

REBOUND GYMNASTICS CLUB

NEWSLETTER

Issue No 1

SUMMER 2004

HISTORY

We thought it would be useful to add a bit of background to the Club in our first Newsletter.

Rebound was formed in 1996 by Mark, who was formerly Head Coach at Solihull OGC, and has now been coaching for over 25 years. The Club has 13 qualified coaches (5 of whom are also qualified judges) – Mark, Erin, John, Veronique, Melanie, Jane, Krystie, Laura, Amy, Esther, Debbie, Paul and Beverley (with Charlotte Worrall, Tanya Barrad and Hannah Woodburn taking their first steps as trainee coaches). The club gives a high priority to coach education.

Anyone interested in learning more about coaching (at any level) please speak to either Erin or Mark.

After several years of winning medals at Floor & Vault competitions, 2002 brought about change when the Club achieved its first ever 4-piece medal – thanks to Georgina Mynott who took the silver medal at Level 5.

Last autumn saw further success with two individual silver medals at Level 4 from Hannah Askill and Gabby Cook and the trophy in both the Individual Apparatus Team event and the Team Championship event at Level 4 (team members – Hannah Askill, Gabby Cook, Kerry Noton, Georgina Mynott, Ruby Ghatoray and Kathryn Arney)



We also had success at Level 5 in October with Rebecca Cook gaining 6th position in the In-Age category (giving her overall 4th position in the 8-year Championships). In the 9-10 year old category we achieved two medals with Alison Buchanan getting gold and Caroline Curry silver, which was an excellent achievement out of 61 gymnasts. Again, in the 11-12 year old category, Brittany Fisher and Jessica Railton took the gold and bronze positions respectively.

COUNTY SQUAD

Following an intensive session at the Munrow Centre on Sunday 11 January, three Rebound gymnasts were

successful in gaining places in the Metropolitan County Squad:

Hannah Askill – 13
Gabby Cook – 11
Rebecca Cook – 9

Well Done Girls! The girls will now train once a month at the Munrow Centre. Having gymnasts in the County Squad also enables Rebound to enter gymnasts in the annual County Competition which is held on 17 July this year. We are hoping to enter some girls in Levels 5, 4 and 3.

CLUB GRADES

The Club has again celebrated success at the recent Grades Competitions, achieving two individual medals – first ever for the Club at Grades.

Kathryn Arney took the bronze medal in Out of Age 4 (with Caroline Curry and Brittany Fisher close behind her in 5th and 7th positions respectively). Ellie Allen also took bronze in Out of Age 5. In Grade 3 Gabby Cook came 6th (reserve for the national final) and Kerry Noton 8th with Hannah Askill coming 8th in Grade 1 (only the second Rebound gymnast to take this Grade).

This year we were able to enter 6 girls in the In-Age Grade 6 competition (which is open to 8 year olds) - Jessica Bayliss, Samantha Deakin, Ella-Mae Hudson, Miki Clark, Jessica Wevill and Emily Harber - they all passed!

Other In-Age gymnasts Rebecca Cook (Grade 5) narrowly missed a bronze coming 4th, and Alison Buchanan (Grade 4) came a commendable 19th.

Credit must be given to all the coaches at Rebound for their dedication and hard work, as we were able to enter nearly all the (eligible) girls in the Main Class for Grades this year. We entered 25 girls and they all passed – most with distinction.

FLOOR & VAULT

Further medals were won at the West Midlands Floor and Vault Competition in Stoke on 4 April. Charlotte Worrall took the bronze in the Over 15s category and Jessica Bayliss the silver in the Under 9s event. The Under 9s A Team also won the bronze team medal – it made the long day well worth while! Team members –

Jessica Bayliss, Samantha Deakin, Ella-Mae Hudson and Jessica Wevill.

We also saw a very high standard from our Recreational Class gymnasts who competed in the event.

CLUB COMPETITION

A reminder that this year's Club Competition will be held at the Munrow Centre on Sunday 11 July.

HOSTING OF COMPETITIONS

For the fifth consecutive year we hosted the Compulsory 4 National Final held at Cocks Moor Woods Leisure Centre on Saturday 1 May. This involved 13 of our gymnasts acting as "runners" and 6 parents/coaches assisting with ticket sales and scoring. A special thank you goes to Martin Mynott, Peter Cook, John Garner, Judy Fisher, Christine Arney and Krystie Newton for all their help.

We have also been asked to host the Out of Age Level 5 Competition, which is due to take place on 24 October at Birmingham Sports Centre. It is a requirement of all clubs entering regional competitions to take their turn at hosting events. On this occasion we will need all the help we can get as we are also hoping to enter some of our gymnasts and, therefore, coaches will need to be involved on the competition floor and also in judging.

EQUIPMENT

Both coaches and gymnasts are making very good use of our brand new "tumble track" which we purchased in January of this year. This was as a result of Club funding and sponsorship from a local firm – it cost £3,000!

Our next target is to raise sufficient funds to purchase a vaulting table. This is likely to cost in excess of £1,000 and is vital in assisting us to prepare our gymnasts for the more difficult competitions.

OPEN NIGHT

We are planning a Display Evening sometime in June. This event is being organised by Melanie and John – watch the Notice Board for further details.

WEBSITE

We are very keen to establish a website for the Club. If any parents have experience in this area (or know someone who does) and they are willing and able to assist us, we would be very grateful.

GYMMARK

Some of you may be aware that the Club has applied for the Gymmark Award. This is a quality award issued by the British Gymnastics Association which will ultimately give Rebound recognition for being a Club that is well organised and one that provides a safe and friendly environment for children to learn gymnastics.

To achieve this Award will take a tremendous amount of work and time behind scenes, but will be worth it.

SUPPORT

We believe the Club has progressed significantly over the past 2 years and it would not be right if we did not say "thanks" to those parents who regularly support and assist us both in terms of putting equipment out and away, but also in many other ways.

We would also like to say a special thank you to the following:-

Sarah Askill - for all her efforts in ensuring that we have an adequate supply of Club leotards, track suits and, of course, the new competition leotard – for which we have received quite a few compliments.

Martin Mynott – for all his efforts in the Kit Room! Martin has given up time to install racking for our bars and has taken a special interest in making sure that the kit room is safe and secure. Martin has also very kindly agreed to act as our Safety Officer.

Lin Buchanan – for helping with the equipment and giving general support and encouragement to the coaches. Lin has also kindly agreed to act as our Child Protection Officer.

Unfortunately we do not have space to mention everyone by name – but you know who you are - all your help is very much appreciated – as we are sure you realise!

CONDITIONING

We believe some of our recent success is due to the gymnasts undertaking condition exercises at home – we hope this continues!

***Mark and Erin Simpson
7 May 2004***