

GYM NEWS

Issue 7

February 2004



Super trio:
Three boys are flying the flag for Colchester Gym Club at regional level during 2004. Selection of George Chanarin, Ashlee Tokeley and Adam Morris for the special training is a great reflection of the hours of work put in here at the gym.

Cream of the school's crop!

REGIONAL and county squad honours have been won by no less than a dozen School of Gymnasts. It makes 2004 one of our best years so far.

The boys, who go straight from club to regional level, are particularly delighted to see George Chanarin, Adam Morris and Ashlee Tokeley selected.

Girls go from club to county and then regional level.

Competition success last year saw Grace Knightbridge pre-selected for the regional squad.

Good scores gained Essex squad places for Laura Bibby, Harriet Chiam, Jessica Hill, Gemma Kirby, Emma Paveley and Madeleine Ward.

They are joined by two more girls, Amy Smith and Charlotte Volf, who shone at a trial held at the School on January 25.

Coaching administrator Dave Schadek is delighted at the selections. He said: "This is excellent recognition of all the hard work put in by the gymnasts and their coaches."

**Newsletter of Colchester School of Gymnastics —
a registered charity managed by unpaid volunteers**



SPECIAL occasions like our 2004 summer ball are really special at Le Talbooth (above). The garden marquee venue ensures the surroundings you associate with the award-winning Talbooth — chat in the balmy evening air outside (above right) dine and dance in style (left) or enjoy the delights of the river alongside.

Book the evening of Saturday May 8 for the School of Gym's Summer Ball

Dave Wood resigns gym trustee role

GYM dad Dave Wood has resigned from two posts with the School of Gymnastics because his daughter has given up the sport.

He has been an active member of the management committee since November 2002.

And from last November his role was the enhanced one of a 'named' trustee — one of those responsible for the deeds of the charity and so needing to give consent if the trustees ever needed to raise a loan against the building etc.

His wife Julie made the special gym teddies that were sold to raise funds at Christmas and Dave himself assisted with diy tasks on the building.

If you would like to replace him on the committee please ring chairman Ray Hardisty.



Dance
and
dine
in fine
style



Full details on format and prices to come soon from organiser Jacqui Volf

Sarah serves judges up a festive treat

JUDGES and officials at the final competition held in the School of Gymnastics last year thought that Christmas had come early.

And it was all thanks to the culinary efforts of coach Chris Gale's arm twisting on her daughter Sarah.

For the gymnast teenager was persuaded to not only spend all day in the kitchen serving refreshments.

But the evening before the event had assisted mum in cooking up a full Christmas meal of turkey and all the trimmings.

This was carefully warmed through again on December 7, the day of the county apparatus finals, and those in charge served with an unexpected seasonal feast.

Another example of the extra effort our volunteers put in!

New assistants make grade

CONGRATULATIONS and jubulations.

Three coaches — Kiki Wood, Emily Kitchener and Louise Norton — have passed their assistant club coaching courses.

Not only did they do well at all the sessions but they sailed through a tough examination to demonstrate they knew their stuff.

Tiniest tumbler vacancies

WHILE we have waiting lists for classes throughout the gym, the very youngest class of Tiny Tumblers has vacancies.

So, if you know mums of young toddlers who want to give their family some health and constructive exercise please get them to call the gym office on 844188.

Diary Dates

February 29: National Development Plan Club Grade Six competition at Colchester School of Gymnastics.

March 1: School of Gymnastics Management Committee meeting at the gym, 8.30pm.

March 6: Regional club grades one, two and three at Ipswich.

March 13 and 14: General Gymnastics Competition at Peterborough.

March 28: National Development Plan Club Grades Four and Five at Colchester School of Gymnastics.

May 28 to 30: European Youth Games between Colchester twin towns. This year in Wetzlar, Germany, with the gym club representing the borough.

Volunteers are improving gym

WORK has been taking place over two holidays on refurbishing the female toilets at the School of Gym and generally improving the site and the building.

It was hoped that the job could be completed over the Christmas and New Year break.

But things did not go according to plan and so the volunteers moved in again during the February half term, taking advantage of a week's break in most of the classes.

Coaching administrator Dave Schadek masterminded the operation and was chief workman.

But he could not have done it alone and the committee is grateful to all those who helped him.

Special mention must go to Kevin Hill and Dave Wood who cleared another large section of drains to help cut down some of the flooding at the bottom of the car park slope.

There's now a walkway to the front entrance and work is taking place on new signboards.

Phil and Jason Morris helped change all the fluorescent light tubes and gymnasts assisted in clearing 45 sacks of rubbish from the pit.

Staff responsible for running the School and its classes:

Dave Schadek Coaching Administrator
Ruth Chiam Clerical Assistant

Christine Gale BGA Classes

Please contact them on day to day matters like class membership, training timings, all fee payments, sports kit, competition queries etc

Your team managing the building and its staff are:

Ray Hardisty Chairman 01206 545062
Lynn Gard Secretary 01206 273491
Keeley Hazelhurst Treasurer 01206 252341
Jacqui Volf Fundraiser 01206 230240

Phil Morris Girls' Rep 01206 823567
Ron Mason Boys' Rep 01206 867992
Kevin Hill 01206 305258
Marion Johnson 01206 241114

All were elected at the AGM in November 2003 and serve for a year. Please feel free to contact them on gym issues you feel should be discussed.