

# Sandbach Gymnastics Newsletter

AUGUST 2012

Please Support the Gym That Supports Your Child

## Competition Success



### Canadian and European Success for Charlie

Charlie started her year off with a fantastic selection to represent Great Britain at the prestigious Gymnix International, Montreal, Canada in March. Charlie was the only Great Britain Junior to attend. This was her first major competition of 2012. She competed against the top Russians, French, Canadians and Australians and performed beautifully to be awarded 2nd overall, beating 3 of the 4 Russians. Upon return Charlie spent almost 6 weeks back and forth to Lilleshall in preparation for the Junior European Championships in Brussels. This competition only allowed 5 junior girls from Great Britain to be selected. From the trials Charlie was ranked 2nd overall and gained her place amongst the team along with 1 of her personal coaches. Charlie and Pete were in Brussels for 10 days. Charlie assisted the Great Britain team to gain the highest ever all around ranking of 4th. She also qualified for the floor finals where she was ranked 7th in Europe. This experience for Charlie will help her as she progresses into the senior squad next year, where she will be hoping for a place at the World Championships. Charlie's main focus is to stay fit and train hard in preparation for the 2016 Olympics in Brazil.

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### Voluntary Levels

We had 4 gymnasts entered into this competition.



### Cheerleading

The club now has its own cheerleading squad. Cheerleading has become increasingly popular in the UK over the last few years and now is a competitive sport. We currently have around 19 cheerleaders who will be competing later in the year. The girls age from 8 - 19 years. If you are interested in joining the group please speak to reception. The intake at the moment requires all girls to be able to back flick. Hopefully there will soon be a development cheers group running too.



# General Events and Activities

**GRANTS** - We have successfully been awarded a grant from **The Co-operative**. The grant awarded was **£1,000**. This will be used to complete the extension of the gym and give the gymnasts a new podium area for beam, new crash mats and soft play apparatus

**PRIVATE LESSONS** - Is there a skill you really want to learn but need a more assistance or time in the gym? We are now pleased to offer private tuition classes. The class can be booked for 1 hour on a 1 to 1 basis. The cost is £30.00. If you feel your child may benefit from this please contact reception for booking information

**SPONSORED ROLL** - The sponsored event this year proved to be a huge success again. Lots of gymnasts somersaulted around the gym to raise money for the club's new equipment. The club have just ordered 4 new large crash mats for beam and bars with the money raised. This will help improve the safety and comfort for all gymnasts

**GYMNAST OF THE QUARTER** - Every quarter we intend to do an update newsletter, keeping you informed of current activities. Each quarter the coaches of the club will discuss how the gymnasts of each group have trained, worked, most improved etc. We will then present the selected gymnasts with a certificate to reward their individual efforts.

*Fund Raising and Parent Support*

*Please contact Tracy Cooper on 01270 767491*

*If you can help or support the development of the club in anyway.*

*Thank you for your support*

*Visit [sandbachgymnastics.com](http://sandbachgymnastics.com)*

**TODDLERS** - The toddler time classes run on Tuesday mornings from 9.30 - 10.30 am and Friday afternoons from 12.30 - 1.30. You supervise your own child and enjoy the fun time with your child in the gymnastics hall. The class costs £1 per head and is available to any children under 5 years only. There is no need to book.

**BRITISH GYMNASTICS MEMBERSHIP** Sandbach Gymnastics is a BGA registered club and therefore it is a pre-requisite of the governing body that all our members affiliate to them. Please ensure that your BGA membership is up to date. The membership year is October to September. Thank You.

**Pre-School** - These classes are available Friday mornings and Monday afternoons. The classes are very popular and we do currently hold a waiting list for the September intake. If you would like a place for your child please ensure your name is down. The classes are 45 minutes long and are run by 2 qualified coaches.

**Bag Packs** - The club now takes part in bag packs. We have found this is the easiest way to fundraise for the club and all of the money raised goes back to the club for new equipment. If you can spare an hour to assist in these please let Danni know as every bit of help no matter how small makes a huge difference

**CONGRATULATIONS TO OUR GYMNAST QUARTERLEY WINNERS!!!**

## RECREATIONAL CLASSES -

All classes are FULL !!. Please ensure that your course fees are paid on the due dates to reserve your child's place. There have been a couple of occasions where fees have not been paid and we have no choice but to allocate the place to somebody else.

We now operate a waiting list system for all classes, this has 100 children on it. Unsecured places are offered to new members on the waiting list.

Thank You for your co-operation.



Sat 9 - 10 am	<b>Heather Gray</b>
Sat 10 - 11 am	<b>Oliver Young</b>
Sat 11 - 12 am	<b>Hollie Lennon</b>
Sat 12 - 1 pm	<b>Katy Hughes</b>
Mon 4 - 5 pm	<b>Thomas Bullock</b>
Mon 5 - 6 pm	<b>Erin Pickford</b>
Tue 4 - 5 pm	<b>Katerina Stones</b>
Tue 5 - 6 pm	<b>Rosie Rippingham</b>
Tue 6.30 - 8.30 pm	<b>Lucy Morgan</b>
Wed 4 - 6pm	<b>Daisy Murray</b>
Wed 6 - 8pm	<b>Jake Clare</b>
Thu 4 - 5 pm	<b>Eliza Barlow</b>
Thu 5 - 6 pm	<b>Hannah Sykes</b>
Thu 6.30 - 8.30pm	<b>Ocea Birtles</b>
Fri 4 - 6	<b>Darcy Pawezowski</b>
WA Squad	<b>Marnie Woolrich</b>
WA Squad Junior	<b>Megan Bruno</b>
WA Squad Devel	<b>Jessica Butler</b>

**WE DID IT , WE NOW HAVE OUR NEW AND FULLY EQUIPPED GYMNASTICS CLUB**