

Bangor Gymnastics Club

www.bgc.org.uk

NEWSLETTER

July 2007



Hello to gymnasts, parents and friends and thank you to everyone who attended the recent AGM.

It has been a busy term for gymnasts and coaches with a number of competitions, extra training sessions, coaching courses and fundraising activities having taken place in the last few months. Read on for more on each event.

Following a fundraising event at ½ term, parent Pearl Mead has organised a **SUMMER FUN DAY at SNOWDONIA CARAVAN PARK, Brynrefail nr LLANBERIS** on **TUESDAY 7TH AUGUST from 10.30pm** to which all gymnasts, families and parents are invited. Admission is free with a range of free and charged activities organised for the day. Proceeds will be shared between the **club** and the **RNLI**

A **hog roast** will complete the day between starting at 5.30pm. Tickets for the **hog roast** are available in advance from Sarah Evans or can be purchased on the day. (Further details of the day are on reverse of this letter and on the posters in the gym.)

We hope you will be able to support the event. The club will be running a **raffle on the day** and we would be grateful for any prizes for **this and tombola items for the RNLI stall**. Please pass to any of the committee members or Sarah Evans. We look forward to the day!!

Bangor Gymnastics Club Committee

Club Fees

Many thanks to so many parents for the prompt payment of this term's fees. If you have forgotten to pay please remember to add the **late payment charge of £5**.

Prompt payment of fees is essential as we are charged in advance for the hire of the gymnastics hall

Please also remember that 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.**

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.

Thank you for your co-operation and support.

Elite Gymnasts Annual Apparatus Competition Maes Glas 3rd December

Almost 30 of the club's elite gymnasts took part in this year's competition. The girls took part in a 3-piece event on asymmetric bars, beam and floor. The boys competed on parallel bars, floor and rings.

Overall champions in the 6 groups were as follows:

Pre Elite Girls: Madison Khan
Junior Elite Girls: Molly Jones
Elite Girls: Bethany Parker
Senior Elite Girls: Katie O'Rourke
Jnr Elite Boys: Nathan Broadhead
Snr Elite Boys: Danny Chadwick Jones

!!BGC Website!!

Many thanks to Dilys Buckley for her hard work on updating the club website. It's an exciting development for the club. Hopefully you will find it useful with details of the club events and competition results and a who's who. We are still in the process of adding information and further details. If you have any comments or ideas for it please email Dilys via the site.

Thanks also to Wiss Ltd, www.wiss.co.uk, who are currently providing our internet service free of charge.

Welsh Gymnastics Novice Competition 4th November 2006

9 of our junior elite gymnasts in 2 teams represented Bangor Gymnastics Club in the 10/11 yr age group in this national novice competition.

Coach, Sarah Evans accompanied team 'A'; Michaela Khan (captain), Sarah Barnett, Olivia Reynolds, Bethany Parker and team 'B'; Kate McCallum (captain), Lois Jones, Molly Jones, Sasha Wignall and Aimee Hughes to Sofia Gardens in Cardiff.

All the gymnasts put on good performances on vault, bars, beam and floor and were a credit to the club.

16 teams took part with Bangor team 'A' coming 6th and team 'B' coming 10th. 83 girls in total competed from all over Wales and individual results/places included Bethany Parker 6th on beam and 7th on floor and overall placed 7th; Michaela Khan 9th on bars and Kate McCallum 9th on floor.

Sponsored Tumble June 2007

Well done to everyone who took part in the sponsored tumble. Thank you to parents, relatives and friends who sponsored the gymnasts and helped to raise over **£1200** for the club. We appreciate every contribution however small. Special recognition goes to our top fundraisers; **Hannah L Roberts who collected £155, Phoebe G Roberts - £145 and Anna Barker - £85.** A fantastic effort!!

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 from the gym hall promptly at the end. In the event of your being delayed we suggest that you discuss with your child emergency arrangements for this eventuality.

Fundraising

A special thanks goes to parent **Pearl Mead** who organised a fun day at Snowdonia Caravan Park in Brynrefail as well as securing sponsorship from a number of local firms raising over **£800**. **Our local sponsors include: Snowdonia Caravan Park, Brynrefail nr Llanberis J&J Caravans, Kinmel Bay, Rhyl**

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