

# GYM NEWS

Issue 2

July 2003

AN annual audit and quality inspection of the School's sporting equipment and general facilities has been carried out by Continental Sports. The company's report was being studied by the School management committee at its July meeting.

**GYM dad Kevin Hill carried out emergency repairs to the School on a Sunday when a big competition day dawned to find the building broken into. See report over the page.**

BEST wishes go to the 36 members of class S4 who are all working especially hard towards taking part in a county recreational floor and vault competition in November.

**NEXT issue of your Gym News will be out in September.**

TRY trampolining at special hour-long sessions on August 7 for just £5. Ring 844188 for details.

## Grace is first with novel beam move

GRACE Knightbridge set a national first for the School of Gymnastics when she performed a brand new beam move at the British Championships on July 5.

The tuck-jump one and half turns had been submitted by our coaching administrator Dave Schadek earlier this year and ratified just in time for the big event.

It is the first time the School has come up with a formally registered new move.

Grace completed the jump, landed it and it counted in her score which left her just 0.1 of a point short in making the day's final on the apparatus.

If performed by a member of the British team, the move would have been named after her!



Grace, who was 14 two days later, finished 24th overall.

\* Gym News was being printed as George Chanarin and Ashlee Tokeley flew the national flag for the boys. How they did in the next issue. See over the page.

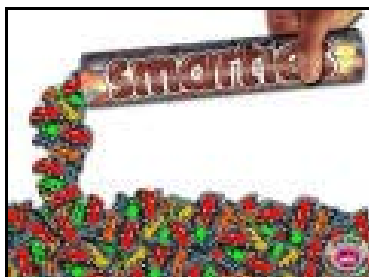
## Badge and trophy winners

FIFTY one BGA badges are being presented in front of parents at end-of-term ceremonies. There are 17 grade 7s, 12 at 6, 15 at 5, two at 4, two at 3, one at 2 and two young gymnasts making the top grade of 1.

\* Special achievement trophies are being awarded to Abigail Saunders of F3 group and Charley Minter of F5.

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

# SMART FUNDRAISING IDEA IS SO SWEET!



YOUNGER gymnasts are taking part in their own fun scheme to raise funds towards the School extension.

Members of pre-school and BGA tinies have been given a tube of Smarties, eaten the sweets and are now busily filling the empty tubes with coins.

They can hold 1p, 5p, 20p or even £1 coins.

Filled tubes are then returned to the gym and exchanged for another tube of Smarties filled with sweets to start all over again and see who can raise the most.

Gym mum Louise Randall has organised the fundraiser.

## Diary Dates

**July 13:** Seven of our coaches are attending a BGA first aid training course at Bury St Edmunds.

Presentation ceremonies for BGA classes with parents invited to attend.  
Wednesday, **July 16**; Friday, **July 18**; Saturday, **July 19**; Monday, **July 21**.

Summer School. Four hours of training on two mornings from 10am to noon for £15:

**July 28-29; July 31-Aug 1; Aug 4-5; Aug 11-12; Aug 14-15; Aug 18-19; Aug 21-22.**

Some places left: Call 01206 844188.

**September 6-7:** Women's teams competition at Bury St Edmunds.

**September 8:** First day of the new term.

## June competition results

### Boys NDP Club Grades:

Primary 4: 2 George Chanarin. Primary 3: 6 Ashlee Tokeley. Both qualified to represent the East Team at the national final at Lilleshall on July 13.

### Essex County Grades:

Grade One. Ages 7/8: 1 Catherine Bailey, 6 Sarah Binnie, 7 Bethan Parratt. Ages 9/11: 4 Lily Corrigan, 6 Imogen Long, 7 Hannah Dersiley, 9 Amy Froggatt, 10 Kerry Froy, 11 Abigail Saunders, 15 Pepi Bloom, 16 Helena Hastings, 20 Alice Bucker, 22 Natasha Corner, 16 Yasmin Nash.

Grade Two. Ages 7/10: 4 Gemma Storey, 9 Emma Coltart, 13 Rikki Vango.

Ages 11 and over: 6 Mary Rose, 7 Georgina Hill, 9 Julia Allen.

### Essex County Grades:

Grade Three. 4 Harriet Morgan, 10 Olivia Morris, 11 Jessica Muckle, 18 Sarah Gale.

Grade Four. 3 Francesca Dyer, 4 Alice Gale, 6 Laura Wilson, 8 Jay Becky Smith, 12 Natasha Bethell.

### Bill Slater National Teams:

Colchester was 19th represented by Emma Paveley, Charlotte Howarth, Gemma Kirby, Jenny Schadek and Grace Knightbridge. (Madeline Ward, injured).

### Bury Spectrum Friendly Novice:

Under 10 Boys: 1 Adam Morris, 2 Michael Volf, 3 Jordan Ray Bennis. Over 10s: 1 Matthew MacDonald.

\* Friendly Novice girls' results in next issue.

## Break-in signals need for great care

RAIDERS smashed their way into the gym through the front door on a Saturday night last month.

They stole two cameras and the theft highlights the need for all of us who use the building to be careful.

## 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  
Bev Coltart Secretary 01206 729534  
Keeley Hazelhurst Treasurer 01206 252341  
Jacqui Volf Fundraiser 01206 230240  
Phil Morris Girls' Representative 01206 823567

Lynn Gard 01206 273491  
Kevin Hill 01206 305258  
Marion Johnson 01206 241114  
Dave Wood 01206 561619  
Steve Ashbee 01206 524137

*All were elected, or co-opted, after the AGM in November 2002 and serve for a year. Please feel free to contact them on gym issues you feel should be discussed.*