competition Classes are available under the **Members** section of the website. However, any changes to training dates will always be posted on the **NEWS** page of the Club website, e.g. if classes need to be closed due to inclement weather conditions.

RECREATIONAL CLASSES

We held our annual Club Competition on Saturday 23 May with all the girls competing on beam as well as floor and vault this year. A full set of results is available on the club website. The overall winners are pictured below with the runners up:



Senior Club Champion 2007 is Katie Spicer with *Niamh Molloy in 2nd place and Jessica Graham in 3^d place*



Intermediate Club Champion 2007 is Emma Whitfield with *Jasmine Padda in 2nd place and Daisy Ross in 3^d place*



Junior Club Champion 2007 is Ella Cooper with *Amelia Nicholls in 2nd place and Rosella Lanza in 3^d place*

NEW TERM – SEPTEMBER 2007

It is important that gymnasts in the Recreational Classes return the slip and deposit by 30 July to secure their place in September. The start of term is 5 September for the Competition Class and 8 September for the Recreational Classes.

EQUIPMENT & HELP

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 out and away within 15-20 minutes. It is, however, vital that we continue to receive regular help with equipment so that our classes can start and finish on time and the coaches can focus on what they do best!

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. The website was updated in April introducing a new section for **Gymnasts** and features photographs and details of all the gymnasts currently in the Competition Class.

SPECIAL MENTION

We greatly appreciate the help and support given by all our coaches and wanted to say a special "thank you" to Melanie who has continued to support the club and play a very important role by overseeing all the girls' floor routines, during what has been a difficult time for her and her family with the loss of her father late last year.

Thank you also to Hannah, Ruby, Kerry and Michele who have continued to come into the gym at the same time as taking their GCSEs and end of year exams.

Mark & Erin Simpson – July 2007