

Birmingham Flames Gymnastics Club

Club News

November 2002

Congratulations to:

.....all of our **teams** at the recent West Midlands team apparatus competition, the **level 2 team came 3rd**; **the level 3 teams came 1st and 3rd**; and **the level 4 teams came 3rd and 6th**

.....**Emma O'Neil** (5th) and **Hannah Elton** (44th) who both competed in their first full competition in the region in the last few weeks.

....our resident veterans **Griff** and **Al** who both came 1st in their respective individual competition and 1st and 2nd overall.

.....**Rachelle Adams** who passed her Assistant Coach Award this week.

.....**Jo Miller** has been awarded the Region's '**Young Coach of the Year**' Award for gymnastics. This comes as a result of many years of hard work in the gym, first as a very successful gymnast, and now as an equally successful coach – well done Jo, the Club is very proud of you, and wishes you continued success in your coaching

Good luck to:

..... **Emily Mole, Eleanor Davidson, May Rix, Jessica Campbell**, who are representing the Region at National finals next week at Guildford.

... **Abi Walker** and **Laura Trewartha** who represent the club at the national 'Challenge Cup' competition in Aldershot this month.

If you wish to discuss your child's training, please talk with the gymnast's own coach in the first instance. Please do this at the start or end of any session.

For information about the Club: please talk to any of the Coaches, or Alison Last, 07973 209630

For clothing orders: Debbie Lloyd, Lisa Trewartha

For information about judging and coaching courses: Alison Last

Fees are set to rise in 2003

We are taking this opportunity to give advanced notice that **fees will rise from January 2003**. The current fees will rise to **£35.00** for ten weeks (the first rise for several years), and **Saturday morning sessions (3 – 7 yr olds) will rise to £2.00**

Fees will be due on 14th January 2003

We hope this does not deter all our members from staying with us in the New Year.

Christmas Closing!

The last training session before Christmas for 'Club' gymnasts will be **Friday 20 December**. Sessions recommence on **Tuesday 7th January 03**.

Club Competition (for Club gymnasts) will take place on **11 December 02**. **Gymnasts please let your coach know if you wish to take part.**

Christmas Orders Order early for Christmas – in order to guarantee leotards etc arriving before Christmas, please order by **23 November 02**

Did you know that all of our coaches are volunteers? The number of hours of voluntary work ranges from 1½ hours to 35 hours per week. The coaching staff are supported by a willing 'band' of parents who help with the general administration of the Club. For many of these people, their hours in the gym come at the end of a working day – we couldn't run the Club without them. The Club **thanks all of you.**

Birmingham Flames Gymnastics Club

Club News

May 2003

Congratulations to:

.....all the gymnasts who competed in their grades competitions earlier this year, especially to those who were selected to represent the West Midlands at the national finals.

Good luck to:

..... all the squad girls who are competing in the **Metropolitan County Championships** and the **Birmingham Championships** in July. The Birmingham Championships will take place at Highgate on Saturday and Sunday 5 and 6 July. The County Championships are at the Munrow Centre on Saturday 12 July.

We will need lots of help with the County Championships, so if you are able to spare a half or whole day to help, please let Alison know!

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International – GB v Russia:

There is an international competition due to take place in **Liverpool on 28 and 29 June**. Squad gymnasts are reminded that if they are keen to watch this competition (which promises to be a really good event) that it would be better to plan to go on the Sunday to watch the individual finals, rather than lose the Saturday training session so near to competitions. The event is advertised on the Club notice board.

How many hours do the competition gymnasts train for, to become so good?

This is one of the most frequently asked questions we hear. So, here is the answer...

The Club is open for training for squad girls for a maximum of **15 hours each week**. On top of these, many gymnasts are in **County and Regional Squads** (that's an extra evening session a fortnight or a weekend session a month). Girls also have to give time for **competitions**, which can sometimes be every Sunday for many weeks on end.

So, some of our gymnasts spend up to **25 hours per week in the gym**. That's on top of going to school, and doing homework, which is something all gymnasts have to learn to cope with.

