



# Birmingham Flames Gymnastics Club

## Club News – March / April 2008



**Happy Birthday in March and April** to Billy Moore; Kerri Iloya; Elisa Griffin; Ruby Abbas; Samuel Butt; Danny Reeves; Naomi Saad; Hannah Nesbitt; Sarah Fox; Rebecca Hunt; Rebecca Cook; Lara Williamson; Khal Plummer; Donna Witherford (coach); Rachel Johnson (Coach / Judge)

And ..... **Happy 21<sup>st</sup> Birthday to Laura Hindley** (Coach / Judge)

If you have a birthday in January / February and are not listed here, please let Alison know so that the Club database can be corrected.

### Grades Competition Results

#### Club Grades 4, 3, 2, 1 and Compulsory Grades 4 and 3

Flames gymnasts romped home with a brilliant tally of medals following the Grades competitions in March. Not only did we return home with lots of medals but **all** our Flames gymnasts passed their grades:

Compulsory Grade 3 in age;	<b>Kate Kelly 2<sup>nd</sup></b>
Compulsory Grade 3 out of age:	<b>Lauren Hudders 1<sup>st</sup></b>
Club Grade 1:	<b>Khal Pummer 2<sup>nd</sup></b> ; Caroline Curry 5 <sup>th</sup> ; Rebecca Cook 19 <sup>th</sup>
Club Grade 2:	<b>Emma Elton 2<sup>nd</sup></b> ; <b>Lara Williamson 3<sup>rd</sup></b>
Club Grade 3:	<b>Lauren Weston 2<sup>nd</sup></b> ; <b>Sophie (Whizz) Ward 3<sup>rd</sup></b> ; Tori Pybus 14 <sup>th</sup> ; Beth Smith 21 <sup>st</sup> ; Danni Hardwick 32 <sup>nd</sup>
Club Grade 4:	Emma Owen 8 <sup>th</sup> ; Shay Hines 21 <sup>st</sup> ; Georgie Phillips 27 <sup>th</sup>

**New Coaches at Flames.** Congratulations to **Emily Mole, Renee Deeley and Angharad Wintle** who all recently passed their level 1 coaching exams. We hope this means that we may be able to bring more children in off our ever-growing waiting list.



**Calling all Flames Recreational Gymnasts (evening sessions)** – take part in our own 'Grading' structure, and get a certificate and badge when you pass your grade. We will be testing gymnasts in June and July. There are grades to suit all abilities! Coaches will be starting to work with you to get ready for this testing soon!

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### National Finals

Good luck to Kate Kelly, Khal Pummer, Caroline Curry, Emma Elton, Lara Williamson, Lauren Weston, Sophie (Whizz) Ward who all won places to represent the West Midlands in the National Grades Finals in April and May. We have never had so many Flames Gymnasts in one set of Finals, it's a wonderful achievement for both the Coaches and the Gymnasts (and their parents and grandparents who spend hours of their lives bringing their gymnast to the gym, watching and encouraging as only they can!)

We will be hosting the National Final (Compulsory Grade 4) Competition on Saturday 3<sup>rd</sup> May (Cocks Moors Woods Leisure Centre, Kings Heath). Parents and gymnasts from Squad will be asked yet again to help make this event a success. Please let Alison know if you are available to help.

Thank you as always for your help and support.

### Grades 6 and 5 and Regional Challenge Competition information 19<sup>th</sup> and 20<sup>th</sup> April 08

#### Grade 6 and 5 in age and Regional Challenge, Saturday 19<sup>th</sup> April 08

Arrive 10.45; Brogan, Emily B, Svenja, Ellie, Marta, Bella (start on vault)

Arrive 1.00; Skye, Emily I, Molly, Lauren C, Gabbi, Becky H, Lori (start on beam)

End of competition 4.30 / 5pm

#### Grade 6 and 5 out of age, Sunday 20<sup>th</sup> April 08

Arrive 10.30; Kiran (Start on range and conditioning)

End of competition 2.15 / 2.30 pm

### More news and Information!

Can be found on the Club's website along with lots of photographs ....

[www.flamesgymclub.org.uk](http://www.flamesgymclub.org.uk)