

GYM NEWS

Issue 6

January 2004



*Here's
hoping
for all
the best
during
2004*



Breaking new ground: Members of the School's General Gymnastics Squad who did us proud at regional level. See the full report on page three.

Gym extension goes in for planning approval

PLANS to virtually double the size of the existing School of Gymnastics have been submitted to Colchester Council for planning permission.

The final draft of the extension to the rear and left hand side of the current building were agreed by the trustees just before Christmas.

Now the borough's planning officers and councillors will look at the project and see if they also agree with what we want to do with the gym.

Your management committee believes an extension is the only way forward to greater use of the gym to meet the demands of more than 400 youngsters currently on the waiting list to take part in the sport.

However, granting of planning consent will not see an immediate start on the building. We still have to raise the funds for the estimated £750,000 needed through our own events and grants.

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

Burglars force action to make building more secure

TWO break-ins in 18 months have led to the School having to take action against further raids on the office and our equipment when the building is unoccupied.

The steel shutters may not improve the look of the gym but they do tell anyone checking out the property that we are well protected and, hopefully, warn them off.

School of Gymnastics results round-up



Level 3 and 4: Emma Paveley, Jessica Hill, Harriet Chiam, Amy Smith, Laura Bibby and Laura Morgan.



Level 2 and FIG: Gemma Kirby, Jenny Schadek, Charlotte Howarth and Grace Knightbridge.

Ending year on a high note

OUR gymnasts saved some of the best to last. They ended 2003 with the largest end-of-year haul for the club — seven apparatus trophies and 21 medals in the Essex Individual Apparatus finals.

And to crown it all, the event was staged at the School of Gymnastics in front of parents, coaches and fellow club members.

Coaching Administrator Dave Schadek said: "This was one of the best competitions that the School has finished its competition year on."

All those taking part had qualified in earlier events.

Level 4 saw Colchester represented by Jessica Hill, Harriet Chiam, Laura Bibby and Amy Smith.

Harriet scooped the bars gold medal with the help of a new move completed in competition for the first time. Jessica took gold on floor, silver on vault and bronze on beam.

Level 3 saw Emma Paveley, in all four disciplines, and Laura Morgan.

Emma won gold on both the floor and vault, the latter routine including a super tucked Tsukahara. She also won silver on bars and bronze on floor.

Level 2 saw club interest all the way through as Gemma Kirby and Charlotte Howarth had each qualified on all pieces of apparatus.

Both of them included tucked Tsukaharas on the vault and the move helped Gemma to silver and Charlotte to bronze. Charlotte had only first tried the vault two weeks before the event! The beam saw fortunes reversed with Charlotte gaining silver and Gemma bronze. Gemma also won silver on the floor and bronze on bars.

Our two FIG gymnasts, Grace Knightbridge and Jennifer Schadek, also qualified in every discipline.

The vault saw Grace take gold, with a handspring front salto piked, and Jennifer silver with a piked Tsukahara.

Grace also took gold on both the bars and beam and bronze on the floor.

Jennifer added to her haul with a silver on floor and a bronze on the bars.

School of Gymnastics results round-up

Five super medals

Eastern Region Recreational Apparatus Finals at Ipswich. Colchester School of Gymnastics had finalists in all age groups and finished the day with five medals.

All the major success came in the 13 Plus section where we were represented by Georgina Hill, Mary Rose, Alice Gale and Sarah Gale.

Georgina was the first to step forward after winning a bronze on the vault.

The beam saw Colchester gain a sisterly double haul with Alice taking silver and Sarah bronze. Finally, the last piece of the day saw the biggest honours. Floor routines won gold for Alice and silver for Georgina.

