

Sandbach Gymnastics Centre

16 Bradwall Road
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Gymnastics Double Bonus

Rebecca Mason qualifies for National final /

Peter Aldous attains Class One coaching status

Press Release

Monday, 27th march 1995 (please notify if a photograph is possible)

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Item 1

Rebecca Mason , 8 years competed in the regional grading competition at Liverpool Sports Centre on Sunday 27th March. Rebecca competed with great composure on five apparatus pieces (Vault, Bars, Floor, Beam & Conditioning). She won every apparatus, achieving a score of “9.9” for her vault. Her final score of 46.875 was an astounding 5.5 marks in front of her nearest rival. Rebecca will now compete as part of the North West team at the National Finals on the 6th of May at Cannock.

Item 2

Peter Aldous Chief Coach of Sandbach Gymnastics Club recently sat the Class One Coaching exam at Lilleshall National Sports Centre. Class One is the highest attainable coaching award with only 10% of coaches in Great Britain achieving this standard. The exam had three assessment components. Practical - a rigorous three hour session coaching complex gymnastic skills of somersault and twist; Theory - a three hour paper; and a Log Book - demonstrating a long term involvement and commitment to the development of gymnastics. Confirmed passed on 22nd March 1995.