

WHITEHALL GYMNASTICS CLUB NEWSLETTER

September 2024

A message from Coach Kayley



September has arrived with the start to the new school year, we are now into the new routines and back to training. After the break we are re-building fitness and flexibility levels. Remember regular stretching and conditioning will help you achieve new skills. Competitions have restarted with some fabulous results by all, watching gymnasts grow in confidence and skills is definitely the best part of coaching. We have also started new recreational and pre-development classes so welcome to all new gymnasts. 😊
Coach Kayley

Squad Achievements

Round off
Flick Flick:
Sophia
Summer
Isabelle
Rosie

Straight Front:
Ava

Back hip Circle:
Ivy
Forward Hip Circle:
Summer

Handspring:
Ida
Rosie M
Darcey

Front Somi on Trampoline
and Tumble:
Darcey

Trampette:
R/o Tuck : Maisie B
Straight Front:
Rosie J

Round off
Flick:
Rosie
Jones

Front Somi:
Millie

Circle up:
Aurora

Backwards
walkover:
Ella
Tavi
Hallie

Shiny Bar Sole
Circle:
Ruby, Lucy and
Ava

1/2 on Upstart:
Olivia

Tuck Back
Dismount:
Layla

R/O flick Pike back:
Layla

Advanced recreational



Our Advanced Recreational groups are made up of gymnasts who have been identified as having a natural ability within gymnastics. They are chosen by our coaches from our recreational sessions. Our advanced recreational classes train for 1 1/2- 2 hours per week - this allows them to start learning harder skills while still having time to work on the basics of gymnastics. Advanced Rec classes may be asked to compete in competitions, these may be in house invitational competitions or even may be given the opportunity to compete at county level in competitions outside of our gym - You may recognise some of our gymnasts that got through to GG regional finals in May and got the opportunity to compete at Pipers Vale Gymnastics Club in Ipswich representing Essex. Our advanced Rec gymnasts have been working so hard recently with some of them only just increasing hours and already impressing us. Their hard work doesn't go unnoticed and we thoroughly enjoy seeing them every week as they continue to improve, progress and grow. The future is bright for these girls.



Halloween Competition

We are so looking forward to welcoming our gymnasts to our annual Halloween competition, even though it's spooky we want to make sure you're bringing those lovely smiles and pointy toes. This is your time to shine and show your parents just how hard you've been working in the gym.

The competition will start at 1:00pm and finish at approx 4:15pm

We love to challenge our competitors to create a A4 creative picture/poster with their name to show at the end of the competition. The judges choice will be awarded something for their creative work.

Theme - Halloween



COMPETITION RESULTS

Tin



First up on September 1st we had Sophia, Rosie, Rosie-Ann and Isabelle - competing in their first Classic Challenge competition in the Tin Category. Sophia's floor really shone and it was overheard what a lovely dancer she is. Rosie had a lovely clean comp and quite possibly one of the best saves I've seen on beam in a while and a flick with straight legs on floor, Isabelle displayed an amazing powerful vault just missing out on a placing and brought so much sass to her floor routine, we couldn't stop smiling. This was Rosie-Ann's first county competition and only her 2nd ever, we were impressed with how she competed and her vault was the best we've seen. Keep shining bright little ones.



Zinc

On the 8th of September we started off the day with Ava and Summer in the Zinc aged 8 Category. They performed beautifully and had a clean comp until dreaded beam, that even with a fall they both displayed some beautiful artistry and performed all their other moves with solid finishes. Ava's floor was by far the best we've ever seen it competed and she put her heart and soul into it, her vault was incredible and earned her a Rosette. Summer on Bars had two falls in her warm up and resulted in a bit of a confidence knock, she then got back up and performed an amazing big girl bar routine with a beautiful straight armed upstart to earn herself a rosette. Amazing results for your first Classic Challenge competition.



Round 2 (9-10) welcomed Evie, Holly, Rosalie and Gabbie to the competition floor. Wow what a comp from these girls! So many highs! Rosalie performed a beautiful beam routine - showing off some amazing artistry. After a hiccup on her first vault, Hollie blew us all away with her bravery to then perform an amazing second vault. Evie J didn't let nerves get the better of her and performed her flick on beam for the first time - with stunning shapes. And Gabby as always smiled throughout and put so much effort in her performances which really shone through.



