

## KINGSBRIDGE GYM CLUB

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Well May went by in a flash! It's been a busy month at the club with lots of excellent competition results and successful club championships! We welcomed Alice Sumners for an artistry session which was really fun and inspiring for all the gymnasts involved! We launched our new daytime adult class on a Friday afternoon! If anyone is interested in having a go at adult gymnastics, we have a class running on Friday 12-1pm. For more info email [annie@kingsbridgegymclub.co.uk](mailto:annie@kingsbridgegymclub.co.uk)

Sadly, due to low numbers we had to close the Wednesday evening adult class.

We now have a 2<sup>nd</sup> hand kit page on Facebook for anyone who wants to buy any secondhand kit, the page is called Kingsbridge Gym Club 2<sup>nd</sup> hand kit.

A very well done to Courtney Jones who won a space on our Holiday club by leaving us a review on our Facebook page! We will be holding another competition for a chance to win a space on one of our summer holiday sessions, all you need to do is leave us a review on our Facebook page!

Our half term Holiday club sessions were a huge hit! We played countless games in the gym, parkour/freestyle gymnastics as well as jewellery and card making, wordsearches and board games! If your child attended any of our half term holiday clubs and planted a sunflower seed, we are running a competition to see who can grow the biggest one! All you have to do is take weekly photographs of your growing sunflower and post them on our Facebook page. Coaches Sandy, Annie and Jade will also be growing theirs! There will be a prize for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

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## 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 - Elsie S-** For her continued hard work and progression on bars.

**Squad Member Boys - Oli L** - For his work on the pommel mushroom with the bucket of doom!

**Sandy – Clara S** - For her hard work on her Flyspring! Excellent work Clara!

**Annie - Hope B** – For her hard work on her club champs floor routine as well as being fabulous during the artistry workshop with Alice. Keep up the hard work Hope!

**Jade - Bethany P** - For always trying hard and always being positive and happy.

**Char – Chloe P** - For her fantastic progression, particularly on bars!! Your confidence is growing and its lovely to see, keep going!

**Ali - Bee A** - For her constant calm and positive nature, setting a good example to others and for being focused on her club champ's routine. Well done!

**Adrian - Jarlath A** - For being kind and helpful towards others in the group.

**Oli - Tom S** - For being a smiling positive influence in the group

Well done to all gymnasts keep up the good work!

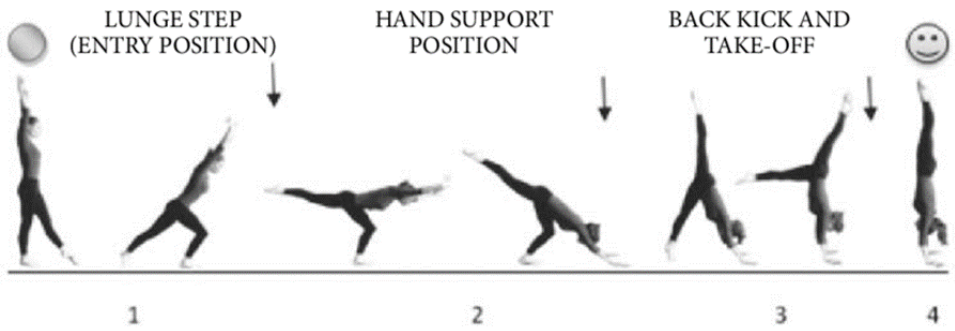
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# KINGSBRIDGE GYM CLUB

## SKILL OF THE MONTH

Our skill of the month is.....Handstand!

The handstand is another core move within gymnastics. There are many different variations of the skill and is used on apparatus as well as on the floor! We look forward to sharing our handstands with you on our Instagram and Facebook platforms!



## CLUB CHAMPS SUNDAY 12TH MAY

This year's club champs came back bigger and better than ever, with over 140 competitors in total. We were absolutely blown away with how well all our gymnasts performed! Thank you to all of the parents and gymnasts for your patience throughout the day. Our raffle was a huge success with £1825 raised in total! The money raised from the day will go towards much-needed equipment including our pit bar which we plan to commence work on during the summer!

This year we were able to offer a professional photographer throughout the day here is the link for the photos from the day! <https://www.strodie-photography.co.uk/kingsbridgegymcomp2024/>

Well done to each and every gymnast that took part, you were all amazing!



# KINGSBRIDGE GYM CLUB

## TUMBLING COMPETITION 5TH MAY

9 of our squad gymnasts took part in the South West Spring Championships at Gryphon School in Sherborne. For some of the girls this was their first ever tumbling competition. This is the first tumbling competition we have taken part in since 2018. All girls performed amazingly well with all 9 girls achieving a place on the podium. For club Level 3 we had India, Indie and Luna. India came 1<sup>st</sup>, Indie 2<sup>nd</sup> and Luna 1<sup>st</sup>. For club level 4 we had Isabel, Louisa, Agnes and Elsie. Isabel 1<sup>st</sup>, Louisa 2<sup>nd</sup>, Agnes 3<sup>rd</sup> and Elsie 1<sup>st</sup>. For club level 5 we had Imogen and Freya. Imogen 1<sup>st</sup> and Freya 2<sup>nd</sup>. Amazing results girls, Well done to you all!



## ALICE SUMNERS 18TH MAY

A fantastic day was had by all. There were a mixture of games and team building as well as a fun group routine. Alice did a brilliant job of keeping all our gymnasts entertained throughout! Well done to all our gymnasts that took part and for asking some really good questions at the end. We hope to have Alice back during the summer, will keep you updated!



# KINGSBRIDGE GYM CLUB

## FUNDRAISING NEWS

Well done to our young leaders Lyla and Imogen on completing your projects for the leadership academy awards. Lyla ran the cake sale during club championships and Imogen ran the 2<sup>nd</sup> hand leotard stall. The cake sale raised £250.12 and the 2<sup>nd</sup> hand leotard stall raised £211.86

Well done to you both! We are also pleased to announce that we managed to raise £2,486 overall from club championships entry fees and the raffle. Thank you to everyone who sold/bought raffle tickets and for raffle prize donations! Thank you to everyone that baked cakes or donated cakes for the stalls and thank you to all that donated 2<sup>nd</sup> hand leotards and sportswear for the stall.

## NEXT SPECIALITY CLASS



**KINGSBRIDGE GYM CLUB**  
*Presents*  
**KELLY SIMM**  
**SUNDAY 23RD JUNE**  
**£18 / 1.5 HOUR SESSION**  
**1 PM ONWARDS**  
**ALL ABILITIES WELCOME**  
TO BOOK EMAIL [INFO@KINGSBRIDGEGYMCLUB.CO.UK](mailto:INFO@KINGSBRIDGEGYMCLUB.CO.UK)

### CURRENT CLASS SPACES

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

Tuesday 4-5 4+ (attending primary school)

Thursday 10:30-11:30 Home Ed Class

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

Friday 1:15-2pm – Age 3+ preschoolers (with parents)

### DATES FOR YOUR DIARY

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

8<sup>th</sup> Dec: Christmas Party