

REBOUND GYMNASTICS CLUB

NEWSLETTER

Issue No 2

AUTUMN 2004

CLUB CHAMPIONS

Following the Club Competition on 17 July this year, there are three new Club Champions: -

Hannah Bond – Junior Champion

Caroline Curry – Intermediate Champion

Hannah Askill – Senior Champion

ACHIEVEMENT AWARDS

The Club also handed out three Club Achievement Awards for 2004. There are two awards (junior and senior categories) for gymnasts who have made significant personal progress during the last 12 months and one award to recognise achievements of a new gymnast to the Club: -

Charlotte Worrall - She started off in the Recreational Class, progressed to the Main Class and during the last 12 months she has achieved her float upstart, long upstart as well as a straight and tucked back somersault. Charlotte is also a trainee coach assisting with the Recreational Class gymnasts on a Saturday morning.

Hannah Bond – Joined Rebound just after her 5th birthday and has made exceptional progress during the last 12 months. Hannah conditions regularly at home and as a result has achieved straddle lever to handstand – the youngest Rebound gymnast to do so.

Rachael Jones – Came from Solihull OGC earlier this year and has made very pleasing progress in a short space of time – Rachael was given the award for “Best Newcomer”.

RECENT RESULTS

It has been a particularly hectic competition period for the Club, with individual and team events taking place from mid-September through to mid-November.

All the gymnasts have performed well and we are very proud of them. Results from recent competitions are available in the Club Information Book.

We were particularly pleased with the Level 4 Under 11s Team who successfully beat off their competitors to

retain the Level 4 Trophy for the second year running. This year's team consisted of Brittany Fisher, Caroline Curry, Alison Buchanan and Rebecca Cook, with Rebecca Jones as the team reserve. WELL DONE GIRLS.

The winning team with their trophy



COUNTY SQUAD

Hannah, Gabbie and Rebecca have been members of the Squad since January of this year. They regularly attend training sessions and as a result of their dedication and performance throughout 2004 have secured places in the Squad for 2005.

Over the next two months the Coaches will be making a decision on entries for the next County Trial which is to be held on 23 January 2005. The training sessions are very intensive (just ask the girls) and anyone wishing to be considered for a trial must be prepared to do their conditioning exercises regularly at home – one of the requirements is to be able to do straddle lever to handstand. The requirements differ according to age and gymnasts/parents are welcome to talk to the coaches if they/their child would like to know more about the County Squad.

REGIONAL TEAM CHAMPIONSHIPS

The final competition for this season is being held at Birmingham Sports Centre on Sunday 14 November. We have 3 teams entered for this event. Gymnasts not competing are more than welcome to come along and support the Club.

HOSTING

The Club successfully hosted its first regional competition on 3 October and is very grateful for the support received from coaches, gymnasts and parents (and sisters) – THANK YOU!



EQUIPMENT

We recently purchased a new vaulting table and new floor matting and have already seen the results on vault with Ailish King coming 1st in the Out-of-Age Level 5 competition and Alison Buchanan coming 2nd, Kerry Noton 3^d and Ella-Mae Hudson 4th on vault at the recent Regional Team Apparatus competitions in October. As a result of hosting the competition in October we raised £250.00 and this will go towards our next target which is a set of fully adjustable bars.

The Club is also looking into other fund raising initiatives and one idea is a "bag pack" at one of the local supermarkets – watch the noticeboard for more details.

COACHING

We are looking into coaching courses for next year, as some of the coaches are working towards their Club Coach qualification, if any parent/sister/brother would like to know more about coaching, please come and have a chat with either of us – it is a very rewarding role and the Club would greatly appreciate the extra help.

AFFILIATION

As well as being affiliated to British Gymnastics, the Club is also affiliated to the West Midlands Amateur Gymnastics Association and coaches attend committee meetings with a view to looking at ways of improving gymnastic facilities in our region.

WEBSITE

Following our first newsletter, a parent has very kindly been assisting us to set up a website – we are hoping to launch this very shortly. It will contain lots of useful information, such as Term Dates, Competition Requirements, Competition Results, Club Policies, Club Rules etc. and will have a "Members Only" section which will be password protected.

GYMMARK

We are making progress towards this award and will update you in more detail early in the New Year.

As part of the Gymmark process, the Club has adopted British Gymnastics' policies on Child Protection, Equity, Photography, Dress & Jewellery and copies of these policies will shortly be available in the Club Information Book.

If you would like to know more about any of the above, please feel free to ask.

WELFARE OFFICER

Lin Buchanan will be taking on the role of the Club Welfare Officer at the end of November after completing her training. This means she will be available as an "independent person" for both gymnasts and parents to talk to if they have any concerns about activities within the gym.

CONDITIONING

In order to have the strength to do the more difficult moves in gymnastics, it is very important that gymnasts do some conditioning exercises at home – we can tell those that do!

DROPPING OFF AND COLLECTING FROM THE GYM

Could parents please ensure they remain with their child until a qualified coach arrives at the gym – other parents are not responsible for your child. We would also ask that parents arrive to collect their child at least 5 minutes before the end of the session.

THANK YOU

Thank you to all those parents (and gymnasts) who regularly assist with setting up and dismantling equipment – your help is very much appreciated, but we could do with more! The more help we get the quicker the job is done.

On Wednesday evenings we finish the class at ten to nine and would appreciate it if parents could arrive at that time to assist with putting the equipment away – then we can all get away promptly!

DISPLAY EVENING

We are hoping to hold a display evening on Wednesday 15 December when the gymnasts will have the opportunity of showing off some of their skills to family and friends. Please keep that date free in your diary and watch the noticeboard.

CHRISTMAS PARTY

We are planning a Christmas Party for the last day of Term - Friday 17 December – details to follow nearer the time.

***Mark and Erin Simpson
November 2004***

