

WOLVERHAMPTON GYMNASTICS CLUB



Hi - Since the last issue a lot has happened:

We have had a number of Competitions. Levels took place in September and October and the team competitions took place in November. Two members of the Squad represented Wolverhampton in a National Levels Competition in and a number of volunteers have achieved Judge status.

The groups have had a switch around and we have a number of new additions to the full squad and to the improver groups. Welcome!

In this issue we have details on all the competitions as well as other news and a contribution from Mr Jones.

I hope you enjoy this issue and, as ever, if you have any comments or contributions please contact me.

Message from the Club Chairman - Dave Parker

After a fantastic start to the year with both Floor & Vault Gymnasts and Four Piece Gymnasts winning medals and getting one gymnast selected to represent the West Midlands at the National Finals who'd have thought that the second half of year would top it!

We started off early in September with the individual levels competitions, followed by team competitions, followed by individual team apparatus, we did exceptionally well bringing home an array of medals and rosettes, including two more gymnasts going to National Finals.

In addition to this the floor and vault girls competed fantastically well and also bought home medals and trophies.

The committee would like to thank and congratulate all the gymnasts and coaches for their continued hard work, dedication and commitment. We would also like to hope that this trend carries forward into 2018.

Finally, to finish the year all 15 gymnasts that entered the County Squad Trial on Sunday 17th December have been granted a place for next year.

Merry Christmas and Happy New Year

An information pack about the Club including what gymnasts should wear has been posted on the notice board outside the office. You will also find the details of the First Aiders in attendance on each day and how to contact the Welfare Officer. Please take a moment to look this information over.

Reminder to Parents

The gym would appreciate it if you would accompany your gymnast into the gym and remain in the building until the session starts. This is in case a coach needs to speak to you. Thank you.

Parking: If there is no parking on the car park, please do not block the gate or block other cars in. There is further parking - turn left out of the gym; turn left at the traffic lights; turn first left into the car park. If you are parking on the road please be polite and considerate of the people who live in this area by not blocking drive ways.

Judging

Every club has to supply a judge for a competition. Wolverhampton Gymnastics Club has invested this year in expanding its judging capability.

To this end Abbie Evans (who has been a Club Level Judge for Wolverhampton for a few years now) took the Women's Artistic Gymnastics Regional Judge course. Having passed this course she can now act in the role of Head Judge at Regional Competitions.

There were a number of our young volunteers who took the Women's Artistic Gymnastics Club Judge course in November. This was a 4 day course which took place at Park Wrekin Gymnastics Club in Telford.

This means they can now judge at Club and Regional competitions as members of the judging panel. Well done to: Alice, Alicia (who had to attend on her 16th birthday) Alyssa and Amira.

Gymnastic Competition Stress

The day had finally arrived, the day of a Major Competition in her programme.

As she busied herself at home getting her kit ready, Leotard, Tracksuit, Handguards, checking that her hair was tied back, she began to feel trepidation, after all she had new routines with more difficult elements; how would these go, they were good in practice in the Gym, would she be able to reproduce that in the competition?

In the car on the way to the Competition Venue she was all on edge with sweaty palms thinking about what might happen.

She arrived at the venue and immediately had to make her way to the toilet. I've done this before but I still feel nervous, I'll try to be positive.

Coach has registered the gymnasts and General Warm Up and Apparatus Warm Up commence.

All appears to be going well until the A Bars where a few mistakes happen and the routine does not flow. It is made worse when another gymnast has a heavy fall. The butterflies in her tummy fluttered excessively. Oh dear I'm getting more uptight!

One of the coaches says "don't worry, you will make yourself ill, when the competition starts it will all be fine."

All the gymnasts march in and one by one are presented to the spectators.

I am becoming more and more excited but I must concentrate on the performance at each apparatus.

From that moment my mind goes blank I am in the Zone.

Suddenly it is all over and I can relax until the next time.

If only my daughter participated in another less demanding sport!

Thank you to Mr Bob Jones for this contribution

REGIONAL LEVELS COMPETITION

9-10th September 2017 - Chase Leisure Centre

What are the Level Competitions?

The Regional Level Competitions are competed within each Region of the UK. Wolverhampton Gymnastics Club is part of the West Midlands Region. There are number of competitions (those highlighted had entries from Wolverhampton).

Level 4 In Age (Age 9)

Level 4 Out-of-Age (Age 10-11)

Level 4 Out-of-Age (Age 12+)

Level 3 In Age (Age 10)

Level 3 Out-of-Age (Age 11-12)

Level 3 13+

Level 2 In Age (Age 11)

Level 2 Out-of-Age (Age 12-13)

Level 2 Out-of-Age (Age 14+)

FIG - Espoirs (Age 12-13)

FIG - Juniors (Age 14-15)

FIG - Seniors (Age 16+)

For In-Age Level competitions 4 and 3, the top four in the competition go on to compete at the Levels Final and the 5th place travels as a reserve. The competition is in November and this year was held in Guildford, Surrey.

Unfortunately this year Wolves had a number of injuries that meant some gymnasts had to sit out for the competitions. They have all now made a full recovery since and were back in full training for the team competitions.

Medals were awarded for 1st, 2nd & 3rd place and rosettes for 4th, 5th & 6th place. A rosette was also awarded for 1st place on individual apparatus.

LEVEL RESULTS

At the Levels we received a number of Rosettes. Well done to all those who competed.

At Level 2 Ellen Groves executed routines with a high level of difficulty and was rewarded with a 6th place rosette. Well Done.



At Level 3 - In age Karyce Johnson

This Level 3 competition had Karyce Johnson had a strong competition with a 2nd on Bars and 3rd on Beam. She finished 4th overall and represented the West Midlands at the Finals Competition in November.