And what's it like for their parents? – its all about endless trips backwards and forwards to and from training sessions and competitions (often as far away as Liverpool, London, Newcastle etc), buying new leotards, tracksuits and handguards, plus endless hair accessories and of course paying for competition entry fees.

Not to mention the stress of watching the girls in competition and worrying over every wobble or bent knee, and hoping the judges will be kind (Girls, don't forget to say 'thank you' sometimes!).

But, spare a thought for the volunteer coaches too! For all the hours the girls are training or competing, their coach is there too, with endless energy and enthusiasm, and on top of a full working week.

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September 2003

Good luck to:

Jo Miller who is having surgery on her knee. We wish you a very speedy recovery.

All gymnasts who are competing in their 'Levels' competition on 21 and 22 September

Competition News!

The WMAGA has brought out a new **Photo Policy**, so we will need to send Photo Authority sheets in during August.

For those competing during the Autumn, please make sure you have yours completed – you will not be able to take photos at competitions unless you do.

Entries for competitions are being sent in during August and early September. Please be ready to pay your **entry fee** when asked.

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Training Issues:

We have a number of our **key coaches away during the next few weeks.**

As we announced last month, **Kirsty Hemus** is getting married on 30 August, so will be off on her honeymoon for a few weeks at the beginning of September.

Sue Hemus is also away on holiday at the same time. **Jo Miller** is having long-awaited surgery on her knee on 3 September, which will put her out of action for quite a few weeks.

Alex Miller left the Club at very short notice, after 15 years as a gymnast and a Coach – we wish her well for the future.

Alison Last is also succumbing to the surgeon's knife, and will be in hospital for a few days from the 17th September.

All this has happened at the beginning of competition season, and couldn't have been planned for, so we hope that you will work with us in this difficult time, to support the gymnasts in their preparation for their competitions.

Each member of the competition squad will be provided with a Training Diary, which will guide them through their training. Each gymnast will need to understand that their commitment is essential, and that their role is now to perfect the routines that have been developed individually for them.

For those in the Recreational branch of the Club, we believe that your training will not be disrupted, since the Assistant Club Coaches should all be available as normal.

How to contact the Club

Alison can be contacted on 07973 209630 – please leave a message on the answer phone if your call is not answered immediately (I work during the day, and coach most evenings / weekends, so do not always have my phone switched on)

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September 2003

Good luck to:

Jo Miller who is having surgery on her knee. We wish you a very speedy recovery.

All gymnasts who are competing in their 'Levels' competition on 21 and 22 September

New Website!

Laura Hindley, one of our gymnasts and recently qualified coaches has started to develop a website for the Club. This can be found at:

www.birminghamflames.faithweb.com

We would like to place photographs of each of the training nights on the website, but will only do so if parents have given consent. The photograph will be of gymnasts sitting in a group, not performing skills.

We would welcome your comments on the website. If you wish to comment, please note down your comments and hand them to Laura or Alison. Alternatively, you may email Alison on ajl1808@aol.com

If you wish to discuss your child's progress, please talk with the gymnast's own coach in the first instance. Please do this at the start or end of any session.

For leotard and other gymnastics equipment / clothing orders: Debbie Lloyd, Lisa Trewartha

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Training Issues:

We have a number of our **coaches away during the next few weeks.**

As we announced last month, **Kirsty Hemus** is getting married on 30 August, so will be off on her honeymoon for a few weeks at the beginning of September.

Sue Hemus is away on holiday at the same time.

Jo Miller is having long-awaited surgery on her knee on 3 September, which will put her out of action for quite a few weeks.

Alex Miller left the Club at very short notice, after 15 years as a gymnast and a coach – we wish her well for the future.

Alison Last is also due to be in hospital for surgery for a few days from the 17th September.

All this has happened at the beginning of a very busy competition season, but couldn't have been planned for. We hope that all parents and gymnasts will work with us during this difficult time, to support the gymnasts in their preparation for their competitions.

