

WHITEHALL GYMNASTICS CLUB NEWSLETTER

OCTOBER 2024

A message from Coach Alan



Here we are not long until Christmas and still a busy time concentrating on our brilliant gymnasts at all levels. Didn't they do well at the Rainbow Competition coming away with all their medals through all the age groups. They deserve all the applause they got after all the hours of practise and repeating routines. They are especially all working hard in warm ups, which are very important for fitness before they start their apparatus. Well done girls, you are all so good in what you do in the gym and with your conditioning.

Squad Achievements

Front Walkout round off flick tuck: Gabbie, Layla, Alyssa, Olivia

Round Off Flick: Natalia, Alisa

Forward Roll and Handstand on Beam:

Mia, Alisa, Otilie, Ophelia, Ella-Rose, Mabel and Chloe

Cartwheel Tuck Back dismount: Layla

Flick down an incline; Aurora, Hallie, Ivy

Flick to Front Support: Ella

1/2 Twist:

Olivia, Gabbie

Flick on Beam: Ava

Handspring Front: Gabbie

Upstart: Isabelle

Shiny Bar Giants: Alyssa

Jump to Catch: Harriet, Ava M

Handstand Sole Circle: Evie J

Pre School Gymnastics



It's hard to believe but our little Pre-schoolers have already been back for Two months now - wow, and what a two months they have had.



We have been working on catching and hand eye co-ordination and we have been having so much fun learning how to hurdle step and using the Trampette like the big girls.



Last week was all about rolling and everyone had so much fun being upside down. Also all of our wonderful little ones earned their next badge and passed the Autumn term.

Pembroke Athletica Malta



We were incredibly honoured to host Pembroke Athletica Gymnastics club all the way from Malta. They were here to compete in our annual Rainbow Competition. They were invited to Podium training with some of our gymnasts on the Friday night training session before they competed on the Sunday. Getting the chance to train with some incredible International gymnasts was such a privilege for our gymnasts and we were so glad they made the journey just to see us. Thank you Pembroke - until next year!

Squad Christmas Showcase

Don't forget to sign up for our squad Christmas Showcase (for gymnasts that train 3 or more hours per week)

We are doing things a little differently this year, places must be pre booked and there will be additional training sessions to prepare for the showcase rather than during regular training.

Please let your child's coach know if your daughter will not be taking part this year.

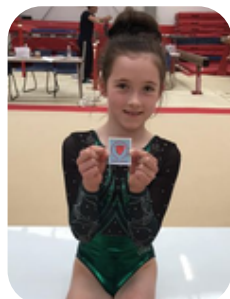


A huge Well done to our wonderful Ellie who successfully completed her coaching proficiency - we are so proud of you! The first step in your coaching journey.

COMPETITION RESULTS

COUNTY GRADES

DISTINCTIONS ALL AROUND FOR OUR AWESOME GYMNASTS AT COUNTY GRADES.



What a competition. I can not express how proud I am of these girls. They have worked so hard in the build up to their county grades and that hard work paid off. Isobel Hackett, Betsy, Rosie Jones and Sofia Hammans all competed at grade 2 and Millie and Megan at grade 3. Isobel and Rosie both performed beautiful floor and beam routines and were consistent across the board, showing lovely shape and control. We saw super powerful vaults from Betsy, Millie and Sofia, earning them scores in the high 12s out of 13.5. Megan demonstrated how far she has come in developing her resilience, and her sheer determination to stick her beam routine saw her quite possibly defy the laws of gravity! This group of gymnasts have all improved incredibly in their confidence and the overall presentation of their routines, which led to them all gaining a distinction. I am so pleased for them and hope they are as proud of themselves as we are.



Special Mentions: Izzy 4th Overall and although this grade only awards overall we would like to congratulate Izzy and Millie on achieving 2nd on Vault in both of their competitions

HALLOWEEN COMPETITION



On the 26th of October 32 of our amazing Recreational and advanced Recreational gymnasts took to the floor to compete in our Halloween competition. Gymnasts competed on Vault, Bars, Beam and performed a Line routine on floor. We had two levels Ghost and Pumpkin and gymnasts were split into groupings by age and Level to compete against each other for a place on the podium. We were so impressed with how wonderfully everyone performed on the day and the beautiful routines that were showcased. Every single one of our gymnasts should be as proud of themselves as we are of them. We thoroughly enjoyed our Halloween competition and we are already looking forward to our next Recreational Competition in the Spring.