Special mention to: Gabriella was awarded 3rd Vault and 4th Beam.
Evie J - 4th Overall, 1st Vault, 3rd Bars and 5th Floor

The final round of the day (11+) saw our highest amount of gymnasts competing in a county competition. It was a tough competition with our gymnasts competing in a large group. What an amazing finish to the day for our Zinc 11+, Maisie had her 1st county comp and performed beautifully on all pieces, Ruby, After losing confidence in her floor routine she put out a beautiful floor performance on the day. Lucy coped so well with a last minute change on bars like a pro and had her most consistent comp to date. Layla after struggling with baby giants on bars managed to compete it successfully. Amelia was quite nervous but put all that nervous energy to good use and performed her new floor routine brilliantly. Alyssa performed a truly spectacular vault, with lovely shapes and tightness that earned her a rosette and Olivia put out a wonderful comp with a stunning floor routine. All of our seniors consisting of Sophie, Jess, Daisy, Katelyn put in amazing and determined performances which showed off their hard work. They also really brought team spirit and were really encouraging of the Juniors. Over the whole day of Zinc scores we had Evie and Daisy finishing top 10 out of a staggering 80 gymnasts.

Jess - 6th Vault, 6th Bars, Alyssa - 6th Vault, Layla - 6th Vault, Amelia - 5th Vault, Daisy - 3rd Vault, 5th Bars, 3rd Floor, 4th Overall, Olivia - 3rd Vault, 6th Floor, Sophie - 1st Vault, 6th Bars, Lucy - 6th Floor



Copper

Our Final County Qualifier of the month was Copper with Holly and Emma both competing at this level for the first time. The girls were in a large round and held their own against a stream of talented gymnasts. Highlights of the day were Holly's strong bar routine and Emma's beautiful artistry on floor. The girls pulled off some wonderful scores and we look forward to them taking to the competition floor again soon.



Bronze

Competing on the 1st of September we had Fabi competing in the Bronze Category.



Fabiana Jackson took home a collection of awards in the Bronze 14+ category 2nd Overall 🏆, 3rd Vault 🏆, 1st Beam 🏆 & through to Regional finals. She is truly an elegant gymnast and after some nerves performed her floor routine perfectly and got all her tumbles out.

On the 29th of September Fabi attended the Regional Final at Pipers Vale in Ipswich, In a field of over 40 gymnasts Fabi really showed them what she is made of and had beautiful routines throughout each piece and so many highlights to be incredibly proud of especially her bar routine and her confidence on her backwards walkover on beam. Well done Fabi!

Silver

Also competing on the 1st of September we had Evy in the Silver Category. Evy was awarded 7th Overall, 5th Bars 🏆 and 6th Floor 🏆 Evy's floor routine was performed beautifully with her amazing tumble series getting some serious height. This was Evy's preparation competition for the Regional Qualifier.



On the 29th of September Evy attended the National Qualifier at Pipers Vale in Ipswich, Evy landed her Tsuk, went clean on Beam, performed her floor routine effortlessly and with grace and after a shaky warm up - hit her bar routine.

OCTOBER HALF TERM ACTIVITIES



**OCTOBER
HALF TERM SESSIONS**

Monday 28th October 12:30-1:30
Recreational acro workshop
5 years - 13 years
£12.00

Monday 28th October 1:40-2:40
Recreational apparatus workshop
5 years - 13 years
£12.00

Cartwheels, handstand and walkover
This 1 hour workshops is designed to cover basic acro skills (Cartwheel, handstands and walkovers). The focus is breaking down basic gymnastics acro moves. As we are breaking down the skill this makes the workshop suitable for all children that are keen to learn.

This 1 hour workshop will include a Bars, Beam, Floor and Vault. This workshop is ideal for those who enjoy their normal gymnastic class or those who are keen to have ago at gymnastics and have a go on our equipment.

OPEN GYM
Monday 28th October
2:45-3:45pm
£7.00

Thursday 31st October
11:15-12:15pm

SQUAD DAY
Wednesday 30th October
10-4pm

Squad gymnasts will be emailed additional information.

WHITEHALL GYMNASTICS CLUB - COLCHESTER CO2 8HR
www.whitehallgymnasticsclub.co.uk

All sessions can now be booked via our website or portal. There are limited spaces so booking are on a first come first serve basis.

More information about our OPEN GYM

It is an unstructured open class.

