

Boys Coaching.

Carlisle Gymnastics Club currently has 20 male members training on six pieces of apparatus, rings, pommel, high bar, p-bars, floor and vault. Their available training session times being limited to a maximum of 7 hours per week. The boys are also very limited with coaches, having only one coach present on a Monday and quite often only one on a Saturday. We are currently seeking strong male adult volunteers for these days to help with coaching our boys, if you are interested please speak to Julie Bailey, Head Coach of the boys.

All boys are training towards set National Development Plans, which are two tiered, Club Level and Regional Level. Our boys are training towards Club Level due to the training time they have. When the boys are near to the standard necessary for N.D.P. they attend assessment by the Men's North of England Regional Coach and if successful are invited to attend squad training sessions on a monthly basis where they are continually assessed until a decision is made by this coach as to which boys will become members of squad teams to represent the North of England in the National Finals. The minimum age for competing in the N.D.P. is 8 years old at Jan 1st. We had two boys invited to attend squad-training sessions this year, Christy Bailey and Ben Queen. The standard for assessment and for being chosen as a member of the squad team is extremely challenging with the gymnasts having to be both strong and flexible. There has been 6 squad-training sessions so far this year with 1 being cancelled. This was rescheduled, however without giving notice of date. The last session attended by both Christy and Ben was on June 30th. At the moment I do not know when the regional coach will be making any decisions as regards to any more squad session dates or when the team members will be chosen, as he was not present at the last session and there is very often a communication problem with getting information from their committee to myself. The North of England Men's Committee have all my contact numbers and e-mail address.

Other competitions for boys competing on 6 pieces are very poor in our region due to the lack of boys clubs and interest in male gymnastics. School competitions are available for the boys to compete in, however these are only on 2 pieces, floor and vault, and generally the boys compete on an individual basis as there are fewer of them, rather than part of a school team which means that medals/trophies for their performances are limited. A recent example was in the last schools beginner competition in July where Craig Morning from our gym club competed as an individual beginner for his school and finished in 2nd place overall, out of 200 gymnasts. This was Craig's first gymnastics competition and a fantastic achievement; unfortunately only School Team trophies were available. Other boys from the gym club competing as individual beginners in this competition were Chris Rome, Danny Flannery, James Swanton and Niall Dixon. Well done to you all.

Julie Bailey

RESULTS

Firstly, apologies, the names of the team members in the teams who received medals were omitted in the last issue they are as follows: -

Grades – Newcastle March 2002

Grade 5 – Bronze medal

Nicola Hinde, Emma Berry, Eden Hedley, Natasha Scott, Chrissie Hedley and Zoe Watson.

Grade 6 – Silver Medal

Kate Murrant, Charlotte Wordsworth, Georgina Harris, Lauren Dixon and Helen Gill.

Newcastle Regional Four Piece

Under 8 – Bronze medal

Georgina Harris, Lauren Dixon, Emily Bliss and Kate Murrant.

Under 10 – Gold medal

Laura Bicknell, Nicola Hinde, Helen Gill, Eden Hedley, Zoe Watson

11& over – Gold medal

Sophie Townsend, Chrissie Hedley, Bethan Griffiths, Laura McLelland and Charlotte Park

Latest Results

North of England Regional Age Group Championships – Level 4

Laura Bicknell 4th

Emma Berry 5th

Laura now goes on to represent the North of England at the National finals at Guildford on 8th/9th/10th November. Emma will be team reserve. Congratulations to both these gymnasts.

Laura has also been selected for the Regional High Performance Squad, which meets on a regular basis. The hard work is only just beginning!!!

Club Competition

The annual Club competition is to be held on 8th December 2002. Everyone is welcome to come and watch even if your child is not competing. All the advanced gymnasts aged 8 and over compete in this competition, while the advanced gymnasts under the age of 8 put on a display. This is a good way for all the Recreational class children and parents to see what high standard gymnasts the club is producing and can also provide an introduction to competing.

Courses/Training

The following attended a Judging course in February: -

Heather Hedley, Kelly Park, Janet Charlton, Lucy Charlton, Laura McLelland, Bethan Griffiths.

Kelly and Heather passed the exam, whilst the others are still waiting for an exam date.

The following attended a coaching course in June/July: -

Kelly Park, Angela Minervini and Lucy Charlton. They are now waiting an exam date.

All of these people have given up their own time to take these training courses and this is greatly appreciated. Congratulations to those that have passed exams and good luck to those still awaiting exam dates.

