



LINCOLN CITY GYMNASTICS CLUB NEWSLETTER

Summer Closing

The club will be closed for 2 weeks in the school Summer Holiday. We will be closed on Monday 24th July for a week re-opening on Monday 31st July and then closed on Saturday 25th August for a week re-opening on Saturday 2nd September.

Expansion of LCGC

The Committee are pleased to announce that we have signed a new lease to take over Unit 5 (the dance studio on the left of the gym), thereby increasing the size of the gym by a further 50% and allowing us to eventually purchase the new equipment the coaching team would like to benefit our gymnasts and increase our numbers. The internal wall between the gym and the new unit is being taken down by the Landlord. It will take approximately 10 days to take down that and all the other internal walls in the dance studio, and to make it a clear space for us **so the club will close over the May Whitson school holiday after training on Friday 26th May and re-open on Tuesday 6th June at 4.00 pm.** The subscriptions are calculated over 45 weeks opening, although we actually open for 47 weeks, so this gives us two weeks per year for emergencies which we very rarely use. We hope you will understand that we have no alternative but to close for the work to be undertaken in the interests of the safety of all our gymnasts.

Whilst we have fundraised over the last two years towards buying significant new equipment, landing mats and bespoke matting, we will need to raise a lot more to get everything on the coaching team's wish list, and therefore we are approaching local businesses to see if they would be interested in sponsorship or donations. If anyone has contact with businesses that might be interested in sponsoring us or making a donation, we should be grateful if you would please take one of our preprepared letters.

There is a lot of work involved in this project, so if anyone has any skills that could assist us, or if you can volunteer any time to help us, we would be very grateful.

Annual Club Competition – Saturday 24th & Sunday 25th June 23

We will be holding our Annual Club Competition over the weekend of 24th & 25th June. This is a fun competition open to all of our gymnasts. It is envisaged that all the squads will compete on Saturday 24th June and recreational and advanced gymnasts on Sunday 25th June. All gymnasts will compete on vault, bars, beam (trampette for the boys) and a floor routine. There will be medals galore on offer. Competition letters with the entry form have been emailed out with all the details. The closing date for entry slips and fees is Wednesday 31st May, so please don't let your gymnasts miss out! **Please note that following closure on Friday 26th May above you can still email your entry slips to LCGC-1@outlook.com and make payment by bank transfer up to 31st May to enter competition.**

New coaching Team Members

A massive congratulations to four of our squad gymnasts, Olivia Blades, Isla and Neve McGinn and Brooke Spencer, who all passed their Level 1 Coaching exam at the end of April. We are super proud of you all for undertaking the course and exam whilst still training and competing. They are all a wonderful addition to our amazing LCGC coaching team 😊

East Midlands Club Grade 5 & 6 and Regional Grade 4-1 competition 22nd & 23rd April

24 Imps, Barons & Knights competed at the Grades Competition in Leicester over the weekend of 22nd and 23rd April and did themselves and the club proud. Over 360 gymnasts competed over the weekend. For many of our gymnasts this was their first ever regional competition and they were competing against gymnasts from all over the East Midlands. All passed their respective grade (apart from Amber who only competed beam, having to withdraw injured but who still stayed to support her team mates), many receiving a commended or distinction.

Several were placed in the top six and a special mention goes to Mia Haxby, who was awarded the silver medal in Grade 4, and Brooke Spencer, who was awarded the gold medal and is the East Midlands Regional Champion at Grade 3. A special thank you goes to Melissa and Abi who coached all weekend and to Pat and Tara for judging all weekend too. It was a very long, but enjoyable weekend for all involved, and a super achievement for the club. A full list of the results is below.

Club Grade 6 – in age 8 years (over 60 gymnasts in this age group)

29th – Nicole Karpejeva
39th – Maisie Buckthorp
46th – Sophie Ison

Club Grade 6 – 9 years

12th – Jessica Jones
17th – Sophie Roberts
24th – Isabelle Duke

Club Grade 5 – 10 years

4th – Kimberlie Tetera
6th – Lois Evison
8th – Emily Knowles
10th – Emilia Clements

Regional Grade 4 – 10 years in Age

7th – Matilda Mullin

Regional Grade 4 – 11+ years (over 50 gymnasts in this age group)

2nd – Mia Haxby
5th – Phoebe Speed
18th – Amelie Bogg
22nd – Olivia Blades
23rd – Amelia McDonald
24th – Eva Taylor
27th – Lily Overton
34th – Poppy Waite
50th – Amber Drayton (Amber only competed beam and then had to withdraw through injury)

Regional Grade 3 – 12+ years

1st – Brooke Spencer
5th – Neve McGinn
17th – Poppy Overton
21st – Lacey Taylor

Lincolnshire GFA Competition Sunday 7th May 2023

12 gymnasts from our GFA squad competed at the County GFA competition at Spalding on Sunday 7th May 2023. For some this was their first county competition and all the gymnasts performed well and were a real credit to the club and their families. A special mention to Mia Green who came first in the Platinum competition in her age group and was also the Lincolnshire Platinum Champion. The results are set out below:

Intermediate – 10 years

5th Isobel Peacock
7th Alyssa Watt

Intermediate – 11+ years

2nd Lilly Stones
6th Mollie Latchem
8th Amelia Nixon-Deal
9th Phoebe Emmingham
11th Ruby Sinclair Grzesko

Advanced – Under 11 years

2nd Olivia Greaves

3rd Sienna Carr-Hoskins

Advanced – 12 + years

9th Sienna Yates

Platinum – 15+ years

1st Mia Green

3rd Alexandra Parkinson

Overall age groups Lincolnshire Platinum Champion – Mia Green

Safeguarding and Welfare Issues

Can we please remind you that under our club rules and also under British Gymnastics' rules, jewellery must not be worn whilst training. Earrings and other jewellery must be removed before gymnasts enter the gym. Gymnasts will be allowed to cover earrings with tape (parents must tape them up before they enter the gym) for the first six weeks after piercing, but after that they must be removed. This is for their safety whilst training. Similarly, long hair must be neatly tied up in a bun or plaits so that it does not fall over their face, otherwise it is a safety issue for them when training and also for coaches trying to support them.

Now that the weather is getting warmer, can we please remind parents that if your gymnast requires a drink, this must be brought with them in a sports bottle. The club is not able to provide drinks of water (although we will of course fill up sports bottles if they run out of water), as we only have glass cups and this is becoming a safety issue with gymnasts leaving them around the gym and on the benches. Thank you for your co-operation with this.

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