

WHITEHALL GYMNASTICS CLUB NEWSLETTER

August 2024

A message from Coach Claire



Firstly, hope you all had a good summer break and took the rest you all needed. What a summer it's been with the Paris Olympic Games and watching the incredible gymnastics talent that was on display. I hope the girls all took notice and watched how the gymnasts performed and how they started and finished all their moves off. It was truly inspirational to watch and understand the years, hours and dedication it takes not only from the gymnasts themselves, but the coaches, volunteers and of course let's not forget the parents. As we go into the 2nd half of the competition year, I can not wait to see all the hardwork you are all putting in pay off. I know that myself and all of the coaches at Whitehall are super proud of the achievements you are all making. Remember that winning medals isn't everything (it's a nice bonus) but it's all the personal achievements that you all make or set yourself, like trying to better a score from the last competition, or overcoming a fear or just finally sticking the whole of your beam routine. Importantly be proud of yourselves, keep your head held high, congratulate and be there for one another and probably the most important of all is enjoy the sport of gymnastics (it is a tough sport).

Squad Achievements

Backwards Walkover:

Aurora

Strap bar sole circle:
Darcey

Jump to Catch:
Iona,
Ella,
Betsy,
Rosie,
Isabelle

Pike Front on Trampoline:
Rosie
Summer

Round off Flick
Flick:
Lillian

Round off Tuck:
Ruby

Cartwheel on Beam:
Ida
Darcey

Flick on Beam:
Ava

Front Somi Dismount:
Summer
Rosie
Isabelle
Harriet

Flick:
Natalia

Front Somi:
Maisie B, Millie

Forward Walkover:
Rosie M

Pre School Gymnastics

On the 6th of September we will be welcoming our new little gymnasts that are ready to start semi-structured pre-school sessions and welcoming back some familiar faces as well. We hope they are all as excited as we are.



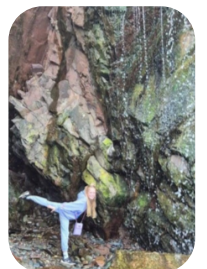
Pre-school Semi structured sessions run on a Friday from 9.30-10.15am. Booking is required for this session as we have limited spaces available.



Baby Gymnastics Stay & Play unstructured class is perfect for your exploring little one. We run two baby gym sessions a week; Thursday 1:30-2:30 (starting from the 12th of September) & Friday 10:30-11:30.

Skill In A Strange Place

Our Boys group and Sharon's girls were given a summer challenge of doing an arabesque or a handstand in a strange place. As you can see from the photos they didn't disappoint. Arabesque with a camel or tractor anyone? Handstand on a tall building or in a tree? Medals and rosettes were awarded to our favourite ones.



PIPERS VALE SUMMER CAMP

Some of our gymnasts from Louise's group were given the opportunity to attend the Pipers Vale Summer Camp in Ipswich. Harriet, Rosie, Ava, Isabelle and Summer attended the camp for 3 days, getting to stay in the gym over night while training and partaking in a range of activities during the day.

Day 1 saw the girls making new friends, taking in their surroundings and then straight into a training session in the gym. This was followed by a trip to the park and then a talent show which Louise was really proud of as the girls made up their talent routine (gymnastics of course) and performed in front of lots of new people they hadn't met before. The girls then got to use any equipment they wanted to make a den to sleep in over night (which they had to clean up in the morning - this wasn't quite as fun)

After a long day on day 1, day 2 started off with a good breakfast and morning group conditioning, a run and conditioning based games, straight into a full training session that lasted until lunch, after lunch the girls then had another full training session where new skills were achieved and they got to have some fun on the fast track and U pit. Once we were sure they were ready for bed, we boarded a coach and went to play2day in Ipswich, where they got to run, jump, climb and play laser tag for a few hours, the girls all left sweaty, exhausted and with blue tongues. Returning back to camp the girls settled into bed, started drifting off and then was awoken with a dance party at 10 at night, where we danced away to some classics like the birdy song, Saturday night and the Hokey Cokey. They finally settled into bed and slept like logs all night long.

Day 3 started with the boys coming in leading a conga to wake the girls up, they were quite blurry eyed and moved a bit slower on the final morning. They were yet again treated to a morning run and conditioning based challenges and then did some line work with Coach Leonna. The girls then had another full training session and even though it was the final day and everyone was exhausted they still managed to smash out a few new skills and improve on previously attained skills. Then parents arrived to watch a dance that they girls had been learning during camp - choreographed by Ellie (a PV coach) It was so wonderful to watch and the girls did us proud.

During Camp the girls were fortunate to be trained by Josie Hales a high performance coach and Leonna who is a high level coach and choreographer, the girls had an amazing time working with these coaches and thoroughly enjoyed making new friends - we are very grateful for the hospitality and support that was given during camp. The girls behaviour and attitude throughout camp was amazing and Louise came back - happy, tired, exhausted and aching a fair bit.



RECREATIONAL SUMMER DISPLAY

WOW— Is all we can say when it came to our Summer Recreational Display. Our gymnasts had three training sessions to prepare and they all worked so incredibly hard, listening and taking direction and perfecting their dances and gymnastics skills.



We were blown away with the girls hard work and performance during their summer show rehearsals and final performance. The participants demonstrated amazing skill showcases on the apparatus and lovely routines to music.



We look forward to the next recreational display.

We would like to say a big thank you to Lucy and Evie for attending the display to show the parents their beautiful competition floor routines - both performed beautifully and was sure to bring a tear to an eye of two.

