

Sandbach Gymnastics Newsletter

ISSUE 2

OCTOBER 2004

Please Support the Gym That Supports Your Child

Competition Success

Alpha Factor Competition 11th September 2004

The Alpha Factor competition is held annually in Wiltshire. We used this competition to prepare our gymnasts for the important age banded North West qualification competition.

The team, **Amy, Nicole, Hannah and Carrie** supported by coaches Peter and Tracy travelled down to Wiltshire on the Friday evening for an early start on the Saturday morning. There were seventy competitors in their age category (9 yrs). The girls had a very good preparation competition and were ranked 6th, 10th, 47th and 54th respectively, with Carrie competing on three apparatus only.

The coaches were happy with the gymnasts performance at this point. The timing of this competition was very valuable to our training format. We needed the girls to peak the following weekend.

WELL DONE TO THE GIRLS



North West Qualification 19th September 2004

After the Alpha Factor competition they had only one more week in preparation at Sandbach for their important age banded qualification competition. Every year there are two age banded competitions held in the North West Region. The aim is to select a team that will represent the region in the national finals.

It was noticeable in training the week following the Alpha Factor event on how the gymnasts had settled after having successfully coped with the anxieties of competition.

At the NW qualifier, **Amy, Nicole, Hannah and Carrie** competed showing a great deal of maturity and composure. All the girls completed their routines at a similar standard to what they can achieve in training. Only the balance beam was slightly under par.

The final outcome was an excellent result for the girls and Sandbach Gymnastics. The girls were ranked 4th, 3rd, 13th and 14th respectively. **Amy** and **Nicole** will now represent the region at the forthcoming National Finals held in London in November. Sandbach gymnastics will now represent 50% of the North West team at the National Finals

The gymnasts were supported by parents and many gymnasts from the Junior Squad who came to watch, support and see what challenges they will have in the future.

General Events and Activities

CARNIVAL - Sandbach Gymnastics participated in Crewe's Carnival at Queen's Park on the August bank holiday weekend. The club took some basic apparatus down and the gymnasts tumbled and vaulted for about three / four hours. During the displays the mums' held a fund raising tombola which raised a very creditable £288.00. We hope to participate in this event annually

FAST TRACK - The sponsored event was a great success, with the total amount raised reaching **£2735.00**. From these funds the "FAST TRACK" was purchased. This is a specialised piece of tumble apparatus that every child in the club can enjoy and benefit from. The track is temporarily placed until we can reorganise the gym.

A Fantastic Result !!!!

AWARDS FOR ALL - Later this month we shall be re-applying for a grant of up to £5,000.00 for equipment purchase. On the last occasion we received £1,000.00.

Every Bit Helps

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 -

Classes are nearly all FULL !!. Please ensure that your course fees are paid on the due dates to reserve your child's place. Only secured places will be reserved.

We now operate a waiting list system for certain classes, unsecured places are offered to new members on the waiting list. Thank You for your co-operation.



Fund Raising and Parent Support

Please contact Tracey Taylor on 01606 831379

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

Thank you for your support

ASDA Community - We have approached Asda who have a community fund aimed at helping clubs and organisations in the area. They have donated paint and help in order that we can brighten the gym up !!. Anyone who has time to help clean and paint, please leave your name and number at reception for Tracy to collect.

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.

TUMBLING - Sandbach Gymnastics is now developing tumbling activities to a competitive level. The tumbling squad is currently at an intermediate level with members training up to six hours per week. This group is available to both girls and boys when they achieve the appropriate standard.

Fitness Membership - All gymnastics parents have benefit of discounted membership to the fitness gym. Current annual paid in full memberships are £230 per annum. **Discount Price £185.00**

CONGRATULATIONS TO OUR GYMNAST QUARTERLEY WINNERS!!!

Sat 9 - 10 am	Daisy Moston
Sat 10 - 11 am	Emma Vaughton
Sat 11 - 12 am	Alice Dodds
Sat 12 - 1 pm	Amy Cummings
Mon 4 - 6 pm	Danielle Stanway
Mon 5 - 6 pm	Grace Smith
Tue 5 - 6 pm	Samantha Jones
Thu 5 - 6 pm	Philip Bell
Fri 4 - 6 pm	Rebecca Sharman
Fri 6 - 8 pm	Melissa Ollier
WA Squad	Amy Taylor
Tumbling Squad	Steven Bebbington

For Sandbach Gymnastics to achieve its full potential for its members, a purpose built or converted facility is a must!! WE WILL ACHIEVE THIS GOAL