

# GYM NEWS

Issue 3

October 2003

## BETTER LATE THAN NEVER, WE'RE HERE

APOLOGIES all round that you are reading this edition of Gym News a month later than you should have done.

It is produced on Chairman Ray Hardisty's computer which decided to go wrong with the newsletter half done.

So there was nothing that could be done except wait for the technology experts to discover what was wrong with the machine.

And that took far more time than it should have done. But we are here now.

Hopefully the next issue, due early in November, will go smoothly and, if possible, we'll finish 2003 with another one soon after the annual meeting of the School of Gymnastics is held at the gym on November 28.

SECURITY shutters and bars are being fitted to the gym windows in a bid to deter burglars from targeting the building following two raids in the last year.

**WE have three newly qualified Assistant Club Coaches. Well done to Alice Gale, Angela Shaw and Jackie Bull.**

EIGHT School coaches successfully passed the First Aid Appointed Persons course in July.

**GET in shape for the festive season at our special 45-minute ladies dance sessions run by the School's choreographer Irina. They're on Mondays from 10.45am and cost £3.50.**

## Our boy George is in the British gymnastics top ten!

GEORGE Chanarin is celebrating being in the top ten British male gymnasts in his development group!

Representing the East of England at National Development Plan (NDP) Primary Four he scored highly at his first visit to the national finals, held in the very centre of gymnastics at Lilleshall, and came an excellent 10th overall.

He and his fellow team mates finished fourth — missing out on a bronze medal by only 0.35 of a point.

Also sampling the atmosphere of the big occasion and flying the flag for the Colchester Gymnastics Club was Ashlee Tokeley in the Primary Three competition.

His team came sixth and Ashlee himself finished 48th among the country's best.

## £4,000 repairs and renewals

MORE than £4,000 is to be spent on repairing and updating some of the gym equipment following the School's annual inspection.

New items include a special beam for competitions, a pom-mell trainer, a cube, wedge and shaper for pre-school youngsters.

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

# STRIKE GOLD AT OUR SPECIAL QUIZ NIGHT



GET your thinking caps on and have some fun raising money towards the School's new extension at our own special quiz night.

It's at Stanway Village Hall on Friday November 21 at 8pm.

We are looking for teams of between four and six people to take up the challenge of becoming the School's very first Gold Medal Geniuses.

Yes! First place gold could be yours!

It'll cost you just £3 a person to take part as we see parents pitted against coaches and trustees.

Entry forms on the gym notice board or from Ray on 545062 or Kevin, 305258.

## Diary Dates

**October 13** : School of Gym Management Committee meetings at 8.30pm.

**October 26**: Essex Qualifier Regional Recreational Apparatus Competition, at Colchester School of Gym.

**November 1**: Eastern Region Out of Age Finals at Ipswich.

**November 1**: Inter Regional Teams Competition, Wiltshire.

**November 15 and 16**: Team Championships Weekend at the Isle of Man.

**November 16**: Inter County Teams Contest at Ipswich.

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

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

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

**November 28**: School of Gym AGM. 8.30pm at the School.

## Bury Spectrum Friendly Novice (Girls):

Age 6/7: 1 Charlotte Volf.

Age 8/9: 3 Gemma Storey.

Age 9/10: 5 Amy Froggatt, 10 Hannah Dersiley, 11 Natasha Conner, 15 Natalie Kitchener.

Age 10/11: 1 Harriett Morgan, 2 Jay Becky Smith, 5 Charley Minter, 6 Helena Hastings, 8 Abigail Saunders.

Age 11/12: 2 Natasha Bethell, 3 Laura Wilson, 4 Felicity Ripley, 9 Olivia Morris, 12 Jessica Muckle.

Age 12/13: 6 Sarah Gale.

Over 14: 1 Alice Gale, 2 Georgina Hill, 4 Emily Kitchener, 5 Mary Rose, 6 Julia Allen.

Over 18: 1 Helen Towers.

## British Championships:

Grace Knightbridge competed for the first time in the cream of women's events and came 24th.

## NDP Club Grades National Finals:

The School was represented by George Chanarin and Ashlee Tokleley as members of the East team. George's Primary 4 team came fourth and her finished 10th overall. Ashlee's Primary 3 team was 6th with Ashlee 48th.

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AFFILIATION fees for each of our gymnasts to the British Gymnastics Association in 2004 goes up from £12.50 to £14 — a rise of 12%.

## Latest competition results

### Gym's summer events go well

CLUB coaches have been thanked for their help in making the gym's 2003 Summer School activities such a great success.

Great support from them, and all the youngsters who attended the special days, saw an extra £3,000 added to the charity's coffers.

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## 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.*