

GYM NEWS

Issue 4

November 2003



What a lot we got: County and regional competitions produced a bumper bundle of successes and special firsts for the School this term. Full results in our round-up on page 2. Picture: Evening Gazette

IS there a plumber in the gym? Coaching administrator Dave Schadek is making a revamp of the girls' toilets an essential project over the festive break. Help and advice from a parent in-the-know would be very much appreciated.

SPECIAL thanks to gym dad Kevin Hill and GS Contracts for the competition podium made and donated to the School.

WE hope to have more light in the gym in the New Year by replacing some of the fluorescent tubes over the holidays.

Our teddies make Christmas special

THEY'RE novel... exciting ... cute ... individual ... and definitely the Christmas must-have gift of 2003!

Gym mum Julie Wood has done a great job in producing special School of Gym teddies complete with leotards, names, likes and dislikes.

Each loveable little creature is as unique as the girls who train here during the week.

They are only available at the School. Definitely one-offs that you will not find anywhere else in the shops or the sport



And the sale of each bear will boost our fundraising efforts towards the extension needed to ease pressure on the waiting list. Bears are on display in the cabinet opposite the School office.

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

GRACE WINS REGIONAL TROPHY FOR HER SKILLS ON BARS!

GRACE Knightbridge won the Colin Green trophy for the highest bars score, 7.8, of the day at the eastern regional FIG Championships.

She was selected to compete for the eastern region at the national team event on November 1 where she was also due to be joined by Jennifer Schadek.

School of Gymnastics results round-up

National Veterans Championships at Ipswich:

Helen Towers became national champion in the 20 to 30 year-old age group.

Essex County Teams at Colchester:

Level 4: Harriet Chiam, Laura Bibby, Jessica Hill, Amy Smith and Alice Brunning, won silver medals.

Level 2: Gemma Kirby, Charlotte Howarth, Emma Pavely and Laura Morgan, won silver medals.

FIG Teams at Colchester:

Grace Knightbridge, Jennifer Schadek, Kate Nunn and Kimberley Crane won the gold medals and trophy. Special thanks to Kate and Kimberley who competed although officially 'retired'.

Essex County Levels 4 and 3, In and Out of Age, at Colchester:

Level 4: Jessica Hill gold medal and Laura Bibby bronze medal. Both qualified for the regional finals. Others competing were: Harriet Chiam, Amy Smith, Kelly Hawker and Emmie Cook.

Level 3: Emma Paveley, gold medal and trophy. She qualified for the regional finals. Laura Morgan also competed.

Essex County Level 2 at Colchester:

Age 12 to 13: Gemma Kirby, gold medal and trophy.

Age 14 Plus: Charlotte Howarth, gold medal and trophy.

Essex FIG Championships at Colchester:

Age 13 to 14: Grace Knightbridge, gold medal.

Age 15 Plus: Jennifer Schadek, gold medal and the Gladys Chart Memorial Trophy.

It was a record weekend as it is the first time ever that the Colchester Gymnastics Club won all the FIG groups that it entered gymnasts in.

Eastern Region FIG Championships at Ipswich:

Age 13 to 14: Grace Knightbridge, silver medal, and the Colin Green Bars Trophy for the highest score achieved on bars throughout the whole day's competition. (See story at top of page).

Age 15 Plus: Jennifer Schadek, silver medal.

Letters of congratulation

LETTERS of thanks and congratulation have been received from the organisations staging events at the School on September 28 and October 4 and 5 for the way our organisation ensured the smooth and efficient running of the events

Thanks for making events possible

COUNTY and regional competitions would not be staged at the School without the tireless support of a great back-up crew.

Firstly officials, judges and spectators have to be kept in food and drink.

Chris Gale and Tracie Waller, for example, organised refreshments over the October 4 and 5 competition weekend and cooked a full Sunday lunch for all 30 judges and officials.

A number of parents assisted and youngsters helped as judges' runners etc.

We have biggest entry ever in county finals

DECEMBER 7 will see the biggest squad from Colchester School of Gymnastics that has ever taken part in the Essex Apparatus Finals — and it takes place here in Colchester.

Those qualified to compete in various sections at their level through scores in county championships are:

Level 4: Jessica Hill on vault, beam and floor; Harriet Chiam on bars and floor and Amy Smith on the beam.

