



# Abingdon Gymnastics Club

9th  
May  
2009

## New Delivery Method

Welcome to our first email newsletter - we hope that you find it more convenient. Please let us have any comments that you would like to make via the post box in the entrance lobby. You will still be able to pick up a paper copy from the rack if you prefer but we are trying to do our bit to save the forests (and to keep our costs as low as possible).

For those who need a paper copy - if you have not advised us of your email address PLEASE, PLEASE do let us know asap because we notify you of any unscheduled cancellations to sessions via email. If you do not have an email address please let us know so that we can try and set up an alternative contact method.

## Term 3 - Payments and Dates

The new term for recreational and preschool gymnasts starts on Tuesday 26th May and runs for 10 weeks until Saturday 1st August. **Payment is due by 16th May.** You can pay on-line at [www.abingdongymclub.co.uk](http://www.abingdongymclub.co.uk) (our preferred method). Alternatively, pay by cheque (put the name of the gymnast and their class day and time on the reverse and/or the envelope) and post it in the internal post box at the gym.

*Please note: classes run throughout the school holidays. The gym is only closed on bank holidays and over the Christmas period. So no gym on 25th May!*

Invoices are automatically adjusted to take account of classes missed due to bank holidays or other cancellations.

## FANTASTIC COMPETITION RESULTS FOR AGC

Abingdon Gymnastics Club are DELIGHTED to announce that we have both COUNTY and REGIONAL champions this year, and gymnasts competing at National Finals.

During April our competitive Girls Squads took part in the Oxfordshire Grades competition. Every single girl passed their grade and almost every girl qualified for the Southern Regional Finals. A brilliant result in itself. However, Rachel Willet went on to become SOUTHERN REGIONAL CHAMPION at Grade 9.

Our competitive Boys Squad took part in the Regional Sets competition. Nathan Sutton and Ben Goodall qualified as part of the Regional team for National Finals.

Our Girls Development Squad and Recreational gymnasts recently took part in the Roses Invitational competition, and returned with a grand total of 24 Medals.

*Well done everyone - your coaches are extremely proud of you  
and all the hard work you have put in to your practice*

Full results on page 3.



## **Annual General Meeting**

The Club will hold the AGM on Monday 18th May at 6.30pm in the upstairs area. All are welcome.

## **Viewing your Children's Classes**

We will be offering you the chance to go up onto the upstairs balcony and watch your children taking part in their classes during the week beginning 18th May. The balcony is not suitable for young children and any children in this area must be closely supervised. We will not be allowing drinks or food to be carried through the gym or up and down the stairs.

Once you have handed your child over to their coach you may go back through the waiting room and enter through the main door into the gym and straight up the stairs. Please do not try to get to the balcony from the area by the Toilets or Kitchen. If you wish to take photos or video you must register your name on the sheet which will be available by the entrance to the gym or in the upstairs area.

Because of our AGM parents of the Monday 6.30 class will not be able to watch from the balcony but we will offer you the chance the following week. Parents of the Monday 5.15 class maybe asked to leave the balcony area slightly earlier in order for us to set up the AGM.

## **Uniform**

Just a reminder - the correct uniform must be worn. Uniform order forms are available in the entrance lobby and we normally hold a small stock of leotards and tee-shirts in the most popular sizes.

Recreational girls - club leotard, bare feet, hair tied back, no jewellery or watches

Recreational boys - club tee-shirt, black shorts, bare feet, hair tied back, no jewellery or watches

PreSchool - club leotard or preschool tee-shirt plus shorts or 3/4 length tracksuits, bare feet, hair tied back, no jewellery or watches

Squad girls - club squad leotard, bare feet, hair tied back, no jewellery or watches

Squad boys - Boys club leotard, black shorts, bare feet, hair tied back, no jewellery or watches

## **Lost Property**

Items left at the club will be held for a short while then disposed of, please check the box in the cloakroom area if you have lost something.

## **Contact us**

Our preferred contact method is via email: [abingdongc@yahoo.com](mailto:abingdongc@yahoo.com) or [info@abingdongymclub.co.uk](mailto:info@abingdongymclub.co.uk)

We will try to reply as soon as possible.

**If you no longer require your place at Gymnastics please let us know, so we can offer your place to someone on the waiting list.**

## **Director of Gymnastics Position - Update**

We are re-advertising the position of Director in the relevant places but have not yet interviewed for the role. More details when we have some.

## Competition Results

### Girls

#### County

Grade 14: Kara Jones (Silver), Charlotte Atkinson (pass), Anna Regan (pass), Kerry Underwood (pass).

Grade 12: Chloe Lloyd (pass).

Grade 11: Rosie Isom (Gold), Madeleine Bowker (Silver), Elena Schmauz (Bronze).

Grade 10: Vicky Jones (Silver).

Grade 9: Rachel Willet (Gold).

#### Regional

Grade 14: Kara Jones (31st), Kerry Underwood (34th) , Charlotte Atkinson (42nd), Anna Regan (49th).

Grade 12: Chloe Lloyd (13th).

Grade 11: Rosie Isom (6th).

Grade 9: Rachel Willet (Gold - Southern Region Champion).

### Boys Regional

Level 1 In age -Nathan Sutton 5th, (Regional team) Harry Dixon 8th.

Level 1 Out of age - Dylan Williams Silver, Rory Patterson Bronze.

Level 2 In age - Jack Hodgkins 6th

Level 3 In age –Ben Goodall 4th (Regional team)

### Roses Invitational Competition –(Arabian Gymnastics Club, Bletchley.)

This is an invitational competition open to any gymnasts regardless of ability. The gymnasts compete in age and ability levels named after types of Roses. Gymnasts from Abingdon were selected from our Recreational Classes and Girls Development squad by their coaches to attend the competition following their hard work during training sessions.

#### **Rambling Rose.**

##### Tumble/Floor

8-10 Years. Courtney Taylor -Gold, Hannah West -Silver, Maci Allen -Bronze.

11 –13 Years. Amy Leach –Gold, Leilia Spicer –Silver.

##### Trampette

8-10 Years. Hannah West –Gold, Lucy Eckton –Silver, Jazmine Lyel –Bronze

11-13 Years. Amy Leach –Gold

##### Range and Conditioning

8-10 Years. Megan Goodey -Gold, Lucy Eckton -Silver, Courtney Taylor -Bronze.

11-13 Years. Amy Leach -Gold

##### Bars

8-10 Years. Lucy Eckton -Gold, Courtney Taylor -Silver, Jasmine Skellington -Bronze.

##### Vault

8-10 Years. Megan Goodey -Gold, Courtney Taylor -Silver, Lucy Eckton -Bronze.

##### Beam

8-10 Years. Hannah West -Gold, Maci Allen -Silver, Lucy Eckton -Bronze

11-13 Years. Leila Spicer -Silver.

#### **Tea Rose**

Bars 6-7 years. Mia Maskell -Silver