

# Sandbach Gymnastics Newsletter

OCTOBER 2017

Please Support the Gym That Supports Your Child

## Competition Success



### Wirral Floor & vault Championships

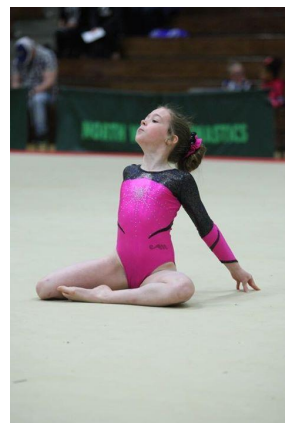
We competed 28 gymnasts from the club that train between 2 - 8 hours each week. We brought home a haul of 35 medals. This was a fantastic achievement for the club and the gymnasts. All of the gymnasts competed a floor routine and a vault.

Well Done to all that took part

### Club & national Grades

All gymnasts passed their grades with flying colours, Michela Sides aged 9 gave a spectacular performance to secure herself Gold overall to be crowned Champion.

Darcey Pawezowski aged 11 years competed in her first National Grades. This competition is a tough step up from the club grades but Darcey showed great performances and received a commendable 28th overall and 5th on Asymmetric Bars



### Compulsory Grades

Charlotte Barry aged 8 years competed in the Compulsory grades in Wigan in February this year. This is the hardest competition in the country for this age group. The competition was tough but Charlotte came 4th in the North West which is an excellent result for Charlotte first elite competition. Charlotte is a very talented gymnast and with continued hard work she would prove to be a very successful gymnast for the future



### NDP Tumbling

The tumbling season has been very busy this year as more of our gymnasts went through the trials to try and get to this years National Finals at the International Arena in Telford.

We had lots of gymnasts medal on the way but sadly not all made it. At the final we were left with Jasmine Evanson who was crowned National Champion, Alisha Evanson who came 2nd overall in her category and Stephanie Kay who just missed out on a medal with a great result of 4th.

Fantastic results for 2017 and lots of memories made.

Well Done to all the Tumblers



# General Events and Activities

**SPONSORED CARTWHEEL** - This years sponsored event is will begin in September. Be sure to get plenty of practice in during the summer

**HOLIDAY ACTIVITIES** - We have camps and training for all of our gymnasts over the summer. If you would like to stay active and learn some new skills this summer then please book onto a day at reception.

**CLUB KIT** - All club kit can be ordered at reception. The new competition leotard will soon be in stock and all squad gymnasts will need to purchase one for up and coming competitions

**GYMNAST OF THE QUARTER** - Every quarter we intend to do an update newsletter, keeping you informed of current activities. Each quarter the coaches of the club will discuss how the gymnasts of each group have trained, worked, most improved etc. We will then present the selected gymnasts with a certificate to reward the their individual

**PRIVATE LESSONS** - Is their a skill you really want to learn but need a more assistance or time in the gym? We are now pleased to offer private tuition classes. The class can be booked for 1 hour on a 1 to 1 basis. The cost is £30.00.

*Fund Raising and  
Parent Support*

*Please contact  
Tracy Cooper on  
01270 767491*

*If you can help or  
support the  
development of the  
club in anyway.*

*Thank you for  
your  
support*

*Visit  
[sandbachgymnastics.com](http://sandbachgymnastics.com)*

**TODDLERS** - The toddler time classes run on Tuesday mornings from 9.30 - 10.30 am You supervise your own child and enjoy the fun time with your child in the gymnastics hall. The class costs £1 per head and is available to any children under 5 years only. This is for pre-school children only. There is no need to book.

## GYMNASTICS MEMBERSHIP & INSURANCE

Sandbach Gymnastics is a BGA registered club and therefore it is a pre-requisite of the governing body that all our members affiliate to them. Please ensure that your BGA membership is up to date. The membership year is October to September. Thank You.

**PRE SCHOOL** - These classes are available Friday mornings and Monday and Wednesday afternoons. The classes are very popular and we do currently hold a waiting list for the September intake. If you would like a place for your child please ensure your name is down. The classes are 45 minutes long and are run by 2 qualified coaches.

Sat 9 - 10 am	Marshall Bingham
Sat 10 - 11 am	Claudia Davies
Sat 11 - 12 am	Georgina Taylor
Sat 12 - 1 pm	Holly Egerton
Mon 4 - 5 pm	Ryan Frazer
Mon 5-6 pm	Matilda Harrison
Mon 6.00 - 8.00pm	Isabelle Hood
Tumble	Beth Simpson
Tue 4 - 5 pm	Deacon kay
Tue 5 - 6 pm	Finn Fellowes
Tue 6.00 - 8.00 pm	Leila Purves
Wed 4 - 6pm	Dominic Bartek
Wed 6 - 8pm	Jessica Wilde
Thu 4 - 5 pm	Lily Clark
Thu 5 - 6 pm	Lucy Batten
Thu 6.00 - 8.00pm	Niyah Findler
Fri 4 - 6	Ellie Pollard
WA Squad	Charlotte Barry
WA Squad Junior	Amelia Smith
Sat 1.00 - 3.00pm	Jessica Mason
Sat 3.00 - 5.00pm	Ellie Bithell

## CONGRATULATIONS TO OUR GYMNAST QUARTERLEY WINNERS!!!

The winner of each class is  
picked by all coaches for

- Hard work
- Most Improved
- Ability to listen
- Team worker
- Great Attitude

Each winner will receive a special  
certificate during their class.

## RECREATIONAL CLASSES -

All classes are **FULL** !!. Please ensure that your course fees are paid on the due dates to reserve your child's place. There have been a couple of occasions where fees have not been paid and we have no choice but to allocate the place to somebody else.

We now operate a waiting list system for all classes, this has 100 children on it. Unsecured places are offered to new members on the waiting list.

Thank You for your co-operation.