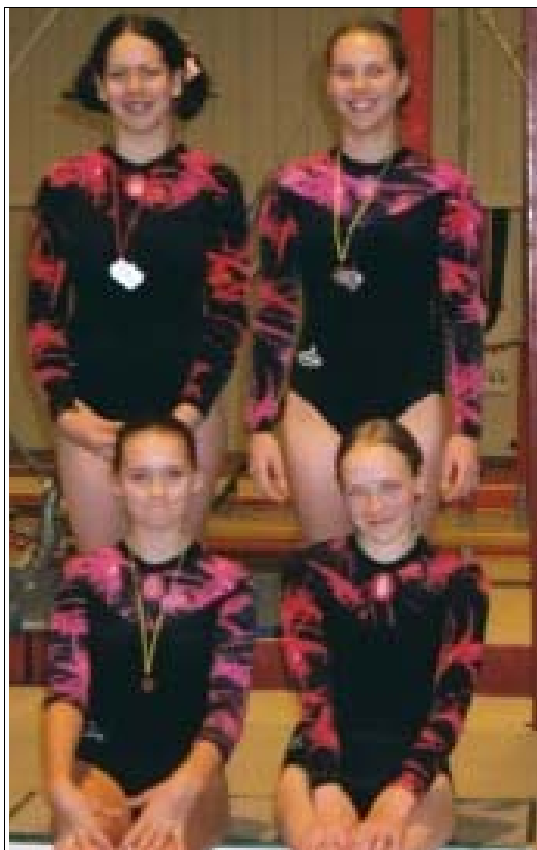
Other club representatives on the day were Harriet Morgan in the 11 to 12 age group on bars, vault and beam. Gemma Storey competed in the 8 to 10 year olds on bars.

The School's Coaching Administrator Dave Schadek was delighted.

He said: "This was a truly superb way to finish the regional year.

"It was excellent to have six gymnasts through to these finals and even better to win five medals.

"The performances illustrate the strength in depth through the club at all levels".



Fab four: Colchester's regional recreational apparatus medal winners Mary Rose, Georgina Hill, Alice and Sarah Gale celebrate.

Breaking new ground for the School

MEMBERS of the School's general gymnastics squad created a first for the club when they travelled to Littleport in Cambridge to take part in the Regional General Gymnastics Floor and Vault competition.

It was the first time we had entered a general gymnastics events on this scale

And it was the first time in the cut and thrust of competitive gymnasts for the 25 youngsters who competed over a very long day of various rounds.

Coaching Administrator Dave Schadek said: "These gymnasts only train for an hour and a half a week and they were very nervous on their last session before the big day.

"But they made me proud. They were a genuine credit to the club and all the hard work put into their sessions by themselves and their coaches."

Indeed, their group coaches were delighted with the day's results and the team spirit shown by the youngsters and the parents who had travelled with them.

Age group by age group, the results were:

Under 9s: Sam Hooper scooped the male gold medal and Daniel Carter the bronze. Megan Frogley took bronze in the female section.

Under 10s: Oliver Wood took the male silver medal and Joseph Fusi the bronze. Female honours went to Tara Bethell with the bronze medal.

Under 12s: Jack Hooper captured the male gold medal and Joshua Syrett the silver.

Under 14s. Gold went to Joseph Worsford for being the top male contender while Laura Bruce claimed silver in the females.

* The day-long event was another first for three other School members.

For three of our newly qualified judges, who we reported on in the December issue of Gym News, found themselves giving the marks for vaults and floor routines.

The trio of Alice Gale, Louise Norton and Grace Knightbridge saw what it was like from the other side of the gym for once.

BGA gymnasts celebrate grading successes



S2: Chloe Martin-King, Kayleigh Evans, Frances McClean, Joanna Bowley, Daniel O'Reilly, Fabienne Flanagan, Stephanie Trail, Emily Beard, Emma Burley, Serena Long and Katy Jeanes.



S3: Alison Bowers, Ebony Rigg, Hannah Williams, Barny Taylor-Randall, Alexandra Jeffreys and Louise Clifford.



S1: Rosie Adams, Hannah Lynch, Caitlin Sadler, Emily Ablett, Ellie Watson, Murray Lane, Lana Still and Chloe Rose.

