

Birmingham Flames Gymnastics Club

Club News

Competition Squad information

All gymnasts in the Regional / National Grades and Regional Challenge competitions will be taking part in a 'control' competition on Saturday 24th February, starting at 11.00 a.m. Spectators are welcome. (Normal training fees will apply for gymnasts). It is hoped the competition will give gymnasts an opportunity to practice their routines in 'competition conditions' and to make sure routines are ready.

- **The Regional Grades 4, 3, 2 & 1 competitions** will take place on the **2nd and 3rd of March at North Solihull Sports Centre.**
- **The National Compulsory Level 2 competition** will take place on **10th & 11th March in Liverpool.**
- **The Regional Challenge and Grades 6 and 5** will take place on **15th April at Birmingham Sports Centre.**

Good luck to everyone competing in their competitions.

February 2007

Competition results Annual Club Competitions

Before the Christmas holidays, Flames held its annual Club Competitions. The full results will be published on the Club website. First place in each level were:

Recreational Club –

Age 5-6: Megan Barrington
Age 7-9: Sarah Edwards
Age 10-11: Daisy Connor
Age 12-13: Polly Clarke

Competition Squad –

FIG Senior: Abi Walker
FIG Junior: Emily Mole
Out of Age 2: Caroline Curry
In Age 3: Emma Elton
Out of Age 4: Lara Williamson
In Age 4: Lauren Weston
In Age 5: Kate Kelly
Under Age 5: Chaurntae Bennett & Lauren Creegan (2 age groups)

Veterans -

Tracey Griffiths, Joanna Slade & Tamsin Perry (3 age groups)

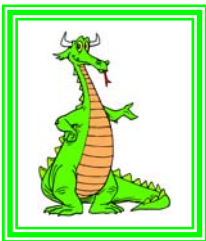
Congratulations to Steph

Adams who has passed her Assistant Club Coaching Award.

Happy Birthdays!

Shannon McNamara (1 Jan); Samuel Edwards (10 Jan); Sinead Levack (13th Jan); Lisa Gunn (23 Jan); Georgia Tatman (21Jan); Jane Curry (Coach) (21 Jan); Ruby Hewitt (26 Jan); Olivia Dargie (27 Jan)

Chaurntae Bennett (4 Feb); Joanna Slade (5 Feb); Caroline Curry (5 Feb); Molly Finch (4 Feb); Dante Samuels (7 Feb); Lotti Slowik (9 Feb); Eva Rohrkasten (10 Feb); Ellie Kendall (12 Feb); Hannah Elton (13 Feb); Kate Kelly (16 Feb); Vikki Gibbon (Coach) (17 Feb); Margot Davis (22 Feb); Hanna Khalil (23 Feb); Tamsin Perry (Coach) (25 Feb); Chloe Murphy (26 Feb); Olivia Heywood (26 Feb); Claire Charley (27 Feb); Lucy Asher



Birmingham Flames Gymnastics Club

Club News

April 2007

Happy Birthdays in April

Jeanette Adams (Coach) 15th; Ruby Abbas 30th; Sarah Fox 6th; Hannah Nesbitt 5th; Emily Lees 25th; Alex Dargie 19th

.... and May!

Angharad Wintle 7th; Tori Pybus 21st; Jess Merrix (Coach) 22nd; Emma Owen 5th; Katie Fox 19th; Micah Beckford 4th; Steph Adams 22nd; Dave Walker (Coach) 29th

Fees are due – please note new charges!!

Please note that **fees are due next week** (week commencing 30 April). Due to increased running costs of the club it has been necessary to increase the fees to **£39** per 10 week term (a rise of just 15p per week). I do hope you will continue to train with Flames despite this small increase. Please make cheques payable to Birmingham Flames – thank you!

Competition results

Congratulations to all the 6 Flames squad girls who have recently competed in the **Regional Grades** competitions. All gymnasts passed their grades.

The results were:

Grade 6: Ellie Parker 8th; Emily Bagnall 36th; Chaurntae Bennett 49th; Marta Grana 51st; Isabella Sanchez-Bishop 52nd; Brogan Greenwood 65th

Grade 5: Emma Owen – 1st

Good luck to the gymnasts competing in the National Finals on 28th / 29th April and 5th / 6th May at Cocks Moors Woods LC. Tickets for the national finals can be purchased at Cocks Moors Woods on the days of the competitions – please come and support Flames gymnasts.

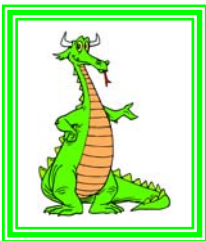
How to find out more or to contact the Club



Website: www.flamesgymclub.org.uk

Email: gymnastics@flamesgymclub.org.uk

Text or Phone: 07973 209 630 (leave a message and we'll get back to you)



Birmingham Flames Gymnastics Club

Club News

March 2007

Happy Birthdays in March!