Social Committee

There is to be a Coffee Morning held in the Town Hall on Saturday 2nd November – a list will be put up in the Gym for helpers. Can anyone and everyone please bake for the Coffee Morning, this is one of our main fund raising events and we need your help and support to ensure we have another successful day.

We are having another bag packing day at Morrisons, on Monday 23rd December. The last bag packing we did at Morrisons raised £622, so please mark this date in your diary as last time if we had been able to cover more tills we would have raised even more money!

Is there really no one out there?

I am disappointed to have to say we had absolutely No response to the request for help from the Social Committee. Come on this is your child's gym club; the club needs your help and support. Please think again, it would not take up a lot of your time. The Social Committee arranges the Discos, Coffee Mornings, and Bag Packing etc. Surely someone can spare some time and/or come up with some ideas for fundraising, these do not have to be complicated or time consuming. We cannot continue to hold the discos etc. if we do not get any volunteers, so think again surely some people could manage to help us.

Now the really bad news, as Natasha is no longer attending the Gym Club, Jackie Scott (Natasha's Mum), who did a wonderful job for us as the Social Committee Chairperson, no longer feels she wishes to continue in the role, would anyone be willing to take over from Jackie in this role. Please lets have more response this time than we had last time.

PLEASE, Once again is there anyone out there!!

Anyone willing to donate some time, energy, effort or ideas please see one of the coaches or contact Jackie Hinde on 01228 573436.

Calling all daredevils!! We hope to arrange an abseil down the Civic Centre, sometime in February 2003, with all funds raised to go to the Gym Club. A minimum sponsorship of between £50 and £100 would be required depending upon how many volunteers we get. All those who think they may be interested please see one of the coaches.

Treasure Hunt

The Treasure Hunt was a great success with Chelsea Hurst being the winner of the box of chocolates. Thanks to all who took part.

Fundraising

A positive note on the fundraising side, we have recently been lucky enough to receive a cheque for £250 from Carlisle Round Table towards our funds. A big thanks goes out to the Round Table. We have also received the donations from the following local businesses: - £200 cheque from Nestle Dalston, £50 cheque from Cavaghan & Gray, a box of biscuits from McVities, further award application from Tesco's, £100 from PK Electricals, £50 WM Coulthards and £100 from Cumberland Building Society. Thanks go out to these businesses.

Inverclyde Sports Centre

In August this year 12 gymnasts and 5 coaches went to the Inverclyde Sports Centre in Scotland. This was a wonderful opportunity for the gymnasts (and from the comments, for the coaches too!!). The centre is residential with a fully equipped (clean) gym. We asked the gymnasts for their comments on the weekend. A quick note before reading their comments, the foam pits are pits filled with foam under the bars, not torture chambers!!

'I really liked the gym and enjoyed going and hope we can go again. I liked the food and loved playing on the trampoline, I wish we had one. I liked playing in the pits. It was great fun.' Natalie.

'I really liked going to Inverclyde because I liked using the foam pits. I also liked it because I got my FLIP!' Zoe.

'I had a great time except Helen's alarm clock went off at 6 O'clock in the morning. The food was all right and the gym was huge.' Nicola.

'I really liked the gym; it was clean with no cobwebs. I think we should get a trampoline. I enjoyed falling into the pit and would hope to go back.' Megan.

'It was great; it was good to be able to learn new moves into the pit. The food was lovely lots to choose from. I hope to go back again. I think we should get a trampoline.' Kelly.

'It was really hot!! Than goodness for the ice water!! I never knew the coaches could be so silly!!' Helen.

Thanks very much to the gymnasts for their comments. Thanks must also go to the coaches for giving their time and energy to make the weekend a success. So thanks to Maria, Julie, Laura, Rachel and Heather.

I think the general consensus is when can we go again!! Over to you coaches!!

Newsletter items.

If there is anything you would like to see in the Newsletter or if you have anything you would like to contribute to the Newsletter please contact the coaches or Jackie Hinde (as above).

Parent Representative

There is now a Parent Representative on the Gym Club Committee. Felicity Murrant has agreed to take on this role, in case of need her telephone number is 01228 576021. The Parent Representative is there for you to express any concerns/pass on any ideas you may have about the Gym Club.

Sweet Sales

Please note the return from the sales of the sweets has dropped rapidly over the last few months. The profit from the sweet sales goes into club funds, so please can everyone be careful about paying the correct amount for all items.

New members.

Finally we would like to welcome those gymnasts who have joined the club since the last newsletter, we all hope they enjoy their time with us at the club.