

REBOUND GYMNASTICS CLUB

NEWSLETTER

Issue No 8

WINTER 2007-8

WELCOME TO NEW MEMBERS

To 6-year olds Lucy Fennell and Olivia Francis who joined the Competition Class at the start of term.

Olivia & Lucy



COMPETITION RESULTS

We had a hectic competition season starting on 9 September with the Apparatus Team Competition. We entered 3 teams Level 3 (Alison Buchanan, Jessica Bayliss, Samantha Deakin, Jessica Wevill and Hannah Bond), Level 4 (Freya Phillips, Ellie Sarson, Katie Griffiths and Alanah Coley) and Level 5 (Amy Wevill, Maisie Franklin and Annalise Pugh). The Level 5 team came 7th and both the Level 3 and Level 4 teams got Bronze Medals!

Pictured below are a few of the medal winners – Alanah, Katie, Ellie, Hannah and Jessica.



Two weeks later we had gymnasts in the Individual Championships. At Level 4 there were 35 gymnasts competing and we had Ellie Sarson (4th on vault), Alanah Coley (13th on vault) and Katie Griffiths (15th on bars). Freya Phillips competed at Level 4 in the older age category and came away with a silver medal.

Hannah Bond did extremely well when she competed in In-Age 3 and performed giants on the bar for the first time in competition coming and 7th out of 14. Her best piece was bars (3rd).

We had 5 other gymnasts competing at Level 3 in the older age categories. In the 11/12 age group Jessica Wevill came 6th overall (3rd on beam and 7th on bars), Sam Deakin came 8th (5th on vault and 6th on beam), Rebecca Blay came 13th (10th on beam) and Jessica Bayliss (recovering from a broken wrist) came 14th (2nd on vault). Alison Buchanan came 5th out of 12 (4th on bars, 6th on vault and 7th on beam)

Finally, we had Georgina Mynott competing in FIG Juniors, coming 8th overall (6th on beam).

Due to holiday commitments, we were only able to enter one team in the Team Championships held on 21 October. The Level 3 team consisted of Alison Buchanan, Jessica Bayliss, Sam Deakin, Jessica Wevill, Ellie Sarson and Katie Griffiths. The team came 6th. Jessica Wevill had a very good day coming 5th overall (3rd on beam and 8th on bars).

We had 3 gymnasts entered at Level 5 on 11 November - Maisie Franklin, Annalise Pugh and newcomer Jasmine Padda. All three girls performed well.

Well done to Maisie for achieving round-off 3 flics and round-off flic tuck back this term.



**WELL DONE
FREYA -
pictured with
her silver medal
from the
Individual Level**

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

COACHING

Congratulations to Patrick Sarson on passing his Level 1 coaching exam and who is now coaching regularly in both the Competition and Recreational Classes. We welcome two new Trainee Coaches – Ruth Bond and Danniella Watkins.

Anyone interested in helping coach should speak to Erin.

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

These continue to be very popular classes with a regular waiting list of 50-75. There has been a lot of hard work during the last term with many gymnasts gaining their BG Award Certificates and Badges.

Well Done to Becky Sullivan for her recent achievements in passing Badges 7, 6, 5, 4 and 3 this Term. Keep up the good work.



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.

It is perhaps a good time to remind everyone that our coaches offer their time on a **voluntary basis** (this includes ourselves) and we all work full time with the younger coaches studying at school or college. The success of the Club is down to the continuing dedication and support received from everyone involved.

EQUIPMENT

As a result of a contribution from the Club current account, funding raising activities throughout the year and a donation from **Flybe** we have been able to place an order for a new full size beam which comes with matting and transport wheels. The total cost of the package (including new dismount matting) is worth just over £3,500.00. We hope to take delivery in early February.

Once we have the new beam we will be looking to sell the low beam and red matting and anyone interested in making an offer should speak to Mark.

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 which contains details of all the gymnasts currently in the Competition Class.

At the request of our gymnasts we have now included a **"Photo Gallery"** under the **Gymnasts** section which will include a section for videos.

DISPLAY EVENING

We ended the year with a Display and Awards Evening on 14 December. A **special thank you** to Melanie for all her hard working in bring the event together with assistance from Michele, Georgina and Alison.



Right : Freya, Jess, Alison, Sam, Bex and Georgina

Below: Annalise, Jasmine, Maisie & Amy



Jess, Ellie, Alanah, Hannah & Katie

NEW TERM – JANUARY 2008

The spring term starts back on Friday 5 January for the Competition Class and Saturday 6 January for the Recreational Classes.

Mark & Erin Simpson – January 2008

