

Bangor Gymnastics Club

www.bgc.org.uk

NEWSLETTER

September 2006



Welcome back to everyone and to all our new gymnasts who were successful in the recent trials and have joined the club.

It has been a very busy year with a number of developments and changes in the club including the election of a new committee (please see details). We must say a big thank you to our outgoing committee members; Jaci Pennington, Lynn Roberts, Linda Clitheroe and Glenys Campbell who have done a tremendous amount of work for the club and gymnasts over the years and to our outgoing chairman; Geraint Simpson.

Geraint has been chairperson for the past 5 years as well as being one of our senior coaches achieving successes with our gymnasts in a range of competitions both at local and national levels. He has also secured a number of grants and funding for the club as well as organising fund raising events. This has contributed to the ongoing development of the club training opportunities for gymnast coaches and the purchase of specialist equipment. He will continue as a coach later in the year after a break to enjoy the arrival of his and Elen's second baby, Catrin. Thank you again Geraint and congratulations to the Simpson family.

There are a number of activities and events planned for this term including a sponsored tumble, our annual club championship and a training course for our young coaches. Dates and details will follow for these events.

Thank you to all parents/guardians who have registered their young gymnast(s) and have renewed their annual insurance and membership of WAGA/BAGA at the recent registration sessions. If for any reason you were unable to attend, it is imperative that you contact the registration secretary, Martha Khan, as soon as possible. No gymnast is permitted to attend training sessions unless currently registered and the insurance payment has been received.

Finally thank you to everyone who has helped support the club during the year. If you are interested in helping at training sessions or have ideas for fundraising or the website please contact one of the committee members. We look forward to seeing everyone later in the term at the club championship.

Bangor Gymnastics Club Committee

Committee Members 2006-07

Elected officer positions:

Chair Gill Parker
Deputy Chair Mair Eluned
Secretary Katherine L Parri
Treasurer Debbie Barnett
Coaching Director Stan Buckley
Membership (Secretary) Eirlys Jones

Non-elected Positions:

Child Welfare Officer Alison Hughes
Publicity Secretary Mair Eluned Susan Taylor-Jones
Registration Secretary Martha Khan
Waiting List Yvonne Smith
WAGA Membership Martha Khan
100 Club Rhianwen Gadd
Website Editor Pegi Martin
Gym-wear Stephanie Broadhead
Fundraising

Club Shop

We are very grateful to Stephanie Broadhead who has taken over responsibility for club gymwear. Club T-shirts, jackets and boys and girls' leotards can be purchased/ordered from Stephanie at her shop 'Surfbreak' (opposite the Octagon) in Bangor where she has set aside an area for the stock.

Child Welfare and Safety

As the evenings get dark earlier, our child welfare officer – Alison Hughes - has asked us to remind everyone that it is parents' responsibility to drop off and collect their gymnast from the GYMNASTICS HALL.

Maes Glas is a public facility and the gymnasts are only under the supervision of the coach during their actual session. It is up to you to make sure that the coach is present (yes, there are sometimes unavoidable delays) at the beginning of the session and to collect him/her promptly at the end. In the event of your being delayed we suggest that you discuss with your child emergency arrangements for this eventuality.

Club Fees

Some problems have arisen over the payment of club fees recently and it is necessary to clarify our procedures for both new and existing members.

Fees are payable in advance at the beginning of each term plus one annual insurance payment (due in September). Prompt payment of fees is essential as we are charged in advance for the hire of the gymnastics hall.

The club runs for the whole of the year (excluding 2 weeks at Christmas and 1 week at Easter) and fees are spread equally over the whole period. The club's overheads also continue over the whole year and therefore there is no facility to 'take off' fees when a gymnast does not attend due to family holidays, etc.

The club is run on a voluntary basis and is self financing but margins are very tight and we cannot run at a loss. We're sure you will agree that the fees are very reasonable for the quality of experience and coaching the gymnasts receive.

There is a long waiting list for all classes and if your gymnast is to be absent from classes for more than 2 weeks then we would ask you to let the coach know so that his/her place is safeguarded. Likewise if for any reason he/she no longer wishes to continue in the club the coach should be informed as soon as possible so that place can be reallocated.

We hope this clarifies these details and procedures. Thank you for your co-operation and support.

Welcome Back Mair!

We would like to say a big welcome back to Mair Eluned. Mair is returning to coaching at the club after the birth of her gorgeous baby Cai earlier in the year. She has been missed by us all and we are all delighted to see her back this term.



Competitions and Courses

Welsh Schools Competition

An amazing 22 of our gymnasts represented Eryri in this year's Welsh Schools Competition, making up the large part of the team in each age group. The competition eventually took place in Cardiff in April after postponement due to snow.

The under 11 boys team secured 2nd place; under 13 girls team 3rd and under 19 boys team 2nd.

Cameron Davies and Danny Chadwick came 1st and 2nd respectively. Cameron went through to the British finals where he came 4th in the tumble competition. Fantastic achievements by both!

Gymnast of the Month

Congratulations to all the gymnasts who have worked hard enough to be our 'Gymnast (boy and girl) of the Month'. Photographs of current and recent trophy holders can be seen on the notice board.



Welsh Gymnastics Association Grades 2006

This year's Grades proved very successful for the club with entries at grade 6, 5 and 4. The competition involves compulsory work on bars, vault, beam, floor and conditioning. All 19 girls passed with 12 highly commended.

Madison Khan (Grade 6), Olivia Reynolds and Bethany Parker (Grade 4) went on to represent North Wales in the final in Cardiff in February with the Grade 6 North Wales team gaining Bronze position and the Grade 4 team in Silver position.

Summer Course 2006

Many thanks to coaching director, Mr Buckley, for organising this year's summer course at the club. Thanks also to our coaches; Sarah Evans, Mair Eluned, Tom O'Rourke, Geraint Simpson and to visiting coach Mr Steve (Perry).

Well done to all the gymnasts who took part, worked hard and had a fantastic week!

Neston Sets Competition 2006

Floor and Vault

26 gymnasts from classes across the club represented the club at Neston on the Wirral on 2nd July, with 17 winning medals: 10 gold, 4 silver and 7 bronze.

The club came 3rd overall out of the 9 clubs entered – its highest position yet in this competition. Congratulations to everyone who took part and thank you to all the coaches in the training sessions and to Sarah Evans, Tom O'Rourke and Sian Eagleston who accompanied the gymnasts on the day.

Urdd Competition

Well done to all the gymnasts who took part in the National final of the Urdd Gymnastics Competition in Aberystwyth; Zoe Bullock, Leanne Rowlands, Lisa Campbell, Esyllt Martin, Efa Morgan, Lucy Roberts, Colette Holloway, Michaela Khan, Lois Jones and Madison Khan.

Coaching Courses

The club encourages and promotes the training of new coaches and opportunities for further development in our existing coaches.

Well done to our new young assistant coaches who successfully attended and passed their course and examination and are now assisting with classes, and to Tom O'Rourke and Sarah Evans for qualifying as Women's Artistic Club Coaches.