Great fun for school holidays!

£7.50 for an hour of fun and excitement!

Unstructured open session! Perfect if you want to practice skills or have a go on our gymnastics equipment.

Everyone is welcome, members or non-members. Please wear short/leggings and T-shirt or leotard. No zip, buttons or tassels as can get caught and cause injury and it could damage the equipment. Newly pieced ears can be taped.

Please contact us if you have any questions.

SQUAD CAMP DAY

We have an exciting day planned for our squad camp day. There are a couple of spaces remaining - booking is essential.

HERE ARE SOME OF THE EXCITING ACTIVITIES WE HAVE PLANNED:

**GOAL
SETTING**



TRAINING



**BALLET
SESSION
WITH A
BALLET
TEACHER**



CONDITIONING



TUMBLE CIRCUITS



GAMES

DANCE SESSION WITH

K-FUSION

MINI SHOWCASE



General News Squad kit

The perfect Christmas present.

Please ensure you have purchased our squad tracksuit top. This is a requirement for our gymnasts that trains 3.5 hours plus. All sizes are currently in stock. You can purchase from the link below.

All sizes are currently available on totalgymnastics website.



CHALK

Reminder we do not sell chalk. You can purchase safe chalk from gymnastics express or gymnastics planet.

Not everyone is aware, but it is vitally important that gymnasts and gyms use pure, safe chalk from a safe source. All chalk used in the gym should be 100% pure and safe to use. We kindly ask you to consider not purchasing cheap, mystery chalks which may be dangerous. Please avoid purchasing from sites like 'Temu' This chalk is not safe and can cause and trigger respiratory issues.



Our wonderful and talented coach Kayley has recently started her own dance company, K-fusion. Located in Alresford, K-fusion offer hip hop classes exploring a range of dance styles from street to Kpop. Classes available for ages 3 - adult.

K-FUSION

Please visit www.k-fusion.co.uk for more details.

Recreational Stars



Shout outs

Charlotte H	Maisie L
Emilia T	Hannah T
Isabelle C	Maisie M
Rose C	Elsie
Lily K	Niamh P



IT'S PARTY TIME

DID YOU KNOW THAT YOUR CHILD COULD CELEBRATE THEIR BIRTHDAY WITH US AT WHITEHALL GYMNASTICS CLUB.

FUN GYMNASTS IS THEMED BIRTHDAY PARTIES

CENTRED AROUND HAVING FUN, BURNING OFF SOME ENERGY - ALL IN A SAFE ENVIRONMENT. SEND US A MESSAGE FOR FULL DETAILS.

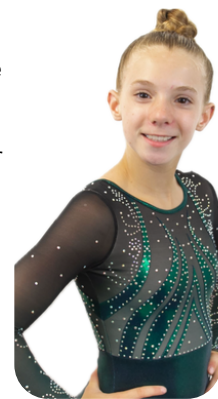
Rosie J



Rosie Jones is part of Coach Caroline's general squad. She is always hardworking, listens carefully to instructions and makes sure she puts 100% effort into everything she does. Whilst she is a quiet member of the group, she has grown in confidence, particularly in the last few months. She never has to be reminded to stretch and extend and this has not gone unnoticed, particularly during conditioning and line work. She always tries to perform to the best of her ability and this has seen a massive improvement in her power and technique. Rosie is a joy to teach and she deserves high praise. She is always consistent during competitions and is a valued member of the team.

Squad Member Spotlight

Evy was first coached by Charlee when she was only 5 years old. She can be seen in the gym spinning through the air and swinging round the bars. Evy has been working really hard over the past few months to improve her routines, she has been keen to rep her routines over and over to help prepare her for her competitions. We have seen a big improvement with her skills and stamina with her hard work and efforts. Evy recently competed her Tsuk vault (alto vault) at the county qualifier which was a big personal achievement. Your coaches are super proud of you! Well done Evy, keep up the hard work!



Evy

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. Please feel free to double park in front of our coaches.

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.

If you don't leap, you'll never know what it's like to fly

Looking ahead

October

6th October - Essex County Grades 2,3 & 4
20th October - The Rainbow
26th October - Halloween Rec Comp
30th October - Squad camp day

November

3rd November - Regional Copper & Zinc Finals PV
10th November - Essex Teams
17th November - Inter County Teams & FIG (H/N Qualifier) PV