

LOOK OUT FOR SCHOOL HOLIDAY SESSIONS

AUTUMN 2019
Aspire

GfA *BRILLIANCE*



KTL

More medals
picked up at the
3rd round of the
Kingston
Trampoline
League

READ THE FULL
REPORT INSIDE



Spooky
Halloween Photos

Coaching News

And more inside...

Aspire



Come and take part in our exciting holiday gymnastics sessions. You will get to bounce on the springy fast track and sprung floor, swing on the bars and jump into the sponge pit all whilst learning new gymnastics skills.

All sessions are just £7.50 and delivered by fully qualified British Gymnastics coaches.

Places are offered on a first come first served basis. Book just one session or as many as you want to. Book online at bit.ly/AspireCamps

Enquiries can be made by either emailing us at admin.support@aspiregymnasticsclub.org or by telephoning us on 01482 374808.

Sessions are running on

**Monday 30th December
Thursday 2nd January
Friday 3rd January**

All sessions from 10am to 12 noon.

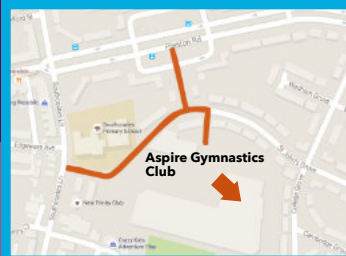
All participants must be aged between 5-16.

2016

WINTER

WHERE WE ARE

Aspire Gymnastics Club is located at St Johns' Business Park off Southcoates Lane, Hull, HU9 3RL.



Latest Club News



We have Club jumpers, leotards and shorts in stock. These can be purchased from the Office. If the office is unmanned please see your child's coach at the beginning or end of the lesson. Your Parent Representative Sarah Ashton regularly stands next to the leotard stock offering help with sales.

Welcome back

Welcome all readers to the third installment of our fabulous newsletter from Aspire Gymnastics Club. It has been a packed few months with so much good news to report on. More competition success, coaches upskilling and a Spooky Halloween week! Please read on to find out more...

So much to pack in...

From the fantastic GfA competitions, to more trampoline success, the amazing WoW board, the coaching clinic for tumbling and the fabulous Halloween week... We hope you are enjoying the newsletter, if you are or if you think there's more we could add, let us know.

Recently Qualified

Over the past three months we have had four more coaches receive coaching qualifications from British Gymnastics. We have also had two more start their coaching journeys on the trampoline pathway by attending the level 1 coaching award in Lincoln during September.



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Editor
Chris Blanshard

Design
Paul Smith

Contributions
Victoria Dukes
Beverley Stevenson
Alun McMillan

Important Dates...

Dates for your diary...

24th November, 2019 at Wolds Gymnastics Club, Drifffield. Boys Floor and Vault competition.

1st December, 2019 Hull and East Riding Festival of Gymnastics at the Tigers Trust Arena, Hull.

8th December 2019, Kingston Trampoline League Finals at Launchpad, Hull.

15th and 16th February 2020 at Concord, Sheffield. Club Grade 5 and all Regional Grade 4 born 2009/2010.

14th and 15th March 2020 at Catterick Regional grades 3/2 and 1, All National Grades and all Compulsory Grades.

28th and 29th March 2020 at Catterick. Club Grade 6 and all Regional Grade 4 born 2008 or before.

6th and 7th June 2020 at Concord, Sheffield. Level 5 individual.

4th July 2020 overspill at Barnsley.

11th and 12th July Levels 7 and 6 at Concord, Sheffield.

Yorkshire Squad Dates

12th January, Yorkshire squad trial.

9th February, Yorkshire squad training 1.

26th April, Yorkshire squad training 2.

31st May, Yorkshire squad training 3.

21st June, Yorkshire squad training 4.

Christmas Closure Dates...

Tuesday 24th December, Wednesday 25th December, Thursday 26th December, Tuesday 31st December, Wednesday 1st January.

These dates have been arranged since the beginning of the year and are not refundable due to the fact that the charges for sessions had the dates taken into account.

Get in Touch

If there's anything you would like to add in the next issue of the club newsletter please email secretary@aspiregymnasticsclub.org.

The deadline for submission is 30 January 2020.

Please note we can only accept submissions from recognised members (and parents of members) from Aspire Gymnastics Club.

Aspire Working with the Community

Each Wednesday morning since Aspire Gymnastics Club began training at our premises at St. Johns Business Park we have hosted sessions for disabled adults and their carers who come along to enjoy our trampolines and other equipment.

