

WOLVERHAMPTON GYMNASTICS CLUB

Floor & Vault | Women's Artistic Gymnastics | Artistic Squad

Editorial

Welcome to the first WGC Newsletter. We hope that you find it informative. As this is a new venture we would welcome ideas as to what you would like to see. Please email any feedback / suggestions or speak to us in the gym. Thank you.

Upcoming Events

Artistic Competitions

18-19 March 2017

National Grades and Regional
Grades 1-3 Competitions

Venue: Chase Leisure Centre

1-2 April 2017

Club Grades 6 & 5 and Regional
Grade 4 Competitions

Venue: Chase Leisure Centre

Floor & Vault Competitions

12 March 2017

Venue: Fenton Manor Leisure
Centre

14 May 2017

Venue: Chase Leisure Centre

<http://www.chaseleisurecentre.org/>

<http://www.stoke.gov.uk/ccm/navigation/leisure/fenton-manor/>

AWARDS EVENING



The annual Wolverhampton Gymnastics Club Awards Evening was held at Bloxwich Memorial Club on Saturday 25 February 2017 and was an amazing success, again. Congratulations to the winners of medals, certificates and trophies.

The evening began with a chocolate themed competition (prize of Air Space tickets); we hope the winners enjoy your reward! The main event followed with trophies and medals presented by Pete James, Dave Parker and Mr Jones - then the gymnasts having their photo taken in the photo booth. The last award went to Mr Jones for his service to gymnastics. The evening continued with the raffle draw and then the DJ took over. The dance floor, photo booth and bar remained busy for the rest of the evening.

Mr Bob Jones

Mr Jones has been involved in gymnastics for over 35 years which began when his daughter took up gymnastics and he wished to become more involved. He became a coach and worked his way up to Head Coach of Wolverhampton Gymnastics Club in 1985.

Mr Jones was tireless in his goal to ensure that WGC had its own gymnastic facility which he achieved in 2012 when the club moved to its current location at Waddens Brook Lane.

This year Mr Jones received an award for his service to gymnastics. This was presented at the Awards Evening at which point he re-gifted the Award to Wolverhampton Gymnastics Club.

Although he has now retired from the club and handed over the Head Coach baton to Dave Parker he still visits regularly. Mr Jones stated he was still looking forward to enjoying his retirement.

We wish him all the best for the future and thank him for his devotion to the club. We would not be where we are without him!



AWARDS EVENING TROPHY WINNERS

Award List - Artistic Gymnastics

Well done to:

Junior Progress Trophy:	Karyce Johnson
Senior Progress Trophy:	Ellen Groves
Britton Trophy for Effort:	Hayley Rushton/Emily Ashwood
Junior Vault:	Karyce Johnson
Senior Vault:	Harriet Jones/Anna Posiwnycz
Junior Bars:	Karyce Johnson
Senior Bars:	Hayley Rushton
Junior Beam:	Erin Morris
Senior Beam:	Rachel Ashmore
Junior Floor:	Erin Morris
Senior Floor:	Rachel Ashmore
Junior R & C:	Karyce Johnson
Senior R & C:	Paris White
Junior Champion:	Karyce Johnson
Intermediate Champion:	Olivia Bates
Senior Champion:	Ellen Groves
Club Achievement Trophy:	Paris White

WELL DONE TO ALL WINNERS
OF MEDALS CERTIFICATES
AND TROPHIES!

Award List - Floor & Vault

Well done to:

Trophy for Effort:	Sydnee Mullett
Vault:	Sydnee Mullett
Bars:	Sydnee Mullett
Beam:	Victoria Corbett
Floor:	Victoria Corbett
Floor & Vault Champion:	Victoria Corbett

THANK YOU TO ALL THE COACHES, BOTH SENIOR AND JUNIOR AND ALL THE SUPPORT STAFF WHO KEEP THE GYM RUNNING SMOOTHLY.

Congratulations to Lucie Hill who won the Handstand Competition in 2016.

For 2017 the competition is open to all Club members. Simply take a photo of your gymnast in a handstand, write their name on the photo and hand it to Mark Thomas.

Good Luck.

HANDSTAND COMPETITION

Floor & Vault

2016 was an excellent year for all the Floor & Vault groups with lots of gold and silver medals throughout.

Well Done.

The Floor and Vault is made up of two squad groups run on Wednesdays, Fridays and Saturdays. They have also introduced a probation group on a Tuesday run by Helen Watson.

