

# KINGSBRIDGE GYM CLUB

March has flown by, but we have achieved so much! This month saw us practicing the vital shoulder stand, we had a visiting coach, we held our annual AGM and many of our squad girls achieved their next grade. Huge congratulations to all of our gymnasts that passed a badge or two during our Bar and Beam testing week this month. All testing weeks this year can be viewed in the "Dates for your diary" section at the end of the newsletter and next time we will test Floor and Vault.

## EASTER GIVEAWAY

Last month we ran an Easter competition to win a space on one of our Easter holiday sessions, to enter we asked for people to leave a review on our Facebook page. Well done to Hannah Wallis for winning! To celebrate the success of the last draw we will be doing a May Day draw for a chance to win one of our half term Holiday club spaces! All you need to do to enter is leave a review on our Facebook page AND for an extra chance to win follow us on Instagram!

## REC COMPETITION

We are extremely excited in the coming month to be taking a selection of our recreational gymnasts to their first ever competition. On Sunday 21<sup>st</sup> April, 16 of our gymnasts will be travelling to Bristol to take part in a friendly floor and vault competition at Axis gymnastics club. We really look forward to hearing how they get on, look out for the May newsletter.

## AGM

It was lovely to see some fresh faces at our AGM on Friday. Lots of positive feedback from the last year and plans to look forward to this year. It was good to discuss our coach developments; Our coach Charlotte has recently enrolled in her level 1 tumbling course and our coach Ali has enrolled in her pre-school course which she will undertake at the end of this year.

2023 saw a huge project come to fruition in the extension of our gym meaning we have been able to increase our class offering and member intake significantly. We invested in new equipment with some crash mats, men's rings, a second trampette, an air track and a new spring-board.

## LEADERSHIP ACADEMY

We hosted our first leadership academy of the year, 6 of our young leaders aged 11-13 attended where they were able to find out more about what the leadership academy is about and how we as a club will be able to support them. All our young leaders are working towards their bronze award currently. We look forward to being able to share their successes with you all soon!

**Reminder: The gym is closed from Friday 29<sup>th</sup> March to Sunday 7<sup>th</sup> April inclusive, there will be no gym sessions during this week of the Easter holidays. Classes start back on Monday 8<sup>th</sup> April.**

## GYMNAST OF THE MONTH



Every month, each coach will pick a gymnast of the month. The gymnast will receive a certificate. They will also be announced within this newsletter and on our closed FB group.

**Squad Member Girls - Louisa Wood:** for her continued hard work and determination!

**Squad Member Boys - Arthur Bates:** for his strength work and front somersault success!

**Sandy - Syrenna Milmo:** for her efforts at the artistry workshop! Excellent work Syrenna!

**Annie - Max Brooker:** For his persistence and determination to get his backward walkover as well as his constant hard work. Well done Max!

**Jade - Eliza Brooking:** For always trying her best and for being able to get her head off the floor in her bridge!

**Char - Emi Charley:** even though not feeling 100% she smashed her badge testing. She really impressed me with her strength and skills on bars in particular!

**Ali - Fern Peters:** For settling in well and for always listening and working hard. A lovely person to have in the class! Keep up the fantastic work Fern!

**Adrian - Rohan Masters:** for his Improvements on his cartwheels and handstands!

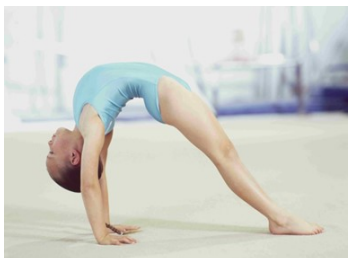
**Oli - Gil Seddon:** for working hard and being the first to try new things.

Well done to all gymnasts keep up the good work!

