

TORBAY OLYMPIC GYMNASTICS CLUB

www.torbaygymnastics.co.uk

January 2011

CONTENT:

Competition Results	1
News	2
Finance & Admin	3
What's On	3
Just for Kids	4
Activities at TOGC	4



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Happy New Year to you all!

The past year has been a successful one for many in the club and we hope you will continue to build on your success and love for gymnastics in 2011.

Liz Wimbledon, Chairman

COMPETITION RESULTS

The Trampoline Squad went to Wiltshire in October for their latest Grading.

A couple of special mentions - firstly Georgia Dommett coming 7th, this was her first grading (age 9) and she was up against 25 other competitors.

Rachel Litt narrowly missing grade up to E by 0.8.

Becky Harding who had to do her warm up whilst her group had already started competing and still managed 3rd place with an amazing second routine!

Finn Moxon 5th Grade G

Jack Walker 6th Grade G

Georgia Dommett 7th Grade G

Jordan Payne 23rd Grade G

Paige Atwell 3rd Grade F Qualified to Grade E

Rachel Litt 4th Grade F

Freddie Hill 1st Grade F Qualified to E

Heather Medway 15th Grade F

Becky Harding 3rd Grade E Qualified to Grade D

The Boys' Squad have competed as individuals and as a team in the last 6 months, along with joining in at some displays.

Lewis Dennis came 5th in Under 10 Open

and Harry Baxter 5th in Under 10 Novice.

In their first competitions Connor Turner came 12th & Cameron Horton 2nd winning a silver medal.

Lewis, Harry, Connor and Cameron plus Teddy Ives & Taz Turner made up our squad in the Devon Team competition in December winning Under 10 Team Bronze, with Lewis achieving the highest individual score in the Under 10's.

Lewis & Harry also competed at the South West Apparatus Finals and came 7th & 9th.

The Girls' Squad have done equally as well with the U11 Team coming 4th, and Jessica Addis coming 6th individually.

The U15 Team came 3rd with Naomi Passmore (who is actually U13) coming 6th individually.

The majority of the girls went to Newton Abbot the first weekend of December for their Grades:

8 girls took their first Grade 14, with 7 Distinctions & 1 Highly commended.

2 took Grade 13 and both passed with distinction.

4 took Grade 12, 2 Distinctions & 2 Highly commended.

An excellent end to a year of hard work by all the squads.

NEWS

FUN CLUB COMPETITION:

On Sunday 28th November our Fun Club Competition took place with nearly 200 gymnasts participating ranging from 4 to 16 years old. Maybe we'll have some adults next year?!

All recreational gymnasts are eligible to enter including beginners and those with special needs (routines are adapted if needed). With the free admission for as many spectators per child, family and friends helped fill the warm up room, with many enjoying bacon rolls and other refreshments provided by the Committee Members throughout the day.

Medals were awarded to 1st, 2nd and 3rd placements on Floor, Vault, Beam & Parallel Bars and all received a certificate.

I hope you enjoyed a chance to see your gymnast perform and agree it is a good life experience.

CHRISTMAS FUN:

Each year the last gymnastics session before Christmas is the gymnasts' fun session. This begins with airtrack (like a bouncy castle strip!) warm up then a game of Pirates! This is a **once a year treat!** The main gym is set up with equipment all around. Gymnasts take it in turns to be the pirate and catch all the other children. If the child steps on the floor (in the water) or the pirate

catches them, they are out. It is a fun game which the children seem to love year after year!

By Teresa: Head of Recreational Gymnastics

TRAMPOLINE:

A new trampoline class will be starting on Saturday mornings from 9.15-10.15 for 6-8 year olds, if there is enough interest. If you or a friend has a child that would like to do trampolining at this time then please speak to me (Jack) or leave a message with the office. Congratulations to those who recently passed a badge, all the classes have been working hard during their regular sessions. If you didn't pass, don't be disheartened just keep on trying and hopefully next time you will.

By Jack: Head of Recreational Trampolining (and newly-wed ♥)

CHEERLEADING:

We performed many displays during the summer which all went



fantastically well and we were pleased to receive lots of positive feedback. At the November Torquay carnival we performed a new routine all the way from the Coach Station down to

and around the clock tower - all the cheerleaders worked very hard to make this new and more exciting routine, which they repeated over 30 times! This routine was also performed at the club competition, but just 3 times!

For the New Year we will be working on new lifts, skills and dance moves to create an exciting new routine and hopefully enter into our first competition.

By Becky: Head Cheerleading Coach

CLIMBING WALL:

We will soon be offering one-off Climbing Wall sessions on occasional Saturday afternoons. You will be asked to book and pay in advance as we will need a minimum of 8 and maximum of 16 climbers for an hour. Each session will be £4.

The wall is available for group hire, either with one of our own qualified instructors or your own if you have one.

THANKS:

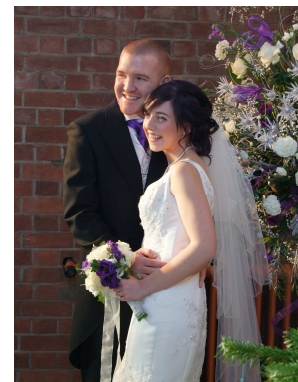
We would like to give a special mention and thanks to the parents of the Display Group and Cheerleaders who took their Gymnasts to all of this year's displays.

Thanks!



WHITE WEDDING

The biggest congratulations must go to Jack & Katie Marshall who got married on the 18th December.



As Katie managed to organise snow and a brilliant blue sky on their wedding day...Jack and their new home should be a doddle!!! There are some more pictures on the club website.

