

Wolverhampton Gymnastics Club

WELCOME

A new year of gymnastics has begun, Wolverhampton Gymnastics Club has started the year strong with the recent Floor & Vault Competitions and the Regional Grade Competitions.

In February we had the Annual Awards Evening which opened with some comedy from Pete and some lovely singing by Emmie Simmons. Well done to everyone who received an award and to all the gymnasts for their hard work over the 2017 gymnastics year.



In March the gymnasts and coaches emptied the foam from the pit ready to be filled with new foam.

The cost of the foam was in the region of £6000.

The new foam is of a different material and offers increased support to the gymnasts as they use the pit to develop their skills.

Floor & Vault



In March Floor & Vault had their first competition of 2018. They came away with numerous medals (3 golds) and trophies leading the management to recognize that a bigger trophy cabinet may be necessary.

At time of print I have not seen the results so am unable to congratulate the gymnasts individually. Well done to all who competed and especially to those who were awarded medals.



Artistic Gymnastics - Grades Competition

The first competition in the artistic schedule is the NDP Grades which takes place in spring each year. Wolverhampton competes against numerous clubs in the Midlands area. The grades competition structure is as follows: (minimum age is the age the gymnast will become during the year)

Min Age	Compulsory Grades	Club Grades	
8	Grade 5	Club Grade 6	
9	Grade 4	Club Grade 5	
Min Age		National Grades	Regional Grades
10	Grade 3	National 4	Regional 4
11	Grade 2	National 3	Regional 3
12	Grade 1	National 2	Regional 2
13		National 1	Regional 1

Compulsory Grades (4-1) and National Grades (4-1) lead to a National Final. In 2018 these are to be held at the Fenton Manor in Stoke-on-Trent in May. The top six gymnasts earn themselves a place on the West Midlands Team. The top four compete, the fifth travels with the team and joins the team as they work the pieces but does not compete. The sixth place member of the team is a reserve for if one of the top five has to pull out.

Compulsory & National Grades - 24/25 April 2018

On Saturday 24 April 2018 at Cannock Sports Centre the Compulsory Grades took place.

Wolverhampton Gymnastics Club had one entry **Shae Drysdale** who competed at Compulsory 5. Compulsory 5 is the first competition along the elite route.

Shae received a rosette for the highest score on **Vault** and finished 2nd overall; receiving a **silver medal**. Well done to Shae and her coach Luke.



On Sunday 25 April 2018 the National Grades took place. WGC entered gymnasts in Grades 3, 2 and 1.

Libby Woodhall and Karyce Johnson competed at Grade 3. Karyce was unfortunately injured during her first piece - bars, this meant she had to pull out of the competition. Libby had a good competition and finished with a Distinction.

At Grade 2 WGC entered 4 gymnasts. Ellen Groves, Faith Evans, Neve Fraser and Emmie Simmons. All gymnasts passed the competition with Faith Evans and Neve Fraser receiving Commendations.



Ellen Groves finished in 6th place for which she received a **rosette**. Ellen is a non-travelling reserve for the National Grades Competition at Fenton Manor in May. This means that if a gymnast in the West Midlands Team needs to pull out Ellen will take their place as travelling reserve. Ellen's score received a Distinction.

At Grade 1 there were 2 gymnasts. **Paris White** and Hayley Rushton.

Paris has not been able to compete for 18 months due to injury but has returned in amazing form with a performance that earned her 2nd place and she received the **silver medal**. She also received rosettes for highest scores on **Vault** and **Bars**. Welcome back Paris and Well Done.

Hayley Rushton received a rosette for the highest score on **Range & Conditioning** and finished overall in 5th place receiving a rosette and a place as travelling reserve for the West Midlands Team. Both Paris and Hayley received a Commendation for their scores.

Well done to all gymnasts and their coaches (Luke, Gemma, Dave and Abbie) and thank you to our volunteer judges Abbie and Amira.

Regional Grades - 28/29 April 2018

On Saturday 28th April and Sunday 29th April the Club & Regional Grades took place at Cannock Leisure Centre.

Club Grade 6 is the first competition on the NDP Grade route. WGC entered 5 gymnasts in this competition. Four gymnasts competed in-age and one competed out-of-age. Well done to Demi-Lea Simpson Taylor, Ava Johnson, Jorja Simpson, Matilda Swinburne and Bethany Murror for their strong performances and achieving Distinctions.

At Grade 5 In-Age two gymnasts were entered. Well done to Lexi Addison and Lola Richards who both received a Distinction.

