

Wolverhampton Gymnastics Club

WELCOME

We have had a busy season of competitions this summer/autumn. At the beginning of the summer the Levels exam season began for the Artistic Squad; commencing with the Metropolitan County Championship at Wolverhampton.

In September we had the West Midlands Regional Levels at the Chase Leisure Centre, followed by the Level 5 competition in October also in Cannock.

For the first time this year, WGC entered the Quatro Cup. This took place in October in Wiltshire. In November we had the Challenge Cup, then the year was rounded out by the John Reeves Competition.

The Floor and Vault Squad competed in Tamworth in October and in Stoke-on-Trent at the beginning of December and again showed their strength and ability coming away with a plethora of medals.

Levels

Competitions based on Levels rules take place from Summer to the Winter. Training starts once the Grade competitions have finished in the Spring.

The Grade competitions have a structure detailing what skills are to take place for each routine at each grade. The Levels allow the coach/gymnast to choose what skills they wish to perform within each skill level.

Gymnasts compete either in-age or out-of-age from Level 5 to 2. There is no pass/fail mark. If a gymnast achieves over a pre-set mark they are not permitted to repeat the level the following year. Gymnasts compete at the same level in all their competitions during that year.

METROPOLITAN COUNTY CHAMPIONSHIPS 2018 - JULY 2018

Wolverhampton entered 18 gymnasts this year in 9 competitions. The competition took place at Wolverhampton Gymnastics Club. Thank you to all the parents and gymnasts who volunteered on the day. The gymnasts competed their new skills well and this was a good practice for the competitions to come:

- Level 5 In-Age Shae Drysdale came first on every piece finishing with an amazing score of 50.100. Shae received the Gold Medal and a trophy. Dhemi Taylor received the Bronze medal coming 2nd on Vault and 3rd on Beam, Bar and Floor. Well done also to Jorja Simpson who came 4th.
- Level 5 OOA Beth Murror came 2nd on beam and 3rd on vault.
- Level 3 Ella Mae Aston came 1st on Vault, Bars and Beam with a 2nd place on Floor, this earned Ella the Gold Medal.
- Level 2 Libby Woodhall came first on every piece and took the Gold Medal. There were 2 competitors in this competition.
- Level 2 OOA Emmie Simmons was 1st on Bars, Beam and Floor and came 1st overall receiving the Gold Medal. Faith Evans was 2nd on Vault and Floor and received the Bronze Medal.
- FIG Espoir Ellen Groves was the only competitor at this level. Ellen put in a strong performance and achieved a solid score.
- FIG Junior Hayley Rushton and Paris White were the only competitors in this competition. Hayley took the Gold Medal and Paris the Silver.

WEST MIDLANDS REGIONAL CHAMPIONSHIPS (FIG, LEVEL 2, 3 & 4) - SEPTEMBER 2018

On the 28 & 29 September the West Midlands Levels competition took place at the Chase Leisure Centre in Cannock. This is the 2nd major competition of the year (after the Grades in the spring). Wolverhampton had several gymnasts sit out due to injury and 2 competitors who had to pull out on the day due to injury. Well done to all gymnasts who competed.

Level 3 OOA 11/12 Ella Mae Aston was the Wolverhampton gymnast in this level. Ella finished 8th with a solid performance. Well Done Ella.

FIG Espoir Ellen Groves was the Wolves entry in this competition. Ellen finished 3rd on Vault and Beam with a 5th place overall for which she received a Rosette. Ellen's amazing performance gave her a qualifying score for the Challenge Cup in November.

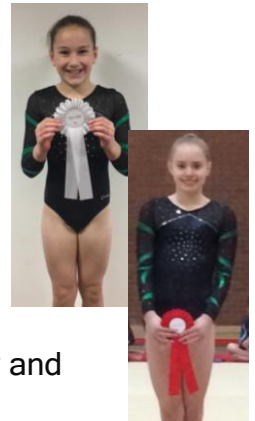
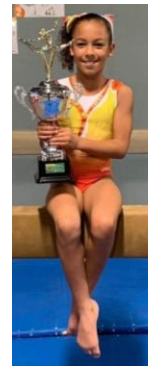


FIG Junior Paris White and Hayley Rushton competed in this competition. Hayley scored 2nd on Floor, with a 3rd place on Vault and Beam. Overall, Hayley finished in 4th place and received a Rosette. Hayley and Paris both qualified for the Challenge Cup in November.