Competitions are on Sunday 12th March at Fenton Manor and Advanced Novice a week later for Sydnee Mullett, Victoria Corbett and Ella Bennett.

County Squad



The **Metropolitan County Squad** trial took place in December 2016. All WGC previous members who were in attendance retained their place and a number of new WGC gymnasts passed their trial.

Well done to you all!

The members of WGC currently training in the County Squad are: Emily, Ella-Mae, Olivia, Faith, Grace, Neve, Karyce, Harriet (not in picture), Victoria, Anna, Emmie, Libby and our new additions Shae, Lucie and Lola. The next County training session is on the 9th April 2017 09:30 at Wolverhampton Gymnastics Club.

Regional Squad

The first session of the West Midlands Regional Squad took place on Thursday 12 January 2017 at Lilleshall National Sports Centre. Paris (who was previously the only WGC Regional representative) attended with the nervous Ellen and Hayley who had been invited to trial. All three girls worked hard and the trial gymnasts (after a nail biting week of waiting for the result) were rewarded with a place in the squad.

Well done to all three girls and their coach Gemma!



Gymnastics Equipment

Leotards

For 2017 Wolverhampton Gymnastics Club gymnasts are going to be sporting a lovely new competition leotard which has been purchased from Quatro Leotards. Below is a picture of the new leotard and, for comparison, the competition leotard from 1993. Which do you prefer? I am sure our girls will look perfect in their new leotards.



Squad Leotard and Jacket 1993

(Pictures courtesy of Gemma)



Squad Leotard 2017

(Picture courtesy of Abbie)

HOW TO CARE FOR YOUR LEOTARDS

A question I often hear in the gym is what is the best way to wash leotards?

This advice is from Quatro Leotards however please refer to the washing labels on all your leotards as different companies and different materials require different care. I hope this helps!

- Wash inside out immediately after wearing.
- Machine wash by itself using a gentle cycle with a large volume of coldwater (Quatro say you can use a mild liquid detergent - if in doubt leave it out). Some websites suggest using half a cup of table salt instead.
- Remove from the washing machine immediately after the spin cycle and dry on a thick coat hanger.

NO HAND WASHING. NO BLEACH OR FABRIC SOFTNER. NO IRONING. DO NOT DRY FLAT. DO NOT TUMBLE DRY



Hand guards

<http://gymnasticexpress.co.uk/handguards/>



Only buy equipment eg hand guards, palm guards if your coach advises you to. We recommend Gymnastics Express.

Prior to buying your guards you can read their guide: "The 10 Most Important Things You Must Know Before Buying Gym Grips" **and** request a Finger and Hand sizer that they will send you for free. Your coach can help with the sizing once you have the guide.

A Guide to Competitions

As of 2017 competitions will take place at Cannock Chase Sports Centre (unless otherwise advised)

- ✚ Competitions are on a Saturday or Sunday dependent on the competition.
- ✚ Competition fee is due prior to the competition - you will receive a payment request.
- ✚ Arrive at the competition in plenty of time. If you are late you can't compete.
- ✚ Bring all necessary equipment - **music, hand guards, wristbands, loops** etc and a **drink** (water).
- ✚ Wear the correct **squad leotard** and have **hair tied back neatly and securely**. Points are deducted for: playing with hair, adjusting your leotard and visible underwear.
- ✚ An Entrance fee must be paid by all spectators - your hand may be ink-stamped so you can leave and re-enter the gym.
- ✚ To take photos/videos you must pay a fee (normally £1) and write your details on a form. You will need to wear a sticker to show you have paid.
- ✚ Optional: There is often a prize draw. Tickets are normally £1 per strip.
- ✚ Optional: DE Photos (www.dephoto.biz) are at most competitions taking action shots. These are displayed in the foyer for you to choose and purchase. You can select 1 to 4 shots for an A4 picture. They can be purchased with or without a frame. There is a nominal charge for paying with a bank card. Cost is £30-£50 and is cheaper onsite than purchasing later from the website.

Please note: Coaches are not allowed to communicate with anyone in the audience either verbally, by text or by sign at any time during the competition.

DEAR PARENTS:

FOR ALL GYM SESSIONS:

- A responsible adult must **always** accompany your gymnast into the gym and stay until the session starts!
- A responsible adult must **always** collect your gymnast from inside the gym at the end of the session.

**NO DROPPING OFF OR PICKING UP ON THE CAR PARK ALLOWED.
THIS IS FOR YOUR CHILD'S SAFETY!!!**