

Sandbach Gymnastics Newsletter

ISSUE 7

NOVEMBER 2007

Competition Success

North West Voluntary Level 3 Championships + National Finals - October 2007

Charlie Fellows and Alice Mountford qualified to represent the North West region at the National Age Group Finals which was held at Guildford in November. Both girls had a stunning competition at the North West, Charlie winning both the day and the overall event to be crowned North West Level 3 Champion for 10 years gymnasts. Alice competed in her first four piece competition with Sandbach Gymnastics. Her efforts were rewarded with the position of travelling reserve for the North West Team. At the National Final the team were awarded with the silver medal and Charlie was ranked 5th in the Country in the Level 3 10 yrs Girls. **Well done to the girls for their hard work and determination, coaching staff and parents !!!**



CNGC Recreational Competition

Seven Sandbach Gymnasts represented the club at our first recreational competition held in Crewe on 10th June. This was the first competition for Caitlin, Sarah, Emma, Caprice, Abigail, Nadine and Alice (not shown) The girls competed well with Caprice achieving a **Gold Medal** and Emma a **Silver Medal**



Team Tumbling—Gloucester

Ten gymnasts competed at this event. Our entrant was low as 12 of the gymnasts were in the USA. Siobhan Holden won the Springer Event. Coach Amy is pictured with Lydia, Abigail, Emma, Melissa, Caprice, Sophie, Siobhan and Sophia. Gymnasts who also competed at Gloucester include Elisha and Ellie (not in picture). This was also the debut competition for Sophie, Sophia, Elisha and Ellie.



USA GYMNASTICS EXCHANGE 2007

Sandbach Gymnastics took a team of 12 gymnasts and 3 coaching staff to York, Pennsylvania on 2nd October 2007. This was the 6th year that our club has visited the USA on this exchange programme with Gymnastics Of York. During our visit the girls trained very hard but also had time to enjoy the opportunity of going to Washington (The White House), Baltimore Harbour and Aquarium, the Amish Village and a bonfire!

The USA team visited Sandbach Gymnastics in the Summer and had a fantastic time. I would like to take this opportunity to say a big thank you to all of our host families, to Jo and Maxine for the Barbeque and to everyone who made them feel welcome. We all had a very enjoyable week! (especially when all the gymnasts were thrown in Llandudno pool!)



Please Support the Gym That Supports Your Child

General Events and Activities

SPONSORED ROLL - Wow, we raised an amazing £2,750. Every gymnast worked so hard this year collecting money, a huge thank you to all who took part. This is the only sponsored event we run each year and the money raised is poured back into equipment. This year we have bought 3 extra sections of tumble floor, metal bar, the new style vaulting horse and crash mats and blocks will be re-covered. An excellent achievement. Well Done everyone!!!!

AIR PRODUCTS - Kindly donated another £500 towards the sponsored roll event again this year. This has been a very generous gift over the last 2 years and a really made a difference. We are hoping to get this amount sports matched which will give us a total of **£1,000** if we are successful. Many thanks Air Products.

PARTIES – Birthday parties are now available on Sundays. These are proving to be very popular. We do advise that you try to book as far in advance as possible. The party includes 1 hour coached fun gymnastics and 1 hour for your food and party games. Please speak to reception for more details.

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.

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.

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.

Club Welfare Officer

Rob Whiting has taken on this voluntary position and is registered with BGA
Thank you Rob

sandbachgymnastics.com

PARENT HELPERS - We are always looking for parent helpers. If your child is in a recreational class and you'd like to learn a little more about gymnastics why not come in and help coach? We are looking for voluntary coaches who would like to be trained and get a qualification. If you are interested and would like more details please ask at reception..

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.

FUN GYM - This is a supervised play class that is available to all members. Its held on the 1st Sunday within each Month. This is now a great success and we generally have over 30 gymnasts each session. If your child is interested in attending, bring them along and I'm sure they will have a great time. The class starts at 4.00 pm and finishes at 6.00 pm and costs £4 per child. Dates may vary due to the competition calendar. Always check with the gym before coming

Fitness Membership - All gymnastics parents the have benefit of discounted membership to the fitness gym. Current annual paid in full memberships are £250 per annum. **Discount Price £190.00**

CONGRATULATIONS TO OUR GYMNAST QUARTERLEY WINNERS!!!



Rebecca Mason
Olympic Squad 2004

Sat 9 - 10 am	Katie Frobisher
Sat 10 - 11 am	Tia Brothers
Sat 11 - 12 am	Hannah Sheldon
Sat 12 - 1 pm	Megan Rolfe
Mon 4 - 5 pm	Suzanna Hudson
Mon 5 - 6 pm	Nicolas Adams
Tue 4 - 5 pm	Amy Hulme
Tue 5 - 6 pm	Claudia Fenoglio
Tue 6.30 - 8.30 pm	Holly Amos
Thu 5 - 6 pm	Joshua Barnett
Thu 6.30 - 8.30 pm	Gabriella Potts
Fri 4 - 6 pm	Grace Barnett
Fri 6 - 8 pm	Isla Robertson
WA Squad	Alice Mountford
WA Squad Junior	Tegan Davies
Tumbling Squad	Ellie Bolton

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