WEST MIDLANDS REGIONAL CHAMPIONSHIPS LEVEL 5 - OCTOBER 2018

Level 5 In-Age Shae Drysdale received the Gold medal in this competition after an amazing performance. Shae also received rosettes for her 1st place scores on Vault, Bars and Floor. Well Done Shae.

Dhemi-Lee Simpson Taylor and Jorja Simpson also competed in this competition. Dhemi finished with a strong performance, especially on Bars and Beam, in 8th place. All the gymnasts performed well and look promising for the future.



Level 5 OOA 9/10 Bethany Murror had a solid competition with Beam her best piece. Well done Bethany.

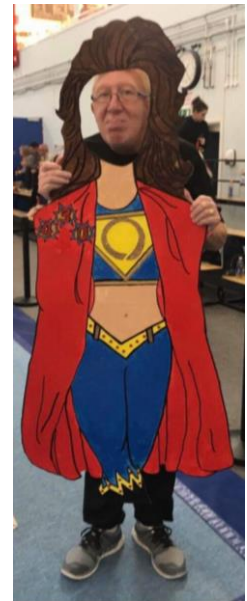
Quatro Cup 2018 - Wiltshire School of Gymnastics

The Quatro Cup is a National Competition which is run by the Calvert Gym company. The concept is to have a less serious, more fun competition (though the gymnasts still found the competing side stressful!). The competition ran for 3 days with several gymnasts having to take a day off school to compete (which they loved). The gymnasts displayed artistic pieces with their competition numbers on, the theme was Super Heroes. The numbers on display were amazing. Wolverhampton didn't win a prize for their numbers but they were all amazing.

Shae Drysdale competed in the Pre-Level 4 - 8years competition. Shae came 3rd and received the Bronze Medal. Shae also received certificates for low deductions on each piece. Well done Shae, an amazing competition at a level higher than your other competitions this year.

Faith Evans competed at Level 2 and Ella Aston competed at Level 3 and received a low deduction certificate, well done.

Paris White and Hayley Rushton competed in the FIG Junior Competition. Hayley finished 5th and Paris finished 6th. Both received a rosette. Paris also received a certificate for low deductions on Vault.



Tamworth Invitational - October 2018

The Floor & Vault Squad were invited to compete at Tamworth Olympic Gymnastics Club.

Wolverhampton Gymnastics Club entered 2 teams in Round 1 (12+) and 1 team plus some individual competitors in Round 2 (11 years and under / 9 years and under).



In Round 1 (12+), Team A consisting of Sydnee Mullett, Molly Edwards, Victoria Corbett, Hannah Lake and Eden Smith took the Silver Medal. Victoria Corbett's individual score placed her in 2nd and Sydnee Mullett placed 3rd.



Team B; consisting of Izzy Fletcher, Sophie Haynes, Milly Banks and Maja Ura finished in 5th place overall.



In Round 2 (11 and under), Wolverhampton's team was made up of; Rihanna Ralph, Millie Williams, Emily Rogers, Scarlett Harris, Ella Smith and Summer Gadd. The team finished in 1st placed and were awarded the Gold Medal. Nadia Rogers and Lucy Banks competed as individuals. In the individual competition Millie Williams took the Gold Medal and Ella Smith the Silver.

In the 9 and under competition, Wolves entered one individual gymnast, Ashleigh Elliot who performed well especially on the Vault.

Well done to all the Floor and Vault Squad and Advanced Recreational Gymnasts who entered this competition and to the coaches Mark and Mel.

