



LINCOLN CITY GYMNASTICS CLUB NEWSLETTER



Welcome

Welcome to all our new members. Classes continue now through May half-term, up until we close for the first week of our summer break after training at 1.00 pm on Sunday 21st July. We re-open on Monday 29th July at 4.00 pm. The club closes for the second week of our summer break after training at 8.30 pm on Friday 23rd August, re-opening on Saturday 31st August at 8.45 am. We are then open then right through to Christmas, when we close at 8.30 pm after training on Friday 20th December, and we re-open in the New Year on Saturday 4th January 2025 at 8.45 am.

Awards Evening 11th May

A wonderful evening of celebrating our gymnasts, dancing, party games, glitter tattoos and raffle prizes was had by all at our Annual Awards Evening at Windmill Farm, where there were coaches awards galore handed out to all our gymnasts who had worked so hard during 2023, as well as to the squad gymnasts who achieved the highest score on each piece in regional and county competitions last year. Congratulations to those who won an award for last year and hopefully it will inspire everyone this year ready for next year's awards evening. Thank you to everyone who donated to the raffle, which along with the glitter tattoos, raised a massive £600 towards our new equipment fund. Also, a huge thank to Sian from Pretty Occasions for creating the beautiful balloon and backdrop for all those amazing photographs. Thank you also to the coaches and committee members who worked so hard behind the scenes and on the night to make it such a great success. Please see overleaf for list of all award winners for 2023.

Annual Summer Club Competition 22nd & 23rd June 2024

The closing date for the club competition is fast approaching. Entry slips must be completed and handed in and all entry fees paid by Saturday 1st June 2024 at 4.00 pm, so if your gymnast wants to enter, please don't let them miss out on this friendly, fun competition. We are appealing for donations for our raffle to make up hampers for each of the six rounds over the weekend - vouchers, bottles, chocolates, gift sets – anything that you can donate, or any employers that would be willing to donate would be greatly appreciated. If we could ask for any donations to be handed in at the club by Saturday 15th June so that our committee can get busy making up the hampers. Thank you.

Just a general reminder that classes will be cancelled over the whole weekend to accommodate the competition. Club leotards (and shorts for boys) are available at the club, please speak to a coach or committee member.

Regional Grades Competition 27th & 28th April 2024

The Regional Grades competition at Leicester was the first competition of the 2024 season and saw the Imps Academy, Barons and Knights competing against gymnasts from clubs all over the East Midlands at the new NPD grades. All our gymnasts performed exceptionally well and were a real credit to the club and their families with all of them passing at working at, working above or working beyond (the new pass levels in place of pass, commended and distinction). The results are set out below.

Preparation Grade 1

27th Arabella Goodall + 5th Vault, 48th Evelyn Penney and 64th Florence Jones

Preparation Grade 2 – 9 years

10th Nicole Karpejeva + 6th Vault and 1st Floor, 20th Maisie Buckthorp + 4th Vault and 3rd Range & Conditioning
24th Sophia Ison

Preparation Grade 2 – 10 years

12th Jessica Jones + 5th Bars, 14th Sophie Roberts + 4th Vault and 17th Izzy Duke

Development Grade 1 – 10 years

10th Alysha Holt + 6th Vault

Development Grade 1 – 11 years

5th Kimberlie Tetere + joint 1st Vault and 5th Bars, 8th Ella Curtis + joint 3rd Vault, 9th Emilia Clements + joint 1st Vault and 16th Emily Knowles + joint 3rd Vault

Development Grade 2 – 11 years

8th Matilda Mullin + 1st Vault and 5th Bars

Development Grade 2 – 12 years

3rd Mia Haxby + 4th Vault and 1st Beam, 10th Poppy Waite, 11th Phoebe Speed and 14th Eva Taylor

Development Grade 2 – 13+ years

3rd Liv Blades + 4th Vault, 2nd Beam and 4th Range & Conditioning and 13th Amber Drayton

Lincs GFA competition 19th May 2024

Our GFA squads as well as our newly formed GFA Prep senior squad competed at the Lincolnshire GFA competition on Sunday. For many of them it was their first experience of a County Competition and they all really performed well and were a real credit to the club and their watching families. The results are set out below:

Novice 9 years - 3rd Sienna Newman, 4th Ayla McClymont, 5th Pippa Bradley, 6th Annabelle Glynn, 8th Emilia Croft, 11th Ava Craigen Clark, 12th Alyssia Knott and 14th Isla Seetram