FINANCE AND ADMINISTRATION:**BILLS:**

We will be asking for **email addresses** of the parents of all our Teenage Gymnasts, Trampolinists & Cheerleaders as large numbers don't take their bills home. This then often results in parents forgetting to come and pay for their sessions. We will be emailing to let you know that a bill is on its way! As always we have a responsibility to keep a tight control on our finances especially now VAT has risen and our Gas & Electricity bills have risen significantly.

C O N T A C T :

Please note our own club policy and British Gymnastics' is that coaches should not contact any gymnast by text, email or Facebook. We ask you to respect this and make sure that your gymnast does not contact a coach this way or ask to be a Facebook friend. If they need to contact their coach please use the club's email address or telephone and the message will be forwarded appropriately.

**YOUR THOUGHTS PLEASE:**

This is your Club it belongs to you!!! We run via a full committee of parents and a Management Committee. It is run on a non-profit basis and is recognised by the Inland Revenue as a Community Amateur Sports Club (CASC) which is very similar to Charitable Status.

The council **doesn't** put any money into the Club nor pay any wages, they only grant us the extra 20% rates exemption - as a CASC we are entitled to 80% from the Government.

The £1 donation you see on your bills is put aside to replace equipment and we can claim back an extra 21p from the taxman (if you pay tax), last year this amounted to nearly £1,000. This paid for 3 of the new big red mats.

As you may be aware, the banks are in the process of phasing out cheques within the next 5 years, many of you have asked to pay by card and at the moment we don't have that facility. We would like some feedback to find out if it is worth investing in the card reading equipment.

BACS (internet banking) or Standing Orders cost us £0.00.

Cheques cost 35p each (this currently equates to approx £500 per year).

Debit Cards could cost us 65p per transaction.

Credit Cards would be 2.5%.



Would you be willing to pay the extra so as to be able to pay by card? Please let us know your thoughts in person or at info@torbaygymnastics.co.uk

PARKING:

Someone is going to be **seriously injured** if you **continue to park or wait in the yellow box, on the slope or across the pathway at the top of the drive.** Please be considerate to everyone visiting TOGC, drive carefully and slowly - more than 5 mph is reckless. The spot immediately outside reception door (on the slope) is only suitable for smaller vehicles and we ask that you park as close to the wall as possible. We appreciate your support with this matter of safety.

You will see on the posters that you can park in the Doctor's Surgery after 6 pm & Sat

WHAT'S ON?**GYMNASTICS:**

The next badge testing will be in February half term for the round proficiency badges and then Easter for the county badges. Full list of requirements are on the notice boards in the reception/ waiting area.

TRAMPOLINE:

The Club Trampoline Competition will be held on Sunday 8th May 2011.

**RECREATIONAL TIMETABLE:**

Wk 9 Tues 4th Jan
Wk 10 Mon 10th Jan
Wk 11 Mon 17th Jan
Wk 12 Mon 24th Jan
Fees due for new term.
Wk 1 Mon 31st Jan
Wk 2 Mon 7th Feb
Wk 3 Mon 14th Feb
Half Term 21st-27th Feb
Wk 4 Mon 28th Feb
Wk 5 Mon 7th March
Wk 6 Mon 14th March
Wk 7 Mon 21st March
Wk 8 Mon 28th March
Wk 9 Mon 4th April
Wk 10 Mon 11th April
Wk 11 Mon 18th April
Easter hols 19th April - 2nd May
Wk 11 Tues 3rd May
Wk 12 Mon 9th May

Please see website for more dates.

FOR SALE:

As we are upgrading our black and white photocopier to a colour one we have a **Samsung all-in-one colour laser printer for sale**, only 8 months old. **Print, Scan, Copy & Fax for £150.**



Please shout if you are interested in buying this printer from us.

We are changing our photocopier because Torbay Repographics has done us an excellent deal which will help to keep down the costs of producing paperwork. If you have a small club or business and need to reproduce print work please come and speak to Sean or Mark in the office.



CONTACT US:

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JUST FOR KIDS...

WHO WERE THEY TALKING ABOUT?

1) Amanda Holden (Britain's Got Talent Judge): "It was absolutely faultless. Some of the stuff that was going on I didn't think was humanly possible. Outstanding. Absolutely incredible, incredible."



2) Amanda Kirby (City of Liverpool Gymnastics Club Director): "She is like a dog on a lead before competitions, she is so eager to go out and perform that I can hardly handle her."

Answers at the bottom of this page.

"Gymnastics is a lot like life. You don't become an Elite gymnast by bickering and having a negative attitude: you have to be positive to get to that level."

Shannon Miller, 7 times Olympics medal winner.

CURRENT ACTIVITIES AT TOGC...

The Mary Cunliffe Room is available for 1 off or regular bookings: either as a meeting room, training venue (full IT facilities) or anything else you can think of.

The Warm up Room is free most daytimes as well.

Gymnastics:

- Fun 4 Baby
- Pre-school
- Recreational
- Squads
- Adults



Trampolining:

- Recreational
- Squads
- Adults



Cheerleading:

- Kids
- Adults



Climbing:

- Climbing wall



Parties:

Why not have a gym, trampoline, climbing or cheerleading birthday party?

Pilates:

To book your place or discuss further, please give Kelley a call on:

07900 855926

Total Tone:

Are you up for the challenge? If so, speak to Kelley on 07900 855926.

Aikido:

Run by Danny da Costa, Tuesday 8-9.30

01803 295006

Taekwon-Do:

Wednesday 7-9.00

07977 003558

Judo:

Run by Torquay Judokwai call Simon Ward on 01803 315 007 or visit:

www.torquayjudokwai.com