In the Level 4 Out-of-age 12+ Erin Morris had a consistent all round performance finishing 4th overall and receiving a rosette. She was awarded a second rosette for her first place position on Floor and achieved a third place on bars. Well Done Erin!



REGIONAL LEVELS COMPETITION - LEVEL 5

29th October 2017 - Chase Leisure Centre

The Level 5 Competition traditionally takes place at least one month after the other levels competitions. There are three competitions:

Level 5 - In Age, Level 5 - Out-of-age 9/10, Level 5 - Out-of-age 11/12

These competitions have a large participant level. This year there were 49 gymnasts in the In Age Competition and 75 competitors in the Out-of-Age 9/10 competition. Wolverhampton Gymnastics Club entered 5 gymnasts all from Mel's group.



Message from Mel James - Coach

Lucy and I are over the moon with the success of our gymnasts at the Level 5 competition.

After a few mistakes the group walked away with 2 medals, a 5th place and a 6th place. They also received 3 rosettes for the highest score on Vault, Bars and Floor.

Lucy and I were elated, to say the least. We couldn't be more proud of the girls. They all work so hard for both me and Lucy and the hard work paid off. This was only their 3rd competition and us as coaches are so proud.

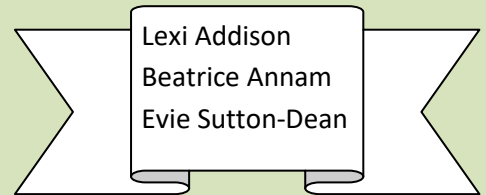
Onwards and upwards now.

Level 5 In age

All three gymnasts in this competition were amazing, putting in very strong performances. Lexie came 2nd overall and was awarded the Silver Medal, her strongest piece was beam where she received the 3rd highest score.

Beatrice came 6th and received a Rosette, her strongest piece was Vault with a 4th place position.

Evie received a Rosette for her 1st place score on Bars and finished in 9th place overall. All three gymnasts scored well over 46 marks. Amazing.

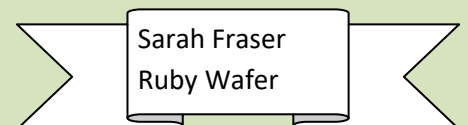


Level 5 Out-of-age 9/10

In the Level 5 out-of-age competition we had two competitors. They were also amazing - both scoring over 48 marks.

Sarah Fraser finished the overall competition in 2nd place earning her the Silver Medal. She scored 1st place on Floor and received a Rosette and 2nd place on Vault.

Ruby Wafer finished 5th overall and received a Rosette. She also received a Rosette for her 1st place position on Vault and had the 2nd highest score on Bars.



Well done!

National Levels Final - November 2017

Each year the UK holds a Level Final, this year it took place in Guildford, Surrey. Each region of the UK submits a team which consists of their top four gymnasts at the Regional Levels. The fifth place holder travels as a reserve and steps in should they be required on the day. The sixth place holder at Regional becomes a non travelling reserve, they attend should one of the top five withdraw from the competition.



This year in the Level 3 Team for the West Midlands, Wolverhampton had two gymnasts, Karyce Johnson who came 4th in the Regional Competition and Libby Woodhall who finished 9th in the Region but was requested to travel (a week before the competition) as the reserve.



Karyce Johnson performed well under an amazing amount of pressure. You are competing against your peers from all over the UK and your picture is shown on screens and your scores are displayed as you move around the competition.

Libby did not compete but performed her role well as a supportive and motivating team member.

Both girls stepped up to the mark and did themselves and the club proud. They also got to meet the amazing Olympic gymnast Max Whitlock.

They were accompanied by Gemma, Abbie and Mr Bob Jones.

This was the second time this year a Wolverhampton gymnast has competed at a National Level. Back in May, Hayley Rushton competed at the National Grade Finals. Who'd have thought just 5 months later her team mates would be competing in another National Competition. Team work and motivating paying off.



Team Competitions

In November the Club took part in two team competitions. The competitions were in Level groups and based on Level rules. The first competition was on the 19th November 2017 in Cannock. The club entered two teams. One team were in the Level 5 competition and one in the Level 3 competition.

For this competition each entry consisted of a team of up to 6 gymnasts. Five gymnasts competed on each piece and the top four scores counted.

The **Level 5 Team** consisted of:

Sarah Fraser

Evie Sutton-Dean

Lola Richards

Beatrice Annam

Lexie Addison



The team were amazing and finished first overall. They were awarded a red rosette each and a cup, which is on display in the gym. Beatrice Annam also received a rosette for receiving the highest score on the Vault.

The **Level 3 Team** consisted of:

Libby Woodhall

Faith Evans

Emmie Simmons

Ella Aston

Erin Morris

Karyce Johnson



All gymnasts performed well and they finished overall in 2nd place and awarded a blue rosette. Karyce Johnson was also awarded a rosette for the highest score on Beam.

Well done to both teams you did yourselves and the Club proud!

The second team competition - held one week later, was an Apparatus Team Competition. This is the first time this competition has been held for a number of years. In this competition each team had 4 competitors. Each gymnast performed one piece of apparatus, the scores were added together to give a total score for the four pieces.

Wolverhampton entered one team at Level 5, two teams at Level 3 and one team at FIG (the level above Level 2).

Level 5 were up in the first round and despite the early start finished in a well deserved 3rd place. Well done girls you have had an amazing first year of competing!



At Level 3 Team A came 3rd and was awarded a white rosette. Both teams performed exceptionally well with the scores very close.

The FIG team went around at the same time as the Level 3. The team performed very difficult routines and looked amazing finishing overall in first place and receiving a red rosette.

Well Done girls.



There was supposed to be one more competition - John Reeves - however this was cancelled due to the snowfall.