Laura Hindley (Coach) 17th; Donna Witherford (Coach) 24th; Bethany Bennett 17th; Hannah Bennett 23rd; Hannah Tatman 8th; Khalysah Plummer 8th; Lara Williamson 25th; Rebecca Cook 3rd

Competition results

Grades Competitions – another outstanding year!!

Congratulations to all the Flames squad girls who have recently competed in the **Regional Grades** competitions and the **National Compulsory 2** competition. Of the 11 Flames gymnasts who have competed in the Regional competition, 6 have gained places to represent the West Midlands in **National Finals on 28th / 29th April and 5th / 6th May at Cocks Moors Woods LC.**

Compulsory Grade 2 – Emily Mole 12th = (national competition)

Compulsory Grade 3 – Lauren Hudders 4th and Lauren Weston 5th (both in the W Mids team)

Compulsory Grade 4 – Kate Kelly 3rd (in W Mids team)

Club Grade 2 – Khalysah Plummer 1st (in W Mids team); **Rebecca Cook (9th)**

Club Grade 3 – Emma Elton 3rd; Lara Williamson 5th (both in W Mids team); **Angharad Wintle 27th**

Club Grade 4 – Sophie Ward 9th; Beth Smith 11th; Tori Pybus 40th

Tickets for the national finals can be purchased at Cocks Moors Woods on the days of the competitions – please come and support Flames gymnasts.

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County Squad testing – a reminder to those gymnasts who were newly invited into county squad this year – there will be a test session this **Sunday 18th March** at Munrow. This test will apply to any gymnast who is not in YDS or Regional Squads and who was not in County Squad last year. For those not being tested, training will be as normal, 2 – 5pm.

Grades 6 and 5 Competition Information – parents of gymnasts due to compete on **April 15th**, please note that you need to apply for an annual pass to be able to take photographs of your daughter at competitions – forms are available on the Club Notice Board. Forms must be posted to the Competition organiser **before** the competition

George Finney

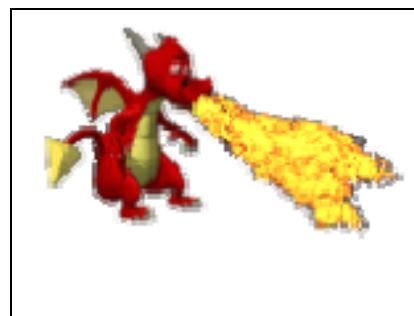
Flames Gymnasts, who have competed in school competitions, will remember George Finney. Sadly, George died on Thursday 22nd February. Flames Gym Club, the West Midlands Gymnastics Association and British Gymnastics will miss George and his tireless commitment to the sport of gymnastics, and will remember him with great fondness.

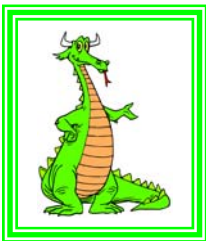
Flames new website – We are very proud of the new Club website.

Why don't you take a look at the site and then send pictures or info to add to the site? www.flamesgymclub.org.uk . Any suggestions about the site can be made by emailing: Gymnastics@flamesgymclub.org.uk

Easter training times

Please watch the Club notice board for any changes to training times over the Easter holidays – we may have to change our training times to fit in with any change to the opening hours of the Munrow Sports Centre.





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April 2007

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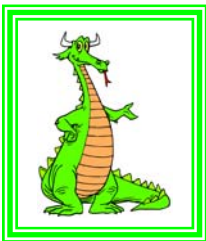
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Birmingham Flames Gymnastics Club

Club News

July 2007

Happy Birthday in June, July and August to Ruth Clarke (Coach), Deb Lane (Coach), Alison Last (Coach), Ricky Hunt (Coach), Lesley Parrish (coach), Alice Miller, Emily Mole, Abi Walker, Lauren Hudders, Lauren Weston, Maya Abbas, Ellee Keegan, Ellie Jackson, Mary Levack, Bailey Greenwood, Daisy Connor, Lauren Creegan, Sarah Edwards, Jessica Blissett, Ellie Long, Tom Mathers, Anna McFadzean, Kayla Owen, Iwan Raza, Charlotte Smith, Olivia Thomas, Elizabeth Townend, Rose Turner, Ruby Turner, Sophie Ward, Isabella Sanchez-Bishop; Marta Grana; Ellie Parker; Lewis Johnson; Hannah Dawson; Sophie Lister; Bethany Smith; Alex Tittley; Florence Harper; Owen Lees

Fees are due again!!

Please note that **fees are due week commencing 9 July**. Please make cheques payable to Birmingham Flames – thank you!