Apologies not every class is pictured. Friday Two did not have all the photographic permission slips returned and we had photo gremlins with Monday and Wednesday classes.

BGA gymnasts celebrate grading successes



F1: Chloe Handley, Emily Handley, Ellie Bollen, Katie Bland, Zoe Ballard, Sophie Charlton, Ellie Robson, Emilie Collier, Brandon Sage, Isabelle Sage and Charlotte Knights.

BGA certificates and badges awarded

Level Seven: 35 in all. M = 4, W = 2, F1 = 10, S1 = 7, S2 = 9 and S3 = 3.

Level Six: total of 24. M = 1, W = 1, F1 = 3, S1 = 6, S2 = 10 and S3 = 3.

Level Five: 18 in all. M = 3, W = 5, F2 = 2, S2 = 7 and S3 = 1.

Level Four: total of 16. M = 5, W = 2, F2 = 1, S2 = 5 and S3 = 3.

Level Three: 10 in all. F1 = 5, F2 = 1 and S3 = 4.

Level Two: Just the one. S3 = 1.

Monday awards went to: Harry Leatherdale, Lauren Bloom, Antony Matthews, Amy Rabett, Madison Sims, William Sainsbury, Emily Jervis and Sophie May-Alliston.

Wednesday awards went to: Amy Towers, Geoff Bethell, Sebastian Lever, Charlotte Sherman-Went, Kendal Lever, Tara Smith and Poppy Camfield.



End of term promotions from S3 to the general squad: Alison Bowers, Katie Hayward, Bethany Bridge, Barny Taylor-Randall, Louise Clifford. Millie Young, not pictured, joins them.

Andrea finds herself judging with the best there is

ANDREA Cook had a special surprise when she volunteered to be the School's judge at the recent inter-club contest on the Isle of Man.

She did not enjoy the flight, and then discovered that her fellow judges for the event included Brendene Hardy, one of Britain's top three!

Code of Conduct for parents goes on display

ALL parents, and other adults bringing youngsters to and from the gym, are urged to read the School of Gymnastics Parents' Code of Conduct that has been put on display on the School notice boards

It contains nothing new but crystallises existing requests into one document now that more and more of our youngsters are involved in a greater number of events at the School and other clubs.

Please take care on what you say about the training, ability and performance of your child and the children of others. Respect for everyone involved in the sport, at all levels, should be the watchword for us all.

Diary Dates

January 5: Start of spring term for the BGA classes at the School of Gymnastics.

January 19: School of Gymnastics Management Committee meeting at the gym, 8.30pm.

January 25: Essex County Squad trial at the School of Gymnastics.

February 8: Regional Squad training at Ipswich

February 15: Essex County Squad training at Carousel.

February 29: National Development Plan Club Grade 6 competition at the School of Gymnastics.

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

March 6: Regional Club grades 3, 2 and 1 at Ipswich.

March 13 and 14: General gymnastics competition at Peterborough.

Gym finances revived by 2003 fees increase

FINANCIAL fortunes of the charity running this building and its training were reversed thanks to everyone biting the bullet over the larger than inflation fees increase which had to be introduced a year ago.

This year's annual meeting heard that a loss of £2,773 in the year to July 31 2002 been transformed into a £21,275 surplus in the accounts to the end of July this year.

Not that the charity makes a profit. That cushion has been, and is now being, spent on such projects as renewing equipment, building safety measures and revamping the girls' toilets over the Christmas/New Year holidays.

This spending will be reflected in the accounts presented to the 2004 agm.

School Chairman Ray Hardisty said: "The voluntary trustees who had to take the tough decision to put the charity on a firmer financial footing are grateful to the support of everyone using the building and its facilities.

"Despite big fears and concerns when the level of fees was announced, only one child was withdrawn from training

"The extra income has balanced the books and given us a firm platform on which to launch the vital appeals to funding bodies for the money needed to extend our present building to try and meet the demands of some 400 children on our waiting list for classes."

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
Dave Wood 01206 561619

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.