Each member of the competition squad will be provided with a Training Diary, which will guide them through their training. Each gymnast will need to understand that their full commitment to training is essential, and that they must now work to perfect the routines that have been developed individually for them.

Gymnasts in the Recreational branch of the Club, should not be affected by these difficulties, since their Assistant Club Coaches should all be available as normal.

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October 2003

Good luck to:

All gymnasts; who are competing in their 'Level 5' competition this month, and everyone in the Apparatus Team competition on 6th November.

Sue and Kirsty Hemus; who have now left the Club. Members of the Hemus family have been involved with the Club since it was first set up in 1988, and their support and involvement has helped the Club to become the success it now is. We wish Kirsty and Sue every happiness.

New Website!

Laura Hindley, one of our gymnasts and recently qualified coaches has started to develop a website for the Club. This can be found at:

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We would welcome your comments on the website. If you wish to comment, please note down your comments and hand them to Laura or Alison. Alternatively, you may email Alison on ajl1808@aol.com

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Welcome!

Gail, Sarah, Natalie and Hannah – we are delighted to announce that we have been joined by 4 new coaches, who are all students at the University. They are all qualified coaches, and have agreed to coach with the Club on various days of the week.

Congratulations!

To all the gymnasts who took part in their 'levels' competition in September. The results can be found on the Club website and on the Club notice board. We especially congratulate Emma O'Neil, Rachel Williams and Lauren Depper for winning their age group competitions.

Thank you!!!

Alison would like to thank all the [parents, gymnasts and coaches](#), for their patience and support whilst we have been short of Club and Senior Club coaches. I hope and believe that we can now start to look forward to a very bright and successful future with our new coaching team.

A personal great big 'thank you' goes especially to the [older / senior gymnasts](#) who have given their valuable training time to use their coaching skills and qualifications with the younger gymnasts. Those who have coached include Amy Clarke, Rhian Coathup, Emily Furlow, and Rachelle Adams.

Waiting List

As many of you will know the Club continues to have a very long waiting list. We have had children waiting a long time to join the Club, and look forward to welcoming more gymnasts into the Club now that we are re-establishing the coaching staff in the Club. If you know someone on the waiting list, please let them know what is happening.

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Good luck to:

All gymnasts; who are competing in the Regional Teams competition this month.

Christmas Closing!

The Club will close for maintenance and for the Christmas and New Year holidays. **The Club will close on 13 December 03. All training sessions recommence Saturday 3 January 04.**

Club Competitions

As always we will be holding the **Annual Club Championships** in December. For Squad gymnasts this will be Saturday 13th December (1.00 p.m.), for Recreational Gymnasts this will be Wednesday 10th December (6.00 p.m.) Good luck!

Order early for Christmas!

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Welcome!

Lindsey – we are delighted to announce the arrival of another new coach into the Club. Lindsey Norden is a retired gymnast who competed for Earls Gymnastics Club, was a regular member of Regional Squad and was Regional Champion several times during the 1990's.

Congratulations!

To Hannah Elton and Jessica King who competed in the Regional Level 5 competition in October. The results can be found on the Club website www.birminghamflames.faithweb.com and on the Club notice board. Also congratulations to the gymnasts who have been selected to compete for the County in the John Reeves inter-County Championships in December).

Volunteers wanted

The Club will be hosting the John Reeves Inter County Competition in December and we need willing volunteers to help run the competition. We will have several gymnasts from the Club in this competition. If you are able to help, please let Alison know.

Gymnastics Coaching and Judging?

Would you like to get more involved? For more information about training in either of these areas, please contact Alison Last

Squad News

County Squad Training

The last date for County Squad training (30 November) has been cancelled to allow for the Regional Level 5 Team Competition. Next year's squad dates will be announced soon.

Regional Squad and Young Development Squad 2004

Dates for squad training sessions are posted on the notice boards. Gymnasts who wish to trial for YDS or County Squads need to start preparing now!!