



LINCOLN CITY GYMNASTICS CLUB NEWSLETTER



Welcome

Welcome back to all our members after the summer break and a warm welcome to all our new members. Classes continue now right through October half-term until we break up for Christmas after training at 8.30 pm on Friday 20th December. We re-open at 8.45 am on Saturday 4th January 2025.

New Arrival!

Congratulations to coach Abi and her husband Josh on the safe arrival of baby Freddie Arlo, the newest member of LCGC. Freddie has already visited the club twice and we are sure he will be a regular visitor with Abi whilst on her maternity leave. While waiting for Freddie's arrival Abi also undertook the club judge course and exam and passed a week before giving birth! Well done Abi on both counts 😊

Farewell to Emma G

Coach Emma Green left the club in mid-September to start University where she is studying to be a primary school teacher. We wish her all the best at university and whilst she will be greatly missed by the coaching team and gymnasts, she will be back for club competitions and during her holidays.

New Level 2 Coaches

A big congratulations to Emma Blades, Liv Blades, Neve McGinn, and Mallissa Mullin for successfully passing their Level 2 exam this weekend! After attending the coaching course in May and June, they've put in tremendous effort over the summer to complete their coursework. Well done! What a great achievement for them and the club to have four more Level 2 coaches, well done ladies!

BG Reminder

Just a reminder to all our existing gymnasts whose BG membership/insurance is due to expire that they need to renew it as soon as possible. You should have all had an email from British Gymnastics reminding you. To any new members who joined over the summer, your membership will run for a year from then. To any new members who have not yet registered and are not insured, you need to go the British Gymnastics website and register as a new member. For recreational gymnasts it is £24 as community members for the year. New members registered with another club need to go onto their account and add "Lincoln City Gymnastics Club" for their membership to be added to the club. Gymnasts competing in county and regional competitions need to be registered as competitive members. All our members must be registered and insured through British Gymnastics and the fee must be paid for membership to be effective. Thank you.

Tracksuits

We are placing an order for the LCGC tracksuits for delivery for Christmas (8 to 10 week lead time) and orders need to be placed and paid for by Monday 7th October please. We have a set of sizing leggings & tops at the club for anyone that wishes to try them, and you can order different size leggings and tops. The leggings up to size 32" AXS are £27.50 and 34" ASM and over are £33. The jackets up to size 32" AXS are £50 and 34" ASM and over are £55.

Hoodies

Our hoodies are available to order at the club, please ask the coaches/committee for an order form. They come in overhead or zip and are £21.50 for children's sizes and £27 for adult sizes. They can be personalised with your gymnast's name (up to 12 letters) included in the prize. They take around two weeks for delivery, but are subject to a minimum order of six, so may take a little longer to arrive. If they are for Christmas or a birthday, please note on the order form so they can be handed out discreetly!

Notice Reminder

Just a reminder that in accordance with our club rules, if your gymnast no longer wishes to attend the club we require three weeks written notice by email to LCGC-1@outlook.com and the subs are payable for the notice period to allow us to fill their place. Similarly, if your gymnast misses three consecutive sessions/weeks without explanation, we have no alternative but to assume they have left the club. If your gymnast can't make it, please either let us know via our closed Facebook page or email us on the email above.

Christmas Competition 30th November/1st December

We are holding our Christmas Competition over the weekend of 30th November and 1st December. The competition is open to all our gymnasts, with the squad gymnasts competing on Saturday 30th November and all recreational gymnasts competing on Sunday 1st December. An entry letter with all the details will be emailed out at the end of October.

Classic Challenge Competition 22nd September 2024

Our Knights, Barons, Castle and Zinc Academy competed at the Lincs County Classic Competition on Sunday 22nd September. For many it was their first competition at Zinc level (with 86 gymnasts entered over the age groups at Zinc!), and many moved up to a higher level to challenge themselves. This was also qualification for the County's Zinc and Copper teams competing at the East Midland Regional Team Championships at Leicester in November. All the gymnasts were a real credit to the club and their families and should be really proud of themselves. A big thank you to Melissa and Emma for coaching over a very long day and Pat and Tara for judging all day too. The results were:

Zinc – 8 years 3rd Arabella Goodall

9 years 5th Maisie Buckthorp, 6th Nicole Karpejeva and 7th Sophia Ison

10 years 6th Jessica Jones, 8th Izzy Duke, 9th Isla Martin, 10th Sophie Roberts & 13th Darcie Elkins

11 years 4th Ella Curtis, 6th Emilia Clements, 13th Kimberlie Tetera & 15th Chloe Heathershaw

12 years 12th Lacey Page

13 years 7th Emily Fitzgerald

Zinc 8, 9 & 10 years – Individual Apparatus

Vault – 1st Nicole Karpejeva

Beam – 4th Maisie Buckthorp & = 5th Sophia Ison and Jessica Jones

Zinc 11 + years – Individual Apparatus

Vault – 1st Kimberlie Tetera

Bars – 4th Kimberlie Tetera & 6th Emilia Clements

Copper 11 & 12 years – 2nd Phoebe Speed, 4th Eva Taylor and 12th Poppy Waite

13 & 14 years – 3rd Lily Overton

Copper Individual Apparatus

Vault – 1st Eva Taylor and 2nd Phoebe Speed

Bars – 2nd Phoebe Speed and 6th Lily Overton

Beam – 3rd Phoebe Speed

Phoebe Speed and Eva Taylor both qualified to represent Lincolnshire in the Copper Team at the East Midlands Regional Team competition.

Bronze 10/11 years 4th Matilda Mullin

12/14 years 2nd Lacey Taylor, 6th Mia Haxby and 10th Poppy Overton

15 + years 4th Neve McGinn, 10th Amelia Macdonald and 11th Liv Blades

Bronze Individual Apparatus

Vault – 1st Liv Blades and 2nd Lacey Taylor

Bars - 4th Lacey Taylor

Floor – 2nd Neve McGinn and 4th Mia Haxby

Please call **01522 262022** or use our **Facebook** page to advise if your child is unable to attend a session.

We may not reply, but are grateful to know.

www.lincolncitygymclub.org