Changes to training times

Please note that '**Baby Gym**' will start at **9.00a.m.** (not 10.00 a.m.) on **Saturday 14th July** because of the Metropolitan County Competition which starts at 10.00 a.m. Spectators welcome!

There will be **no 'Baby Gym' or Squad training** at the Munrow Sports Centre on **Saturday 21st July and 28th July** due to coaching courses. We apologise for any inconvenience caused. An extra training session is being planned at Loughborough University for squad gymnasts

Other News!

Congratulations to Joanne Slade (Wednesday evening gymnast) who got married on Saturday 23rd June.

Good luck to Tamsin Perry (Wednesday evening coach) who has gone to work in America for 3 months

Congratulations and Good luck to Emma Shields who got a 2.1 degree and is now off to work in America.

Congratulations to all the gymnasts who have been offered a place in the Regional Young Development Squad.

Good luck to all the gymnasts taking part in the County Competition on 14th July

We are about to launch a new look website!

Website: www.flamesgymclub.org.uk

Tell us what you think of the new look website – lots of people have looked at our new website, and now its going to be even better ... check it out!!!



Birmingham Flames Gymnastics Club

Club News – September 2007

Happy Birthday in September and October to **Jo Miller (coach)**, Ellie Kendall; Danielle Hardwick ; Megan Parker; Claudia Grocutt Francesca Ward; Emma Elton; Amy Clarke (coach).

If you have a birthday in September or October and are not listed here, please let Alison know!

Fees are due again!!

Please note that **fees are due week commencing 24th September**. Please make cheques payable to Birmingham Flames (£39.00). Thank you!

British Gymnastics membership / insurance is due again!

Please note that **British Gymnastics membership** is due on 1 October 07 for all gymnasts: Non-competitive gymnasts £17; Competitive gymnasts £25. Please make cheques payable to Birmingham Flames.

Thank you!

Take a look

www.flamesgymclub.org

Competition results!

Congratulations to all Flames gymnasts

County Competition:

Out of Age Level 3 **Lara Williamson 1st; Emma Elton 2nd**; Beth Smith 7th; Angharad Wintle 10th.

Out of Age Level 4 **Tori Pybus 2nd**; Danielle Hardwick 5th.

In Age Level 5 **Ellie Parker 2nd**; Emily Bagnall 4th; Lauren Creegan 5th; Brogan Greenwood 7th; Chaurntae Bennett 10th; Marta Grana 11th.

Regional Squad **Emily Mole 1st ; Gabbie Cook 3rd**.
FIG **Khalysah Plummer 1st**.

In Age Level 4 **Kate Kelly 1st; Emma Owen 2nd; Shay-Anna Hines 3rd**.

In Age Level 3 **Lauren Hudders 1st; Lauren Weston 2nd**, Sophie Ward 4th.

Regional Team Apparatus Competition:

Level 4 In Age 5th

Level 3 **2nd**

F. I. G. - **1st**



Birmingham Flames Gymnastics Club

Club News – Nov / Dec 2007

Happy Birthday in November / December to Sarah Furlow (coach), Sadie Taylor, Susie Horwood, Brogan Greenwood, Emily Bagnall, and Gabbi Cook. If you have a birthday in November / December and are not listed here, please let Alison know (sorry, the membership database could not be accessed in time for this newsletter).

Christmas and New Year Training Times

Sat 15th Dec	Baby Gym as normal, followed by Annual Club Competition
Tues 18th Dec	Training as normal
Wed 19th Dec	Training until 7.30 p.m. (followed by Squad curry night!)
Fri 21st Dec	Training cancelled Centre Closed
Sat 22nd Dec	Baby Gym Cancelled, Squad training 10 a.m. – 2 p.m.
Fri 28th Dec	Squad training only 10 a.m.- 1 p.m.
Sat 29th Dec	Squad training only 10 a.m. – 1 p.
Wed 2nd Jan	No training
Fri 4th Jan	Training returns to normal!

Annual Club Competitions

Wednesday 12th December – Annual Club Competition for all Recreational Gymnasts (please ask your coach for details).

Saturday 15th December – Annual Club Competition for all Squad Gymnasts. Spectators welcome from 11.30 a.m.

Competition results!

Congratulations to all Flames gymnasts who competed in Levels and Inter County Competitions – results are on the Club's website along with lots of new photographs .

www.flamesgymclub.org.uk

Congratulations to our FIG team (Gabbi, Emily, Caroline and Khal) for winning the Regional Team competition and medal winners at the John Reeves Inter County Competition.

And finally – squad gymnasts please remember: Saturday 1st December, training finishes at 3p.m. We will be training at Loughborough University on Sunday 2nd December from 10 - 1