

REBOUND GYMNASTICS CLUB



NEWSLETTER



SPRING 2009

Issue No 12

COUNTY SQUAD TRIAL – JANUARY 2009

We are pleased to announce that all our existing squad members – Georgina Mynott, Freya Phillips, Jessica Bayliss, Jessica Wevill, Hannah Bond, Katie Griffiths, Jasmine Padda, Ella Cooper, Morgan Watkins and Lucy Paddock retained their places and were joined by Jessica Bateman (7). WELL DONE GIRLS!

Jess is pictured below demonstrating her Russian lever!



FUND RAISING EVENT – JANUARY

We had another successful family quiz night on Saturday 17 January with fantastic support from gym family and friends. We raised over **£450.00** towards club funds. A big thank you to Mel who organise the event with support from Ruth Bond, Jane Griffiths, Tracy Nicholls, Krystie, Pat and Kerry - THANK YOU! A special thank you to Alex Warner who, again, helped collect money from the various activities.

See the **photo gallery** on the club website for photographs taken on the evening.



Amelia Nichols – winner of the fancy dress competition.

GRADES COMPETITIONS – 14 & 15 MARCH

Ella Cooper will be competing in the Compulsory 4 Regional Competition on 14 March - which is a first for the Club! It is a more difficult competition and Ella and her coach, Krystie, have been working very hard on perfecting her routines. Jasmine Padda will also be the club's first gymnast to take one of the new National Grades and she is competing on Saturday afternoon in Grade 8.

The Regional Grades 11, 10 and 9 will be held on Sunday 15 March and we have Georgina Mynott and Jessica Bayliss competing in Grade 9, Freya Phillips, Rebecca Blay, Jessica Wevill, Hannah Bond and Katie Griffiths competing at Grade 10 and Alanah Coley competing in Grade 11. GOOD LUCK GIRLS



GRADES 12, 13 & 14

The next round of competitions will be held over the weekend of 4 and 5 April and we have Annalise Pugh competing in Grade 12, Morgan Watkins, Lucy Paddock, Megan Hughes, Amelia Nicholls and Niamh Taylor competing in Grade 13 with Lucy Fennell and Jessica (Bess) Bateman competing their first Regional Competition (Grade 14).

The Club has been asked to host the competition on Sunday 5 April and we need help from parents and gymnasts - all members of the Club are welcome to come along - further details will be posted on the club notice board.

GYMNAST ACHIEVEMENTS

We have had a very good start to the year and are finally seeing the benefits of the extra weekly training sessions held at the Munrow Centre. January and February have seen several significant achievements from the girls including Georgina Mynott, Jessica Wevill and Lucy Paddock all achieving their first giants on the wooden bar! This is just the start of the hard work ahead to achieve the move consistently. Other achievements include Jessica Bateman's Russian Lever

and straddle lever to handstand mounts on beam, Niamh Taylor and Lucy Fennell's straddle lever to handstand on floor, Megan Hughes' round-off flic tuck back, Hannah Bond's clear hip to handstand and Megan Hughes and Morgan Watkins's float upstarts.

COACHING & JUDGING ACHIEVEMENTS

Congratulations to Paul Worrall on passing his Women's Artistic Level Two Coaching Award.

Mark has been selected to go forward for a National Judging Course being held at Lilleshall over a 5-day period in April. This is a huge commitment on top of time he already devotes to the club, but it will be of great benefit to our gymnasts and it is an honour for Mark to be asked - just recognition of his judging skills!

GYMMARK RE-ACCREDITATION

The Club is in the process of concluding re-accreditation for Gymmark – a quality award the club is proud to say it has held since 2005. As part of this process we undertake an annual review of our development plan and look at ways in which we can improve the service we offer.

A lot of time goes into the work behind the scenes to ensure we meet the high standards set by British Gymnasts and to ensure we offer the best opportunities to our members.

The club is run on a voluntary basis and we appreciate the help we get from the families of our gymnasts. If you would like to be more involved with the club or have some spare time to help coach, please feel free to have a word.

We welcome constructive feedback and there is a Suggestion Box available in the gym.

WEBSITE DEVELOPMENT

The club website is one of our biggest assets as it provides a simple and effective way of getting up-to-date information to parents, coaches and gymnasts. It is also gives us the opportunity of recognising and celebrating the success of our members.

We strive to keep the information on the website relevant and up-to-date and are currently working on a new page for **Club Uniform**. This should be up and running in the next few weeks.

CLUB UNIFORM AND SECONDHAND SALES

We will be holding regular uniform and second-hand leotard sales on Saturday mornings. If you have any items of clothing for sale please label them clearly with your child's name and the price.

£2.00 should be added to the price as a donation to club funds.

SPECTATING SESSION

At the start of the Spring Term we had to remove the spectators' areas in the gym because of the need to use all the available space for our classes*. However, as a result of a parent's suggestion we have agreed to set aside one session a Term when parents are welcome to come into the gym and watch the class. The date selected for this term is **Saturday 18 April**.

**Parents of new children will be allowed to watch their child's first session.*

IMPROVERS GROUP

We have established an Improvers Group within the Recreational Classes where we can offer an additional hour's training each week. Gymnasts can be tested for entry to this group and selection will be based on gymnasts meeting certain criteria. The purpose of this group is to act as a stepping stone into the competition class. The competition class requires commitment to train twice a week on a Wednesday and Friday evening (2-hour sessions) with the option of additional training on a Sunday morning.

Pictured below are gymnasts who have progressed through the Improvers Group and have joined the Competition Class during the Spring Term:

Alliyah (5), Emily (6), Emily (7), India-Rose (7) and Hayley (6)



TERM DATES

The latest dates are available on the website under the Members section.

THANK-YOU

Thanks to all the parents who regularly support the club and all that we do and to the coaches for giving up so much of your free time.

Mark & Erin Simpson – March 2009