- Pumpkin 4-6 Years: Vault: 1st Eden 2nd Florence 3rd Evelyn, Bars: 1st Eden 2nd Florence 3rd Evelyn
Beam: 1st Eden 2nd Florence 3rd Isabella, Floor: 1st Eden 2nd Isabella 3rd Florence
- Pumpkin 7-8 Years: Vault: 1st Clara 2nd Maisie 3rd Cataleya, Bars: 1st Clara 2nd Maisie and Rose 3rd Cataleya
Beam: 1st Cataleya 2nd Rose 3rd Clara, Floor: 1st Clara 2nd Cataleya 3rd Rose
- Ghost 2017-2016 Years: Vault: 1st Hannah 2nd Tillie-Mai 3rd Ava, Bars: 1st Hannah 2nd Tillie-Mae 3rd Sophia
Beam: 1st Tillie-Mai and Thea 2nd Hannah 3rd Ava, Floor: 1st Tillie-Mae 2nd Sophia 3rd Hannah
- Ghost 2015: Vault: 1st Lily 2nd Rose 3rd Bryonie, Bars: 1st Lily 2nd Rose 3rd Bethan
Beam: 1st Bryonie 2nd Chloe 3rd Lily, Floor: 1st Lily 2nd Rose 3rd Bryonie
- Ghost 2014+: Vault: 1st Lilly-Anne 2nd Eivissa 3rd Jasmine, Bars: 1st Lilly-Anne 2nd Eivissa 3rd Rayne
Beam: 1st Lilly-Anne 2nd Rayne 3rd Eivissa, Floor: 1st Lilly-Anne 2nd Rayne 3rd Eivissa
- Ghost Advanced: Vault: 1st Darcey 2nd Jasmine 3rd Mairi-Grace, Bars: 1st Belle 2nd Jasmine 3rd Darcey
Beam: 1st Annabelle 2nd Jasmine 3rd Mairi-Grace, Floor: 1st Darcey 2nd Mairi-Grace 3rd Belle
- Special Mention: Eden Overall Highest scoring Pumpkin and Lily Overall Highest scoring Ghost**



HAPPENING AT WHITEHALL

THE RAINBOW

On the 20th of October welcomed over 200 gymnasts to compete in the annual Rainbow competition. The Rainbow is a six apparatus competition seeing gymnasts compete on Vault, Bars, Tumble, Range, Trampoline and Bars. We were lucky enough to have in attendance the following clubs: Swallows, Havering, Dynamix, Celebrate, GyruS, IcenI and Pembroke Athletica from Malta.

As always we were blown away with the gymnastics on display and we were incredibly proud of how all of gymnasts presented themselves.



Aurora - 1st Beam, 4th Tumble, 4th Range
Ivy - 3rd Range, 2nd Bars
Chloe - 4th Bars
Raphael - 4th Vault, 3rd Beam, 3rd Tumble, 3rd Range, 4th Tramp, 4th Bars



Hallie - 3rd Vault, 2nd Beam, 2nd Tumble, 3rd Range, 2nd Tramp, 3rd Bars
Ella - 2nd Vault, 1st Beam, 3rd Tumble, 1st Range, 1st Tramp, 1st Bars
Octavia - 1st Vault, 3rd Beam, 1st Tumble, 2nd Range, 3rd Tramp, 2nd Bars
Ida-Rose - 3rd Range, 4th Bars
Rosie M - 5th Vault, 3rd Beam, 5th Range, 4th Tramp, 5th Bars
Khalessi - 5th Beam, 2nd Bars
Kimiko - 5th Beam, 7th Bars
Ottilie - 4th Beam, 3rd Tumble, 1st Tramp,
Ophelia - 4th Vault, 3rd Beam, 2nd Tumble, 3rd Tramp
Mabel - 4th Tumble, 3rd Bars
Ella-Rose - 3rd Tramp
Isobel - 2nd Vault, 4th Range, 4th Tramp,
Iona - 7th Tumble, 7th Tramp



Darcey - 4th Vault, 4th Beam, 2nd Tumble, 3rd Range, 2nd Tramp, 2nd Bars
Natalia - 3rd Vault, 3rd Beam, 4th Tumble, 2nd Range, 3rd Tramp, 3rd Bars
Rosie J - 1st Vault, 4th Beam, 3rd Tumble, 4th Range
Isabelle - 2nd Vault, 1st Beam, 3rd Tramp, 4th Bars
Summer - 1st Tramp, 2nd Bars
Harriet - 5th Vault, 5th Beam, 5th Range, 1st Tramp, 3rd Bars
Mia - 6th Vault, 6th Beam, 6th Tumble
Lillian - 7th Tumble, 7th Tramp
Sofia - 5th Tumble, 5th Tramp
Rosie Jones - 5th Vault, 5th Range
Megan - 1st vault
Abigail - 1st Vault, 2nd Tumble, 2nd Tramp, 3rd Bars
Betsy - 3rd Vault, 3rd Beam, 2nd Range, 4th Bars
Isobel - 4th Vault,
Millie - 2nd Vault, 1st Beam, 3rd Tumble, 1st Range, 4th Tramp, 2nd Bars