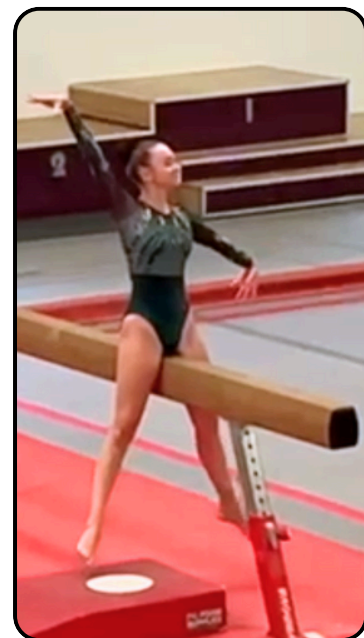


IN HOUSE PRE CLASSIC CHALLENGE COMPETITION



We would like to say good luck to all our gymnasts that are competing over the following few weekends in the Classic Challenge Cup (look out for results in our next issue).

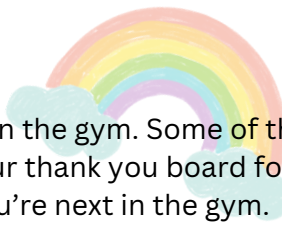
Some of our gymnasts that will be competing in September, took part in our in House Metals Competition. Massive congratulations to all of our gymnasts that took part, you really made our coaches proud! To watch an amazing display of gymnastics, some beautiful artistry and so much encouragement for each other that it made us burst with pride. We hope it has given you all the confidence to go out there on the competition floor and really show off how truly amazing you all are!



General News

CHALK IT UP BOX

Our Chalk it up box has been a huge hit in the gym. Some of the ones we can share have been put on our thank you board for you all to enjoy - have a look when you're next in the gym.



Recreational Halloween Competition

On the 26th of October we have our 2nd Rec Halloween Comp, This was a favourite last year and sign up for this comp has already begun, open to all our recreational members. Closing date for entry is the September 10th and unfortunately no late entries will be accepted.



Reminder to please be mindful of snacks that your gymnasts are bringing into gym for squad training. Snacks are encouraged to be good fuelling foods. While biscuits, sweets and crisps are lovely to eat, they can cause a sickness feeling and tiredness if eaten during training. One small snack is plenty for a training session.

Recreational Stars

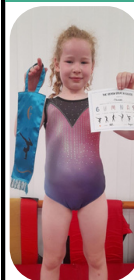


Shout outs



Penny		
Sophie P	Gracie W	Eivissa M
Olive	Ava-Mae	Hannah T
Isobel W	Macie S	Amelia S
Kayla M	Jessica L	Josie J
Maisie S	Leja R	Felicity H

Recreational Awards



August has been CRAZY for stars of the sessions and recipients of our Seven Steps to Success Awards and Winstrada badges. We had too many to share here but please do visit of facebook page to see more of our Summer achievements.

Rosie J

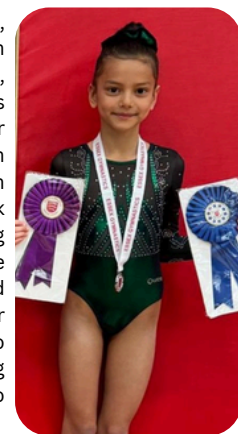


Rosie joined squad in 2022 - her nerves nearly got the better of her on her trial but she came into the gym and impressed Louise so much that it was a solid yes after the first piece. Since then Rosie's confidence has grown leaps and bounds and she takes every opportunity in her stride - competition nerves never get the better of her and if you've seen her floor routine it's sure to have brought a tear to your eye as she performs so beautifully. This year has seen Rosies skill set increase to include her upstart and backwards walkover on beam. While sometimes Rosie can be wary of new skills she pushes herself every session and when she gets her skills they are beautiful! As with all our gymnasts she is one to watch out for in the future as she continues to improve and impress.

Squad Member Spotlight

Gabbie has been in squad at Whitehall since 2019, when she came to us as a tiny diddy - since then she has not only grown in height but confidence, elegance and skill set. Gabbie joined Sharons group last year and we have watched her absolutely fly (literally - have you seen how high her tumbles are) Gabbie works hard every session and can be found during warm up and line work making herself the tallest on the floor - extending through her skills and exercises beautifully. Gabbie is only in her 2nd official year of competitions and already has some wonderful accolades to her name. We have absolutely loved being able to watch her grow in the gym going from learning forward rolls to Front Somi's and look forward to following her journey for years to come.

Gabbie



Please Remember

Please be considerate of our neighbours and avoid parking in spaces that are not ours - especially in front of the shutters which require access.

For Full sized photos and Competition results please see our website and social media pages: www.whitehallgymnasticsclub.co.uk and whitehall gymnastics club on Facebook and Instagram.

Don't run away from a challenge because you are afraid - run towards it.

Looking ahead

September

- 1st September - Bronze Qualifier, Silver and Gold and Tin
- 8th September - Zinc Qualifier and Teddy Bear Elite
- 15th September - Essex FIG and Voluntary Levels
- 22nd September - Essex Copper Qualifier
- 29th September - Regional Classic Challenge

October

- 6th October - County Grade 2 & 3
- Half term - Monday 28th October
- Rec workshop (all information on our website)
- OPEN GYM 2:45-3:45pm
- Wednesday 30th October - SQUAD CAMP DAY