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## SKILL OF THE MONTH

Our skill of the month is Bridge! This is one of our core skills and involves flexibility in the shoulders and back as well as strength in the arms and legs. In our pre-school classes we start off with what we call a baby bridge which is sometimes known as a hip thrust. When our gymnasts move on to after school classes, we start to work regular bridges incorporating the arms and legs. Next steps from here can progress to bridge kick overs, as well as handstand bridge stand, drop back to bridge, backward walkovers and forward walkovers and many more! Keep an eye on our social media for some demonstrations of Bridges!



## VISITING COACH WORKSHOPS

On Saturday 23<sup>rd</sup> March, we held our first artistry workshop of the year with the lovely Nicole Wooder who is a level 5 women's artistic coach and choreographer. She is most known for being the coach of Georgia-Mae Fenton as well as being responsible for putting together all of the Elite British gymnasts' floor and beam routines! The workshop consisted of both squad and recreational gymnasts who worked together doing routines as well as polishing their artistry skills! Well done to all the gymnasts that took part, you all looked fab, and it was lovely to see new friendships formed!



### Saturday 18<sup>th</sup> May – Alice Summers

Alice Summers is an ex GymStars gymnast from The Academy in Portishead that has previously competed at the British championships as well as internationally. You may recognise her if you have watched the series on CBBC. Unfortunately, due to injury Alice retired but has since become a choreographer and has been doing lots of floor routines, warmups, and beam routines for lots of local clubs in the area.

### Sunday 21<sup>st</sup> July – Kelly Simm

Kelly Simm is an ex-gymnast from Dynamo gymnastics club, who has recently retired. She has attended many competitions including the British championships, World championships and the commonwealth games. Kelly will be coming to do some fun activities with our gymnasts as well as some artistry work. This session will include photo opportunities as well as a chance to ask her about her time competing for Britain.

### Tuesday 13<sup>th</sup> August – Danusia Francis

Danusia Francis is an ex Olympic gymnast that represented Jamaica in 2020. She was also a reserve for the Olympics in 2012. Danusia has competed both locally and internationally and has a wealth of knowledge behind her. Her session will include photo opportunities, auto-graphs, and a chance to ask about her career. We will be holding 3 sessions throughout the day to accommodate for different ages and abilities.

**To learn more about our workshops and to find out which session would be most suitable for your child, please contact Charlotte at [info@kingsbridgegymclub.co.uk](mailto:info@kingsbridgegymclub.co.uk).**

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## CLUB CHAMPS

Our annual Club Champs in house competition will soon be upon us! Please reserve Sunday 12<sup>th</sup> May 2024 in your diaries. This is a fantastic opportunity for your gymnast to show off what they have been learning and for parents/carers to come along and see for themselves too.

Each child will perform a floor routine and 2 trampette jumps, that they have been practicing in their sessions in the lead up to the competition, the gymnasts will be given these routines after the Easter break.

All children will be grouped according to both age and ability and tickets this year will be £10 entry per child. Each ticket includes a medal, a certificate and a t-shirt for the gymnast taking part, as well as 2 seats for spectators.

If you would like your child to take part, please drop Charlotte an email on [info@kingsbridgegymclub.co.uk](mailto:info@kingsbridgegymclub.co.uk) and she will send you an invite to the relevant timed session for your child.

## RAFFLE PRIZES

We need raffle prizes please for our Club Champs raffle which takes place at the end of the Club Champs day – the raffle raises vital funds for our club and we would love to have a beautiful array of prizes on offer.

Do you run or work for a business that would kindly donate a prize or voucher to the raffle – please do let us know what you can donate or drop something into the club office at your child's upcoming sessions.