Novice 10 years - 2nd Annabelle Main, 6th Guiletta Viscomi-Cook

Intermediate 7 to 9 years - 6th Millie Turnbull

Intermediate 10 to 11 years - 8th Willow Kirk and 10th Rose Jones

Intermediate 12+ years - 5th Sienna Carr-Hoskins

Advanced 10 to 11 years - 3rd Alyssa Watt, 7th Isobel Peacock and 8th Lourdes Jackson

Advanced 13+ years - 7th Phoebe Emmingham and 9th Mollie Latchem

Platinum - 5th Zayna Reeve

Vault over all age groups:

Novice	5th Annabelle Main and 6th Sienna Newman
Intermediate	4th Millie Turnbull
Advanced	4th Phoebe Emmingham
Platinum	5th Zayna Reeve

Bars over all age groups:

Novice	5th Alya McClymont
Platinum	6th Zayna Reeve

Beam over all age groups:
Main

Novice	2nd Guiletta Viscomi-Cook 5th Pippa Bradley and 6th Annabelle Main
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Floor over all age groups:

Platinum	6th Zayna Reeve
Novice	4th Pippa Bradley
Platinum	4th Zayna Reeve

New Welfare Email Address and Welfare Issues

Our wonderful Welfare Officers (Adele Bogg and Claire Speed) now have a dedicated welfare email address LCGC.Welfare@outlook.com should anyone wish to contact them regarding any welfare issues/questions. They will always maintain confidentiality unless it is a safeguarding concern that needs to be taken further.

Just a reminder in accordance with our club rules and the rules of our governing body British Gymnastics:

- Gymnasts are to have neat tidy hair and be dressed appropriately with no buttons or zips on their clothing.
- All jewellery is to be removed – newly pierced ears can be covered with medical tape for six weeks, after then they need to be removed. Failure to do so will result in the gymnast being unable to train.
- Prior to arriving for their session, gymnasts should arrive ready to train – hair neatly tied back and jewellery removed (or covered if within the six week period above). The club accepts no responsibility for personal belongings left at the club.
- All gymnasts should bring a drink in a sports bottle with them, which can be stored in the cubes in the viewing area.

Our gymnasts' safety and wellbeing is a priority. We thank you for understanding and following the club rules. These rules are part of the terms and conditions that you agree to when becoming a member of LCGC.

The club and our coaches are guided by our governing body, British Gymnastics. Any rudeness shown towards our staff will not be tolerated. Should anyone have any concerns these can be directed to our Welfare Officers, Adele and Claire via the welfare email: LCGC.Welfare@outlook.com.

Defibrillator

We are pleased to announce that we now have acquired a defibrillator, which is situated inside the club.

Car Parking

We only have use for allocated car parking immediately outside the club. If members park considerately without leaving spaces in front and too far apart, there should be adequate parking for each class. If however there is no available spaces, **please DO NOT park in the car parking spaces of any of the other businesses on the site**. This has serious consequences for the club in our relationships with our fellow businesses on the site and with our landlord. If there are no spaces immediately outside in our parking area, please find alternative parking such on the roadside on Clayton Road or side street or offsite. Our coaches do try and monitor the car parking where possible, but we are sure you will appreciate that they cannot do this and coach the gymnasts, and of course coaching is their priority so we would appreciate your co-operation with this. Thank you.

Fundraising

We are always looking for new fundraising ideas. As a not-for-profit club, as well as a Community Amateur Sports Club (CASC), we must raise all our funds for new equipment/training aids as well as for any alterations or additions to the gym. So if anyone has any great fundraising ideas and is willing to help organise them or has experience of applying for grants or just wants to help, please speak to any of the committee or coaches.