Level 3: Emma Paveley on vault, bars, beam and floor; Laura Morgan on vault, bars and floor.

Level 2: Gemma Kirby on vault, bars, beam and floor; Charlotte Howarth on vault, bars, beam and floor.

FIG: Grace Knightbridge on vault, bars, beam and floor; Jennifer Schadek on vault, bars, beam and floor.

*** See the gym notice board for event time.**

First time

MORE than 40 School gymnasts are entered for the first time in the General Gymnastics Competition at Littleport, Cambridge on November 23.



All friends together: The gymnasts, coaches and parents snapped by the French press.

French connections...

WHEN Dave told us we were going to France to visit the Onnyax Gymnastics Club for a weekend we were all very excited, **writes Alice Brunning.**

Arriving at Lyon airport we couldn't believe how hot it was. Some of us had packed winter woolies for the trip!

We were met by Flora, who had invited us, her mum and the head coach from the club. They made us feel very welcome.

First stop was the gym which was much larger than ours and we could not wait to get started.

That night we met the French gymnasts and their parents. It was fun to practice our French as most of us have been learning it at school. Somehow we managed to communicate!



In the gym: Mixed training groups for the weekend.

The next day we were up early to return to the gym and trained in mixed groups with our hosts at sessions that were each followed by some lovely trips.

We got to swim in a beautiful lake surrounded by mountains.

We went to a metal work factory and we even got to taste some of the local wine!

We visited an amazing cave that was full of fossils, stalactites and stalagmites. Fascinating but extremely cold.

Everyone had a lot of fun on the trip and we all learnt a great deal about each other and France.

We also discovered what good fun all the coaches are outside of the gym.

Flora Ambroise writes: You're all real stars, Colchester. It was a pleasure to welcome all of you in Oyonnax.

We are so happy that you had a great time.



Out and about: Enjoying the sun after a lake swim.

Hopefully the French will visit us soon but now we're off again!

EARLY plans are to invite the French girls to Colchester for a weekend in July.

But in the meantime the School is sending a party to a national contest on the Isle of Man.

Six girls compete in team and apparatus competitions on November 15 and 16.

IT'S COOL TO BE SQUARE AT CHRISTMAS!

WE'RE running a fundraising Christmas draw with a difference this year — there are no tickets for you to buy or sell.

We know it is always a difficult time of year with schools, other youth organisations and, of course, charities, asking for help.

Our simple solution even offers you the chance to pick your own favourite numbers as the route to festive success.

We have a giant sheet covered in squares, All you have to do is choose yours, pay a £1 for each and fill your name and phone number in them.

Diary Dates

November 15 and 16: School trip to compete in national team championships on the Isle of Man.

November 16: Inter County Teams Contest at Ipswich.

November 17: School of Gym Management Committee Meeting at 8.30pm.

November 21: School Quiz Night at Stanway Village Hall. Details at bottom of page.

November 23: General Gymnastics Floor and Vault Championships at Littleport, Cambridgeshire.

November 28: School of Gym AGM. 8.30pm at the School. See School notice boards for relevant letter and nomination forms.

November 29: Recreational Apparatus Regional Finals at Ipswich.

November 30: Boys' Regional Competition at the School of Gymnastics.

December 7: Essex County Apparatus Finals at the School of Gymnastics.

Discover how this gym is managed and financed

THIS month is your big chance to find out at first hand about the charity which runs this building and its training sessions.

It's annual general meeting takes place in the School at 8.30pm on Friday November 28.

There will be reports from the trustees, treasurer and the coaching administrator.

They will look back at what has been achieved in the year just gone and ahead to plans for the future.

You can ask questions on any of the reports and, at the end of formal business, raise any points you wish about the charity and what it does here.

Unless you are a coach, you must be a member of the School to vote and that costs a nominal £1.

You'll strike gold with our quiz



HAVE you filled in your entry form for the School of Gymnastics Quiz?

We're looking for teams of up to six people to compete for gold medals AND super prizes.

The evening is being held at Stanway Village Hall on Friday November 21 from 8pm.

Questions will range across the usual topics and not be geared to gymnastics so grab a form off the School notice board and fill it in!

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 Resigning at AGM
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.