



# Birmingham Flames Gymnastics Club

## Club News – May / June 2008



### Happy Birthday in May and June to:

If you have a birthday in May / June and are not listed here, please let Alison know so that the Club database can be corrected. Dave Walker (Coach); Lesley Parrish (coach), Angharad Wintle; Tori Pybus; Becky Grand; Georgie Phillips; Emma Owen; Alice Miller, Maya Abbas, Mary Levack, Anna McFadzean, Iwan Raza, Lewis Johnson; Hannah Dawson.

If you have had a birthday in May or June and its not listed here, please let Alison know so you can be included in the next newsletter.

## National Finals Competition Results

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

Congratulations to the following gymnasts who all represented the West Midlands in the recent National Finals:

Compulsory Grade 3: Kate Kelly; Club Grade 1: Khal Pummer; Caroline Curry; Club Grade 2: Emma Elton; Lara Williamson; Club Grade 3: Lauren Weston; Sophie (Whizz) Ward.

The scores from the Regional and National Finals competitions can be found on the notice board or on the Club's website: [www.flamesgymclub.org.uk](http://www.flamesgymclub.org.uk)

**More qualified coaches at Flames.** Congratulations to **Amy Young** who passed the Level 1 coaching exams in May. Welcome to Nila Benfield and Sarah Mander-James who have both come to Flames for mentoring whilst they prepare for their coaching exams – we hope they will both stay with us! Nila is now away at Camp America ... good luck Nila, see you when you get back!

## Flames success at Regional Competitions

**Congratulations to Flames gymnasts who once again all passed their grades and achieved the following great success:** **Grade 5 in age:** Svenja Lee (10<sup>th</sup>); Emily Bagnall (16<sup>th</sup>=); Ellie Parker (16<sup>th</sup>=); Marta Grana (30<sup>th</sup>); Bella Sanchez-Bishop (32<sup>nd</sup>); Brogan Greenwood (35<sup>th</sup>). **Grade 5 out of age:** Kiran Saini (21<sup>st</sup>). **Grade 6 in age:** Lauren Creegan (22<sup>nd</sup>); Skye Sturdy (24<sup>th</sup>); Molly Thompson (56<sup>th</sup>); Emily Irving (65<sup>th</sup>) **Regional Challenge:** Becky Hunt (4<sup>th</sup>); Lori Walker (5<sup>th</sup>); Gabbi Cook (12<sup>th</sup>)

# Birmingham Flames Gymnastics Club

## Club News – May / June 2008



Please note on 5<sup>th</sup> July **Baby Gym will start at 9.00a.m** (due to the County Competition) **and is CANCELLED on 19<sup>th</sup> and 26<sup>th</sup> JULY** due to a coaching course. We apologise for any inconvenience and disappointment caused by these changes.

**Interested in coaching at Flames?** We welcome new volunteers who want to get involved in coaching at Flames. There are coaching courses in the Region which you can attend, and will be supported and mentored by experienced and qualified coaches within the Club. If you are interested, please speak to Alison for more information about getting involved.

### **Changes to Squad training – 19<sup>th</sup> and 26<sup>th</sup> July**

Please note that the Competition Squad will be training at Loughborough University on Saturday 19<sup>th</sup> and 26<sup>th</sup> July (11.30 – 1.30). Parents who wish to share lifts / offer lifts, to ease travel arrangements, please add your name to the list on the notice board!

### **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)