2023 Coaches Awards – Recreational Classes

MON REC 1	Melissa	Elsie Wilkinson	Mallissa	Athena Over		
MON REC 2	Katie	Darcie Sewell	Neve	Lola-Rose Harvey		
MON REC 3	Katie	Grace Warnock	Mallissa	Phoebe Butterworth	Neve	Evelyn Morris
REC 2/3 BOYS	Kelsie	Jackson Clark				
MON ADV	Katie	Charlotte Johnson	Kelsie	Lacey Pountney		
TUES REC 1	Carla	Eveline Rutkauskaitė	Emma	Edie Taylor		
	Tara	Olivia Murphy	Isla	Ellia Grigaliunas		
TUES REC 2/3	Carla	Isla-Jasmin Overton	Emma	Libby Sharpe		
	Tara	Paige McWilliams	Liv	Martha McFaul		
TUES ADV	Tara	Ava Sellars	Pat	Niamh Flowers		
THURS REC 1	Melissa	Lottie Loom	Katie	Hollie Hyke		
	Mallissa	India Nicholas	Brooke	Alice Brown		
THURS REC 2/3	Mallissa	Thea Lazenby	Kelsie	Alya McClymont		
	Katie	Florence Rice	Brooke	Isla-Carr Hoskins		
THURS ADV	Freya	Connie Headon	Brooke	Nenyasha Takavarsha		
FRI REC 1	Katie	Paisley Woolley				
FRI REC 2	Kelsie	Hannah Coulson	Isla	Evie-Rose Allen		
FRI REC 3	Katie	Emily Lowe	Kelsie	Connie Thornton	Isla	Isla Waller
SAT REC 1	Kelsie	Alice Martin				
SAT REC 2	Melissa	Eleanor Wakefield	Freya	Alyssia Knott		
SAT REC 3	Abi	Nancy Button				
SUN REC 1 BOYS	Kelsie	Ethan Murray-Wilson				
SUN REC 2 BOYS	Neve	William Turner				
SUN REC 1	Liv	Violet Parrott				
SUN REC 2	Brooke	Amelie Downey				
SUN REC 2	Liv	Khalessi Akester	Neve	Isla Doherty		
SUN REC 3	Kelsie	Merryn McGregor	Brooke	Amelia Lister		

2023 Coaches Awards – Squads

GFA	Katie	Phoebe Emmingham	Kelsie	Millie Turnbull
IMPS DEVELOPMENT	Katie	Maya Brown	Kelsie	Skye Drewery
IMPS	Melissa	Daisy Smith	Abi	Isla Martin
BARONS	Abi	Liv Blades		
KNIGHTS	Melissa	Matilda Mullin		

IMPS

Up & Coming Gymnast SOPHIA ISON
 Personal Achievement SOPHIE ROBERTS

BARONS & KNIGHTS

UP & Coming Gymnast EMILIA CLEMENTS
 Personal Achievement LACEY TAYLOR

2023 County & Regional Awards for Highest Scorers on Each Piece

REGIONAL GRADES – 22/23 April 2023

Grade 6

Vault	12.850	Izzy Duke
Bars	12.800	Nicole Karpejeva
Beam	11.800	Izzy Duke
Floor	11.700	Nicole Karpejeva
R & C	12.150	Jessica Jones

Grade 5

Vault	13.550	Emily Knowles & Emilia Clements
Bars	11.667	Kimberlie Tetera
Beam	11.350	Kimberlie Tetera
Floor	11.150	Kimberlie Tetera
R& C	12.500	Kimberlie Tetera

Grade 4

Vault	13.050	Matilda Mullin & Mia Haxby
Bars	12.550	Lily Overton
Beam	12.200	Mia Haxby
Floor	11.867	Amelia Macdonald
R & C	11.700	Phoebe Speed

Grade 3

Vault	13.500	Neve McGinn
Bars	12.700	Neve McGinn
Beam	10.633	Brooke Spencer
Floor	11.400	Neve McGinn
R& C	12.900	Brooke Spencer

GFA – May 2023

Vault	9.30	Alyssa Watt
Bars	6.85	Isobel Peacock
Beam	7.80	Isobel Peacock
Floor	8.80	Mollie Latchem

CLASSIC CHALLENGE 15th October 2023

ZINC

Vault	12.200	Poppy Waite
Bars	11.250	Poppy Waite
Beam	10.750	Eva Taylor
Floor	11.450	Lily Overton

COPPER

Vault	11.500	Mia Haxby
Bars	11.400	Amelie Bogg
Beam	10.700	Amber Drayton
Floor	11.550	Matilda Mullin

BRONZE

Vault	11.500	Neve McGinn
Bars	11.000	Neve McGinn
Beam	10.150	Neve McGinn
Floor	10.067	Neve McGinn

BRASS & TIN – 26th November 2023

BRASS

Vault	11.050	Florence Jones
Bars	11.400	Evelyn Penney
Beam	10.250	Florence Jones
Floor	10.150	Florence Jones

TIN

Vault	11.450	Sophie Roberts
Bars	11.150	Sophia Ison & Emily Knowles (2)
Beam	9.90	Izzy Duke & Ella Curtis (2)
Floor	10.450	Nicole Karpejeva

Well done to all our award winners in 2023 😊

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

The LCGC newsletter is brought to you in association with 3RL Financial Services

www.3rfinancialservices.com