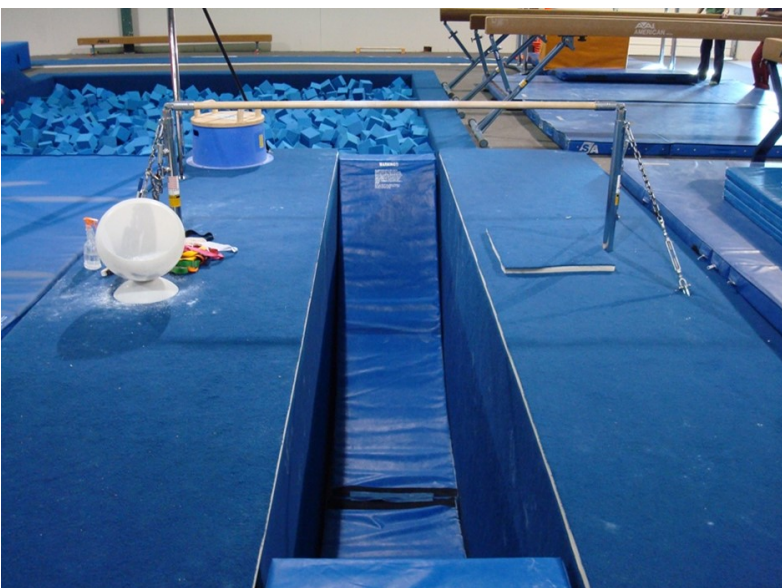
Thank you so much in advance for your help!

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## FUNDRAISING NEWS

Can you help our club?

We are looking to put together a small fundraising committee of parents who would like to help fundraise for the club. We have a huge project coming up which will involve building a foam pit for our gymnasts to be able to try more adventurous skills on the bars. The cost to build the pit will be in the region of £5,000, so we really need to get some fundraising events going, of which are very small volunteering team are already super stretched. If you would be interested in leading or assisting with a fundraising committee please email [info@kingsbridgegymclub.co.uk](mailto:info@kingsbridgegymclub.co.uk)




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## GRADES

On 10<sup>th</sup> March, 12 of our squad girls travelled to Penryn in Cornwall to undertake their gradings. All 12 of our gymnasts passed their grades with either “working above” or “working beyond” level. We are super proud of what they achieved and we also came away with several placed medals for individual achievement too. Congratulations to:


### Preparation 1



**Amber Grace**

**Luna** -  Range and Conditioning





**Indie** -  Vault,  beam,  floor,  range and conditioning  All around



### Preparation 2


**Fleur** -  range and conditioning 5th all around







**India** -  vault,  range and conditioning 6th all around

### Development 1


**Agnes** -  vault,  beam,  range and conditioning  All around





**Lyla** -  floor,  range and conditioning 5th all around

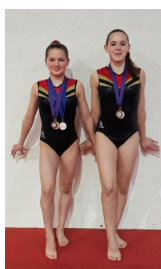
**Louisa** -  vault, 6th all around

**Isabel** -  Vault,  bars,  beam,  floor,  range and conditioning,  All around

### Development 2

**Imogen** -  range and conditioning, 5th place all around

**Freya** -  beam,  floor,  range and conditioning,  All around.



### CURRENT CLASS SPACES

Monday 6-8pm - Age 7+ (current members additional training if your child would like to do 2 hours instead of 1 a week)

Tuesday 2-2:45pm - Age 3+ preschoolers (without parents)

Thursday 6:45-7:45 - Age 7+

Friday 1:15-2pm – Age 3+ preschoolers (without parents)

Friday 2-2:45pm – Age 3+ preschoolers (with parents)

Wednesday 7:30–8:30pm New Adults Class. 18+ drop in class £8

### DATES FOR YOUR DIARY

29th Mar - 8th April: Gym Closed

13<sup>th</sup> April: Closed

15<sup>th</sup> – 19<sup>th</sup> April: Badge presentations in class

12th May: Club Champs

18th May: Alice Summers workshop

27th May Closed

17th - 23rd June: Badge Testing Week

21<sup>st</sup> July – Kelly Sim Workshop

13<sup>th</sup> August – Danusia Francis Workshop

26th Aug - 1st Sept: Gym Closed

18th - 24th Nov: Badge Testing Week

8th Dec: Christmas Party