Well done also to their coaches Mel, Luke, Helena and Amira.

At Grade 5 Out-of-Age WGC entered two gymnasts:

Well done to Ruby Wafer for coming 1st overall and receiving a **Gold Medal and a Trophy**. Ruby also received a rosette for 1st place on **Bars**.

Sarah Fraser also had an amazing competition and received three rosettes for the highest score on **Vault, Floor and Range & Conditioning** and a **rosette** for finishing 6th overall. Congratulations.

Well done to Ruby, Sarah and Mel (Coach)



At Regional Grade 1 three Wolves gymnasts were entered. This is the final competition on the Regional Route of the NDP Grades.

Ella-Mae Aston finished in 4th place and received a **Rosette** with a Distinction score. Erin Morris also scored a Distinction and received a Rosette for 1st place on **Beam**. The 3rd Competitor Olivia Bates received a Commendation. Well done to all three competitors and to their coach (Dave).

The next competition on the Artistic Schedule is the County Competition in July which will be held at Wolverhampton Gymnastics Club. This competition is run on Level rules and is a good practice for the Regional Level competitions which take place in September and October.

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NOVICE COMPETITION

On the 12th and 13th of May the Floor and Vault groups coached by Mark, Mel and Dave entered the Novice Competition which took place at Chase Leisure Centre, Cannock.

The Novice Competition consists of three levels: Beginners, Intermediates and Advanced. Each competition is then broken down into age groups. The gymnast competes on either 3 or 4 pieces (the top 3 scores count as their all-around score).

In the Beginners 10-12 years Wolves entered 7 gymnasts in a competition with 52 total entrants. Well done to Keira Walters; Maja Ura; Maya Addiss; Eden Smith; Addison Levy, Lucy Banks and Milly Banks. Maja Ura was our highest scorer finishing in 9th place; Maja finished 1st on Floor with Eden Smith finishing in 2nd place on Floor. Most of these girls only train 1 ½ hours a week and it was their first ever competition. Well Done.



*Back left to right - Maja Ura, Eden Smith, Milly Banks
Front left to right - Addison Levy, Lucy Banks, Maya Addiss*

In the Intermediate 10-12 years 4 gymnasts were entered: Rihanna Ralph, Skye Chilton, Emily Rogers and Scarlett Harris. This was an even larger competition with 87 entrants. They all put in a solid performance and should be proud of their achievements.

In the Advanced 10-12 years there were 3 gymnasts from Wolverhampton: Millie Williams, Ella Smith, Tabitha Easterlow. Tabitha came first on both Vault and Floor and finished overall in 5th place, for which she was awarded a rosette. Congratulations Tabitha.

Finally, in the Advanced 13+ there were 5 gymnasts for WGC. Victoria Corbett, Phoebe Cope, Sydnee Mullett, Molly Edwards and Hannah Lake. With some very solid scores you should be proud of your success at this high-level competition.



National NDP Finals - 26 & 27 May 2018

The top four gymnasts from each region in the UK (with the 5th place gymnast as travelling reserve) competed in a Team Competition. Wolverhampton for the second year in a row had a gymnast in the West Midlands Team. Paris White earned her place in the National Grade 1 West Midlands Team and they competed in the last round on Sunday 27 May. There were teams from 12 regions of the UK with 41 competitors in total.

Paris had an amazing competition with an individual 3rd place on Vault, 4th on Range & Conditioning and 10th place on Floor. Paris's overall score of 62.500 gained her a 5th place all around. The West Midlands Team finished in 4th place. Well done to Paris and her coach Gemma.



County Squad - Congratulations to all gymnasts who took part in the County Trial in December and were accepted into the County Squad. Training dates are posted on the Notice Board outside the office. Training takes place at Wolverhampton Gymnastics Club on Sunday mornings.

Regional Squad - Well done to Paris, Hayley and Ellen who took part in a re-trial for the Regional Squad in January and were accepted for the coming year. Well done also to Libby and Karyce who were accepted into the Regional Junior Squad when they attended a trial session in Lilleshall in March. The full squad trains monthly at various venues and the junior squad joins them bi-monthly at Lilleshall.

Useful Information

On the Notice Board outside the office you will find the Rules of the Club, this includes dress code and expectations for gymnasts. You will also find the names of the First Aiders and the contact details for the Welfare Officer.

The management requests that parents remain in the gym until the session starts and come into the gym at the end of the session, in case a member of the team needs to speak with you.

If you have any comments or queries, please email or speak to me in the gym.