



LINCOLN CITY GYMNASTICS CLUB NEWSLETTER

Welcome back to all our existing gymnasts as well as our new members in 2020 😊

Classes now run through to Easter, when we close after training on Saturday 4th April 2020, and re-open on Monday 20th April 2020. Classes then run through until the school summer holidays.

Coaching News

Welcome back to Faye Hobday to coaching following her maternity leave. Congratulations to Carla and Paige who have both passed their Level 2 coaching award and to Molly who has passed her Level 1.

Club Membership Reminder

All 2020 membership forms and the £5 membership fee should have been returned by now. If you have not returned your form your gymnast cannot be left unattended at the club as we have no emergency contact details!

AGM

The club will be holding its Annual General Meeting in the spectator area at the club on Wednesday 18th March 2020. Everyone welcome. Please come and join us to find out everything you ever wanted to know about your club!

Fundraising Update

We have received a donation of £500 from her employer, ADM, in recognition of our very own Angela Spencer's volunteering for the club. Angela set up our new website and produces our newsletters among many other tasks. Thank you Angela 😊 The club has also been chosen to be Lincoln Co-operative Community Champions for 3 months from March at the City Centre and Carholme Road Co-ops, so please support us at these stores.

Equipment Update

From the proceeds of last years' fundraising & generous donations from Lincoln Minster Round Table and the RAF, you will have noticed that we have purchased a new vaulting table and matting, a second competition beam, some parallel bars and various other matting and training aids.

Awards Evening

On Saturday 15th February 2020 we held our Awards Evening. What a great night with disco, party games, glitter tattoos, raffles, photos, and of course the coaching awards recognising the gymnasts in each class & squad in 2019, and the competition awards, as well as special recognition awards for our young helpers. A full list of the winners is below. A big thank you to all the coaches, committee & gymnasts, for all their hard work before and on the evening, and a special thank you to Mallissa and Katie for their amazing glitter tattoos, and Nerissa Brown who obtained and raffled the Beth Tweddle hoodies. From these and the raffle, we raised an amazing £400 towards our equipment fund.

AWARDS EVENING RESULTS FOR 2019

2019 Coaches Awards

| | | | | | |
|-----------------|--------------------|-------------------|----------------------------|-----------|-------------------|
| Mon Rec 2 - | Teleah Oxby | Weds Rec 2 4.15 | Eliza Dodds | Pre-Squad | Ophelia Brown |
| Mon Rec 3 Girls | Lottie Darby | Weds Rec 2 5.15 - | Matilda Mullin | Castle | Annabel Wilkinson |
| Mon Rec 3 Boys | Luke Bally | Thurs Rec 1 | Sophie Roberts & Erin Penn | Imps | Phoebe Speed |
| Mon Adv | Nicole Miranda | Thurs Adv | Haydee Brown | Academy | Lily Overton |
| Tues Rec 1 | Dante Pieter Roper | Fri Rec 2 Girls | Ava Coe | Cathedral | Emma Green |
| Tues Rec 2 | Kaitlyn Fletcher | Fri Rec 2 Boys | Jackson Huckstep | Barons | Isla McGinn |
| Tues Rec 3 | Daisy Anderson | Fri Rec 3 | Lyla Strachan | Knights | Lola Gurnhill |
| Tues Adv | Evie Gurnhill | Sat Rec 1 Girls | Molly Klab | | |
| | | Sat Rec 1 Boys | Ethan Robinson | | |
| | | Sat Rec 2 Girls | Sarah Yelland | | |

2019 Coaches Awards

Pre-Squad
Imps
Castle

Upcoming Gymnast

Mia Haxby
Eva Taylor
Imogen Bowler

Personal Achievement

Isabella Naylor
Kimberlie Tetere
Holly Ardron

| | | |
|----------------------------|----------------------------|----------------------------|
| Academy | Poppy Overton | Lacey Taylor |
| Cathedral | Grace Lee | Freya Byers |
| Barons | Amelia Macdonald | Isabella Redgwell |
| Knights | Libby Minta | Neve McGinn |
| <u>Level 7 Pass Medals</u> | <u>Level 6 Pass Medals</u> | <u>Level 5 Pass Medals</u> |
| Regan Gamwell | Amelie Bogg | Freya Byers |
| Poppy Overton | Erin Bride | Lola Gurnhill |
| Jaimie Watson | Laila Hall | Neve McGinn |
| | | Libby Minta |