Hollie - 1st Range
Maisie - 5th Tumble
Rosalie - 2nd Tramp,
Lucy - 3rd Tumble, 3rd Range
Ruby - 4th Vault, 4th Beam, 2nd Tramp
Ava - 4th Vault, 2nd Range, 1st Tramp, 5th Bars
Gabriella - 1st Vault, 4th Tumble, 2nd Tramp, 3rd Bars
Amelia - 3rd Vault, 3rd Beam, 4th Bars
Alyssa - 4th Vault, 1st Beam (Overall Champion Award for Beam) 2nd Tumble, 1st Tramp, 3rd Bars
Layla - 4th Tumble, 4th Range, 3rd Tramp
Katelyn - 2nd Vault, 2nd Tumble, 3rd Range, 1st Tramp



Olivia - 2nd Vault, 2nd Beam, 4th Tumble, 2nd Range, 3rd Tramp, 3rd Bars
Evie - 3rd Vault, 1st Beam, 2nd Tumble, 3rd Range, 4th Tramp, 1st Bars
Maisie-May - 3rd Beam, 3rd Bars
Amelia - 2nd vault, 2nd Beam, 2nd Tumble, 4th Range, 1st Tramp, 2nd Bars
Fabiana - 3rd Vault, 1st Beam, 3rd Tumble, 1st Range, 4th Tramp, 1st Bars
Jess - 4th Vault, 3rd Tumble, 4th Range
Emma - 4th Beam, 4th Tumble, 3rd Tramp
Holly - 4th Vault, 1st Tumble, 1st Range, 3rd Tramp, 3rd Bars
Sophie - 2nd Vault, 2nd Tumble, 3rd Range,
Daisy - 1st Vault, 2nd Tramp
Geena - 5th Tramp

SQUAD CAMP DAY



Our very first squad camp day experience was a success. All the girls did amazing, they had the chance to train with other coaches, had a ballet session with the amazing Laura, a street dance session with Kayley from K-Fusion, we did some goal setting and a super fun game of hide and seek. Well done girls lots of new achievements and positives to take away from such a fun day!



General News

BG MEMBERSHIP

Your child's British Gymnastics membership is due for renewal. If you have not already completed this online process you **MUST** do this before your child's next session. To do so please sign into your BG account and make payment directly to BG.

SHORTS

Gymnasts are able to wear shorts for training but they must be plain black gymnastic shorts can be worn by gymnasts in training only, we encourage our younger gymnasts to avoid wearing shorts during training as this can have an impact when it comes to competition and they can not wear shorts. Please no branded shorts or cycling shorts - gym shorts only.



POLITE REMINDER ABOUT EARRINGS

Please note all earrings must be removed before entering the gym. Please leave them at home so they do not get lost. Tape cover is **only** allowed for the 4 to 6 weeks healing process after this time earrings are not permitted to be worn in the gym, as this voids our insurance with British Gymnastics. Please ensure you bring your own tape.

Recreational Stars



Shout outs

Amelia S
Anna S
Bella C

Hannah M
Ellie B



Awards



We have had so many of our wonderful members receiving Star of the week, Winstrada and Seven steps to success awards this month, be sure to check out our facebook page to see just some of the awards given.

Iona



Iona has been in squad since before lockdown when she was a very tiny gymnast. Iona's love for gymnastics has just grown and grown the longer she has been in the gym and is an asset to us at Whitehall. She always tries her best when asked to do things. Iona is coached by Alan and is a delight to have in the group. Outside of the gym Iona is very creative and loves to share her art with others. This year has seen Iona doing her Round off Flick and her jump to catch (which had beautiful shape and power.) We love being a part of Iona's Journey.

Squad Member Spotlight

Mia is Coached by Asha and was first noticed by her in her recreational group. Asha said "I immediately noticed her determination and just pure love for gymnastics. She moved to my 3 hour session and has continued to step up her game, constantly trying her hardest and doing it always with a smile on her face." Mia takes on all notes, practises at home and always puts in 100% effort. Mia really is a pleasure to coach. Keep up the hard work Mia, we are all proud of you!

Mia B



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.

*Striving for success without working hard,
is like trying to harvest where you haven't planted.*

Looking ahead

November

10th November - Essex Teams
Saturday 30th November 12:30-5:00 - SQUAD DISPLAY
REHEARSALS

December

Saturday 7th December 12:30-3:30 - SQUAD DISPLAY
REHEARSALS
SQUAD SHOW - Sunday 8th December
Show 1 - 10:00-11:30 / Show 2 - 12:30-2:00
Sat 21st of Dec - LAST REC CLASS