

# KINGSBRIDGE GYM CLUB

Well, where did that month go? Let's hope May brings us better weather! We have been busy over the last month with Competition's, decorating and preparing for our annual club championships. March saw us hold our AGM, minutes from the meeting will be available to browse on our closed Facebook group soon! Thank you to the new parents that came to the meeting, it was lovely to see some fresh faces. You may have noticed that we have added a lick of paint to the waiting area and within the toilets and gym, we have also fitted the vinyl flooring in the gym toilet area which was kindly donated by Start Point flooring!

Our leadership academy is running nicely, we held another meeting last week. They started working on their projects and were also thinking about how they see themselves progressing, you'll see them helping out at various points throughout club championships. Lyla will be running her cake sale during the day. If you would like to donate a cake or home baked goods, please get in touch and please ensure all allergen information is present and correct.

## CLUB CHAMPS

Next week we have our annual club championships on Sunday 12<sup>th</sup> May, entries have now closed. We look forward to seeing all our gymnasts showing their skills! If you have a raffle prize, you'd like to donate please get in touch or bring into the office. We still have raffle tickets available to purchase or if you need any more to sell, please let us know! Any unsold raffle tickets need to be returned to the club. All gymnasts have had their routines handed to them and you can find videos of the routines on Facebook and Instagram. If you can spare a bit of time on Saturday 11<sup>th</sup> May from 1pm, we will be transforming the gym ready for club championships and are looking for some help to move some heavy equipment. Please contact if you can help with any of the above!

## 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 continual progression throughout training.

**Squad Member Boys - Ezra J** - for always trying his best to improve and showing great dedication to the sport .

**Sandy – Charlotte D** - for improving her splits. Listening and working really hard in the sessions.

**Annie - Eleanor L** - for remembering her club champ's routine and trying her best every single lesson. Well, Done!

**Jade - Cecily C** - for working so hard on her club champ's routine and really taking on board every coaching tip to make it the best she can. Amazing work!

**Char – Alice EF** - for working super hard in class and at home to learn her Club Champs routine, then helping others in the class to remember theirs. Love your determination!

**Ali - Lilly-May C** - for continuing to progress, excellent listening and for not being afraid to ask questions and just generally giving 100 percent every session. Keep it up Lilly!

**Adrian - Oscar D** - for showing great shapes

**Oli - Chenson DC** - for his perseverance .

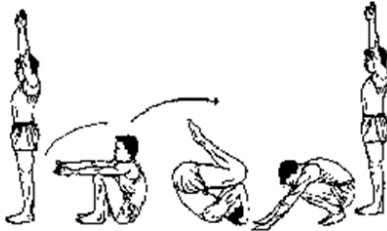
Well done to all gymnasts keep up the good work!

# KINGSBRIDGE GYM CLUB

## SKILL OF THE MONTH

Our skill of the month is.....Backward Roll!

The backward roll is one of the core skills within gymnastics. Usually, children begin learning this in our pre-school sessions. Keep an eye on our social media platforms for our gymnasts doing their backward rolls!



## AXIS FLOOR & VAULT

On Sunday 21<sup>st</sup> April 18 of our gymnasts travelled to Bristol to compete in their first competition out of the club. The last time as a club we competed there was in 2017 so was really nice to be invited back. All of the gymnasts performed really well with lots of placings overall and for vault and floor individually. A huge thanks to Jade, Charlotte and Imogen for giving up their whole day to judge and Marshall, and of course to Annie and Sandy who prepared the gymnasts fantastically and encouraged them on the day. Well done to you all; Sandy, Adrian and Annie were extremely proud of them! If you haven't seen already, via our Facebook group, the gymnasts had a small mention in The Gazette that week too!



# KINGSBRIDGE GYM CLUB

## NEW CLASSES

We have a new adults session running on Fridays 12-1pm, come and practise some handstands and cartwheels (or more) and reminisce of those playground days. These sessions are on a drop-in basis at £8 per session.



**KINGSBRIDGE GYM CLUB  
ADULT GYMNASTICS  
CLASSES**

**WEDNESDAY'S 7:30PM - 8:30PM  
FRIDAY'S 12PM - 1PM**

THE LOFT  
UNIT 7 STATION YARD  
KINGSBRIDGE  
TQ7 1ES

**ADULT GYMNASTICS CLASS  
DROP IN CLASS £8**

THE FIRST CLASS IS FREE, PLEASE EMAIL  
[INFO@KINGSBRIDGEGYMCLUB.CO.UK](mailto:info@kingsbridgegymclub.co.uk)  
OR CALL 07925147461 TO BOOK IN

## VISIT AND TRAINING

Posters have been coming home about our upcoming visiting coach; ex GymStars gymnast Alice Summers on Saturday 18<sup>th</sup> May! Alice unfortunately had to retire after an injury but has competed at various British competitions for The Academy in Portishead Bristol, you may recognise her from the television show GymStars. Spaces are limited, so email to reserve your space and Charlotte will advise which time slot will be best to book into.



**KINGSBRIDGE GYM CLUB**

**TRAINING WITH  
ALICE SUMMERS**

**18TH MAY 2024**

The club will host gymnastic training sessions by artistic gymnast & Gymstar Alice Summers

Sessions will be structured according to age and ability. There will be 2 x 2.5 hour afternoon sessions each costing £20.

- 30 minute whole group warm up with Alice
- 45 minutes training with Alice
- 45 minutes training with Annie (our club coach)
- 30 minutes meet and greet - photo and a chat

Contact [info@kingsbridgegymclub.co.uk](mailto:info@kingsbridgegymclub.co.uk) and Charlotte will let you know the best session for your child and send a booking link.

**£20**

**GYM STARS**

**OPEN TO ALL ABILITIES 4+**

# KINGSBRIDGE GYM CLUB

## FUNDRAISING NEWS

We are still accepting donations of preloved leotards and club kit. The rail is available to browse before or after sessions and will be open during Club Champs also being run by some of our fantastic gymnasts! If you would like us to sell kit on your behalf, we are happy to do so, £2 from every sale will be donated to the club so still a good earner without the hassle!



**LEOTARD & PRELOVED GYM CLOTHING SALE COMING SOON!**



**PRELOVED LEOTARDS & GYM CLOTHING WANTED**

A MEMBER OF OUR YOUNG LEADERSHIP TEAM IS SEEKING ANY PRE-LOVED LEOTARDS, SHORTS, JUMPERS, LEGGINGS TO SELL IN-HOUSE TO OUR MEMBERS. YOU CAN EITHER DONATE YOUR ITEMS OR WE CAN SELL THEM ON YOUR BEHALF AND TAKE A SMALL CUT.



*thank you!*

Please drop any items into the office when you're next in. All money raised will go towards new equipment



**KINGSBRIDGE GYM CLUB**  
12TH MAY

**Club Champs  
Cake Sale**

In order to raise funds for the club, the Leadership team are organising a cake sale at Club Champs. We would greatly appreciate any donations of cakes, biscuits, sweets or muffins. These can be shop bought or home made. Please bring Cakes on the day. Thank you in advance!



If homemade please bring a list of the ingredients used

### CURRENT CLASS SPACES

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

Tuesday 4-5 4+ (attending primary school)

Thursday 5:45-6:45 7+

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

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

### DATES FOR YOUR DIARY

12th May: Club Champs

18th May: Alice Summers workshop

27th May Closed

17th - 23rd June: Badge Testing Week

23<sup>rd</sup> June: 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