

REBOUND GYMNASTICS CLUB



NEWSLETTER



WINTER 2008

Issue No 11

IMPORTANT INFORMATION

There is a change to the start date for the Spring Term. The Competition Class will start back on 7 January and the Recreational Classes will begin on 10 January.

Important: If classes need to be closed due to inclement weather conditions we will post a message on the **News** page of the Website.

COMPETITION RESULTS

It has been an extremely busy Term in respect of competitions with some of our gymnasts competing in no less than 8 events. A full set of competition results is available on the Club website. Congratulations go to Freya Phillips who got a silver medal in the Out of Age Level 3 competition held on 5 October. Freya is pictured below with Mark:



John Reeves Inter-County Competition

Five of our gymnasts were selected to represent the Metropolitan County Squad at the Inter-County Competition held on Sunday 30 November.



Both the Senior and Junior Metropolitan Teams walked away with gold! Pictured are the Rebound girls who were involved: Freya (Senior Team), Jasmine, Ella, Morgan and Lucy (Junior Team).

ANNUAL CLUB CHAMPIONSHIPS

We ended the competition season with our own Club Championships. We had 23 gymnasts competing ranging in age from 6 to 16. The new Club Champions are as follows:

Senior Champion 13+ - Georgina Mynott



Georgina with Rebecca Blay who came 2nd and Freya Phillips who came 3rd. Well done Georgina – fantastic Tsuk.

Senior Champion 11-12 – Hannah Bond



Hannah with Katie Griffiths who came 2nd, Jessica Bayliss who came 3rd, Jessica Wevill and Alanah Coley

Intermediate Champion – Jasmine Padda



Jasmine with Amy Wevill who came 2nd and Annalise Pugh who came 3rd.

Junior Champion – Ella Cooper



Ella with Lucy Paddock who came 2nd, Megan Hughes who came 3rd along with Morgan Watkins, Amelia Nicholls, Abigail Spinks and Niamh Taylor.

Infant Champion – Lucy Fennell



Lucy, Mackenzie Watkins who came 2nd, Olivia Francis who came 3rd and newcomer Jessica Bateman.

Individual Apparatus Awards

The following Awards were presented at the end of the competition:

Best Vault – Georgina Mynott

Best Bars – Katie Griffiths

Best Beam – Megan Hughes

Best Floor – Olivia Frances

Well done girls!

Club Awards

The following end of year Awards announced:

Outstanding Commitment - Jessica Wevill



Jessica received this Award for her courage in fighting to get fit following a broken leg. This involved many hours conditioning in the gym and a sheer determination to get back on the apparatus. Jessica was able to take part in the Club Championships on every piece (with a little support!) except vault.

Most Improved (Newcomer) – Jessica Bateman



Jessica only joined the Competition Class in mid-October, but was able to learn floor and beam routines, as well as achieving her bars in time to join in the competition. She has also got her round-off flic.

Senior Achievement – Freya Philips



Freya has worked hard throughout the year and has achieved new moves as well as improving existing ones. She has demonstrated a very positive attitude towards her gymnastics.

Junior Achievement – Morgan Watkins



Morgan was the Club's youngest gymnast to gain a place in the County Squad earlier this year. Morgan is a very neat worker both on floor and beam.

COUNTY SQUAD TRIAL – 11 JANUARY

Over the next week or so we will be assessing gymnasts for the possibility of taking them forward for a trial for the Metropolitan County Squad. Gymnasts need to demonstrate moves on each apparatus as well as perform a range and conditioning routine which includes a straddle lever to handstand.

TERM DATES

Term dates for both the Recreational and Competition Classes are available under the **Members** section of the website.

Mark & Erin Simpson – December 2008