

NEWSLETTER

April 2007



Welcome Back

After a very busy Spring term we would like to welcome everyone back to the club and our new members.

Our coaches and gymnasts have worked really hard over the last term preparing our young male and female gymnasts for the Welsh Schools Regional and National Competitions, the Urdd Competitions and for the female Grades 6,5,4 and 3 examinations as well as running all the classes.

Mr Stan Buckley, coaching director, also organized sessions for our Elite girls at Lilleshall National Sports facility in Shropshire from which the girls benefitted and enjoyed greatly. The girls also worked with

Buckley Gymnastics Club gymnasts at their club and in Bangor. We are grateful to all our resident coaches ; Mr Stan Buckley, Sarah Evans, Mair Eluned, Geraint Simpson and Tom O'Rourke as well as visiting coach Steve Perry, and Ms Maxine Baker and the Buckley coaches for their input during the last term.

Well done to all our gymnasts who have worked hard to improve and perfect their skills during the term. These will be put to good use in working towards the gymnastics badge awards this term and the forthcoming sponsored tumble planned for 8th - 14th May.

Bangor Gymnastics Club Committee

Child Welfare and Safety

Remember please 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 at the beginning of the session and to collect your child promptly at the end.

A register is taken during the class. If for any reason your child needs to be collected before the end of the session please ensure that the coach knows this before your child leaves the gym.

In the event of your being delayed we suggest that you discuss with your child emergency arrangements for this eventuality.

Our Child Welfare Officer is Alison Hughes.

She can be contacted on 07766997747 or
07710501190

Club Fees

You will recently have received your fees letters for term 3 and we thank everyone who has paid their fees so promptly. This has really helped as the club is charged in advance for the hire of the hall. If you have not yet paid your fees please remember to add the **late charge of £5** to the fee.

Please also remember that the club runs for the whole of the year (excl. 2 wks at Christmas and 1wk at Easter). Our overheads also continue over the whole year with fees spread equally over the 4 terms. Unfortunately there is no facility to 'take off' fees when a gymnast does not attend due to family holidays etc.

However, if your gymnast is likely to miss more than 2 weeks of classes please let the coach know so that his/her place can be safeguarded.

Club Records

It's important that the information that we have is correct for contact with you or in the event of an emergency. If any of your or gymnast's details have changed please advise your coach or a committee member in writing so that we can update our records.

Thanks to:

Outgoing committee member Pegi Martin for her work with the club on Gym Mark and the website. We welcome Dilys Buckley on the committee.

Alison Hughes for organizing a permanent and tamper proof box in the gym for our first aid kit.

Wiss Ltd, www.wiss.co.uk,, Parc Menai, Bangor who are providing our internet service free of charge to the club.

Help!!

Are you a web site wizard?

We are looking to improve and update the club web site.

If you think you might be able to help please see any of the committee members or contact me on my email:

gillparker@fsmail.net

BANGOR GYMNASTICS CLUB

www.bgc.org.uk



SPONSORED TUMBLE 8th –14th May 2007

We are planning a sponsored tumble with all classes beginning Tuesday 8th May.

We are a non profit making organization so all the monies we generate from fundraising activities are directly invested in the club to purchase/maintain/improve equipment and facilities, train coaches and judges. These investments benefit the gymnasts at every level.

Your son/daughter will be bringing home further details and a sponsor form soon and we thank you for your continued support with this important fundraising event for the club. If each gymnast is able to get sponsor money of just £5 we would be able to raise over £600 - so every penny counts!!

If you have any other ideas for fundraising or if your business is interested in sponsoring the club please see any of our committee members or coaches.

Welsh Gymnastics Association Grades March 2007

The club entered a number of gymnasts into the annual grades examinations involving compulsory work on bar, vault, beam and floor.

Grades 6 and 5 took place in Wrexham with Hannah Owen, Catrin and Ceri Jones passing Grade 6. Madison Khan, Anna Davies and Hannah O'Rourke passed Grade 5.

Kate McCallum and Michaela Khan were successful in Cardiff passing Grade 3.

Well done to all the gymnasts entered for the grades and for their hard work and the commitment of all the coaches over the last few months.

1/2 TERM BOYS COURSE

Some of our boys were invited to attend extra training on a specially organised course during the February 1/2 term. Thank you to visiting coach Paul Edwards from Wrexham Gymnastics Club for a successful session.

Gymnast of the Month

Well done to our recent gymnasts of the month (photos on the noticeboard in the gym).

Keep working hard everyone - it could be you next time!!

Welsh Schools Competition March 2007

Bangor gymnasts did really well again in this year's qualifying competition in Caernarfon with 20 of our gymnasts securing places in the squad and making up the large part of the Eryri team in each age group in this year's Welsh Schools Competition.

The final of the competition took place in Cardiff on the 2nd of March with the under 11 boys team taking 2nd place; under 13 girls team 3rd and under 19 boys team 2nd with Eryri 3rd overall. Cameron Davies and Nathan Broadhead were 1st and 3rd in the under 11s with Danny Chadwick-Jones 3rd in the under 19 section. All 3 boys will take part in the British final later this ter, Many thanks to all the coaches, judges and helpers and to John Pike for organizing the regional competition, travel and accommodation.

Urdd Competition

A number of club gymnasts took part in the regional qualifying rounds of the Urdd Gymnastics Competition in Eryri and Ynys Môn.

Bethany Parker, having won the regional competition on Ynys Môn in November, took 1st place for the island in the National Individual Girls Primary competition in Aberystwyth in February.

Annie Davies, Nathan Broadhead and Madison Khan represented the Eryri region in the trio section of the same competition. The Secondary competition was postponed due to the weather and will take place later this term.