Challenge Cup - Surrey Sports Centre, Guildford Surrey

The Challenge Cup is an Annual National Competition for gymnasts who have not gone through the Elite (Compulsory Grade) Competition route. To enter the Challenge Cup the gymnast must compete in a Regional Level in a Fig Espoir (12-13 years), Fig Junior (14-15 years) or FIG Senior (16+) competition. The gymnast must achieve a qualifying score in this competition to be eligible to enter the Challenge Cup. Competitors entered from clubs across the UK and Northern Ireland.

This is the first time in many years that Wolverhampton Gymnastics Club has entered gymnasts into the Challenge Cup, so this is an amazing achievement for the gymnasts and coaches involved. The gymnasts are coached by Gemma with support from Pete and Mr Jones.

All the girls performed strongly at the Challenge Cup and finished with higher scores than their qualifying scores. In the Junior competition Paris White finished 11th and Hayley Rushton finished in 12th, there were 45 gymnasts competing. Ellen Groves finished 28th out of 50 competitors.

Thank you to Gemma for being such an amazing coach and pushing the girls to reach their dreams.



West Midlands Gymnastics For All Voluntary Team Floor & Vault Championships - December 2018

The Floor & Vault Squad and the Advanced Recreational Group competed on 2nd December at the Fenton Manor Sports Centre in Stoke-on-Trent. The competition is open to both Teams and Individual competitors.

There are three levels of competitions: Beginners, Intermediates and Advanced. These are then split into age groups.

In the Beginner's (13 and under) the Wolverhampton Team came in 3rd place and received the bronze medal.



The Advanced (13 and under) Team also came 3rd and came away with Bronze Medals, Victoria Corbett took the individual Silver Medal.



The Advanced (15 and under) Team were awarded the Gold Medal and Sydnee Mullett was awarded the Individual Silver.



Well done to all those who took part in the competition, the results will hopefully be published shortly.

John Reeves Memorial Inter County Championships 2018

The John Reeves is an annual Competition between counties and was held this year at the Chase Leisure Centre. Three Counties entered the Competition: Staffordshire, Metropolitan and Hereford & Worcester.

Wolverhampton Gymnastics Club is a member of the Metropolitan County Squad. Members of the squad are picked annually at a trial training session. The squad then meets each month to train (at Wolverhampton). The team for the John Reeves is selected from the County Squad.

There is a Junior Competition (levels 4 and 5) and a Senior Competition (levels 2 and 3). Medals are awarded for Gold, Silver and Bronze and rosettes for the winners on each piece at each level.

The Junior Competition was won by Staffordshire. Metropolitan came second and were awarded Silver Medals. Shae Drysdale and Dhemi Taylor represented the County from Wolverhampton. Shae Drysdale was awarded a Rosette for 1st place on every piece. Well done Shae.



In the Senior Competition the Gold went to Hereford & Worcester and Metropolitan again came second and received Silver Medals. The team was made up of 3 members from Wolverhampton; Faith Evans, Emmie Simmons and Ella-Mae Aston. Emmie Simmons was awarded a rosette for the highest score on Bars. Well Done Emmie.



The competition was hosted by Wolverhampton Gymnastics Club. Thank you to all the volunteers who helped to make this competition run smoothly.

Investment

In order to further prepare the gymnasts for competition, the Club made the decision that they needed to invest in some new Gymnova equipment. This was because all the UK BG competitions now use Gymnova equipment. You will notice the gym has a new set of bars and a new beam.

County Squad

Gymnasts from the Metropolitan County gym clubs trialed on 16 December to become members of the County Squad. The following gymnasts from Wolverhampton successfully completed the trial. Congratulations.

Ella-Mae Aston
Emmie Simmons
Alexia White
Shae Drysdale
Dhemi Taylor
Faith Evans

DATES FOR YOUR DIARY

County Training (at Wolverhampton, 9.30 - 12.30):

20 January
24 February
17 March
7 April
23 June
14 July (competition)
1 September
6 October
15 December

PLEASE NOTE: The Recreational Gymnastics lesson times have changed from 7 January 2019. All those involved should have been informed but if you require further information please contact the gym.

Some of the Squad Training times will also change in the New Year. Your coach will inform you of any changes.