Awards for Highest Scorers in County Competition is 2019

| <u>Piece</u> | <u>Level 7 Highest Scorers</u> | <u>Level 6 Highest Scorers</u> | <u>Level 5 Highest Scorers</u> | <u>Level 4 Highest Scorers</u> |
|---------------------|---------------------------------------|---|---------------------------------------|---------------------------------------|
| <u>Vault</u> | 11.10 Olivia Stephenson | 11.35 Emma Mitchell | 11.30 Neve McGinn | 11.80 Brooke Spencer |
| <u>Bars</u> | 12.00 Regan Gamwell | 11.95=Chloe Verrall & Amelia Macdonald | 13.25 Lola Gurnhill | 10.90 Neve McGinn |
| <u>Beam</u> | 11.25 Regan Gamwell | 12.45 Amelie Bogg | 10.83 Libby Minta | 9.93 Brooke Spencer |
| <u>Floor</u> | 12.70 Poppy Overton | 11.967 Laila Hall | 11.467 Lola Gurnhill | 11.30 Brooke Spencer |

Highest level 3 overall score – 41.15 Katie Johnson

County Floor & Vault Highest Scores:

Vault = 11.00 Olivia Blades & Libby Minta Floor = 11.00 Libby Minta Floor & Vault Overall – 22.00 Libby Minta

Regional Floor & Vault Highest Scorer: Lacey Taylor

Highest Regional Level 4 Scorer: Katie Johnson

Special recognition awards for young helpers who have given up their time voluntarily to benefit the coaching team and the gymnasts: **Abbie Green, Freya Byers, Katie Johnson, Kelsie Macdonald & Molly Holmes.**

2020 COMPETITION CALENDAR

| <u>Date</u> | <u>Competition</u> | <u>Venue</u> | <u>Competing</u> |
|--|---|---|---|
| April 5 th | GFA General County Competition (Beg, Primary 2, Primary 1, Advanced & Advanced +) | Spalding | *From Junior Castle, Castle, Advanced & Advanced + |
| May 17 th <u>May 30th & 31st</u> | Level 6 and 7 + individual apparatus <u>Annual Club Competition</u> | Lincoln <u>Lincoln City</u> | *From Junior Imps, Imps & Academy <u>All club gymnasts</u> |
| June 14 th | Level 4, 3, 2 & Challenge + individual apparatus | Witham Hill | Knights at level 4 & 3 |
| June 21 st | Level 5 + Individual Apparatus & In-Age Level 5 | Witham Hill | *From Academy, Barons & Knights |
| June 28 th | GFA General Regional Competition (Beg, Primary 2, Primary 1, Advanced & Advanced +) | Spalding | *From Junior Castle, Castle, Advanced & Advanced + |
| July 5 th July 12 th | Regional Open age Level 4 & 3 team Levels 5, 4, 3 & 2 Team Championships | Leicester Lincoln | Knights at Level 4 & 3 Teams from Academy, Barons & Knights |
| September 28 th | Regional In-Age Level 5 | Leicester | Gymnasts aged 8 in 2020 who can fulfil criteria |
| October 11 th | Girls County Floor & Vault Qualifier | Spalding | From Academy, Barons & Knights who have not entered Level 4 –4-piece comp in 2020 |
| November 1 st <u>November 21st & 22nd</u> | Regional Open Age Level 4 & In-Age Level 4 <u>Christmas Challenge Competition</u> | Leicester <u>Lincoln City</u> | Knights at level 4 & gymnasts aged 9 in 2020 who fulfil criteria <u>All club gymnasts</u> |
| December 6 th | Regional Floor & Vault Team Championships | Leicester | Any gymnasts who qualify for team in county on 11 th October |