Both Sara Ostler and Christine Blanshard have Disability "Add on" qualifications which assist them in this Wednesday coaching.

We invite you to spread the word about these sessions. If you know of any adult disability group please mention Aspire to them. Each participant pays just £4 for 45 minutes. It is a wonderfully friendly, social atmosphere and many of the participants have visited us for several years.

COACHING NEWS

We are delighted to announce that Emma McMillan passed her Level 3 Womens Artistic Coaching awards in Tumbling, Bars and Vault when she attended for her Assessment at Diamonds Gymnastics Club on 20th October, 2019. These advanced coaching skills entitle Emma to support higher level skills which in turn very much benefits Aspire. Well done Emma. We are all proud of you.



proud of you.

Finally, we are pleased to announce that on Sunday 3rd November, 2019

Lauren and Georgia Enderby passed their Level 1 General Coaching Course.

Congratulations and Well Done. We would also like to say "Well Done and thank you" to all the gymnasts who accompanied the coaches for their examinations.



Yet another Gymnast at Aspire matures into becoming a Coach! Maddie Stannard passed her Level 1 Womens Artistic Coaching Award on 13th October, 2019. Well Done Maddie we are



All of our coaches have attended and qualified on accredited courses from

**British
Gymnastics**
More than a sport



GfA

COMPETITIONS

10.8.19-16.8.19

Many of the gymnasts in our Club train for one hour per week in our GfA classes. Every child in these classes was given the opportunity of entering into a Floor and Vault competition this summer. A total of five competitions were held in the week beginning 10th

August, 2019. The children were awarded certificates and Gold, Silver or Bronze ribbons for their work. Parents were in attendance to give support to their gymnast. Well done to all who took part! Most of the organisation of the Competitions was done by Aspire

Young Leaders. The Young Leaders attended on the day encouraging all who took part. This gained recognition when Aspire was "Spotlighted" in a recent edition of the British Gymnastics magazine. This made us very proud.



Wow!

You will have noticed our new Wow board in the gym. It is designed to celebrate and reward our GfA gymnast's achievements. Gymnasts are chosen and nominated by their coaches, the best five nominations are chosen every two weeks and the chosen gymnasts then receive a Wow! They receive a certificate and their name is written on one of our stars with the reason why they have received it. Sometimes it is for hard work or kindness, sometimes for achieving a certain skill. We are really proud of all of our gymnasts and this is a great way to show how proud we are.

HEADING FOR THE FINALS

Once again we had a fantastic competition, walking away with 15 medals, 12 for individual performance and three for synchro. This was the final round of the year and we have had much to celebrate. Many of our performers have been promoted throughout the season to higher level groups. There should also be a special mention for Ella who is now competing in the under 11 age group despite being just 7 years old and qualifying once again for the Novice level. Also, to Erin who also had to move up to an older age group continued her winning form by placing 1st in her group and qualifying for the Novice level next year. Kiera continued to improve again in the Elite section taking first place and competing a new routine with greater difficulty. And finally, Isabella claimed her first medal with a fantastic 2nd place in the under 11 Foundation group.



Now we are looking forward to the finals on 8th December where we have 18 individual qualifiers and three synchro pairs competing. Good luck to everyone!



Individual Results: Ella Bradley, 2nd; Alisha Taylor, =3th; Lauren Enderby, 1st Kiera Hemstock, 1st; Chloe Matthews, 5th; Betsy Dibnah, 2nd; Wilf Rogerson, 2nd; Nyla O'Grady, 4th; Max Taylor, 1st; Isabel Ulph, 2nd; Erin Taylor, 1st; Ella Barrow, 8th; Henry Smith, 1st; Ria Potter, 3rd; Layla Quest, 6th; Max Clark, 2nd.



HALLOWEEN

Well done to everyone who took part,
we raised an amazing £76



Tumbling COACHING CLINIC

On Saturday 2nd November we held a Tumbling Coaching Clinic here at Aspire. The purpose of the afternoon was to further develop our coaches knowledge and skills in the teaching of backward and forward tumbling.

The afternoon training was delivered by Adam Folwell. Adam was appointed as

the Women's Artistic National Development Coach in 2013 and was a former male artistic National Squad gymnast, who after retiring from competitive gymnastics took up a coaching role at Huntingdon Gymnastics Club within the women's programme. Under the direction of Paul Hall, Adam has honed his coaching skills working with recreational classes and competitive gymnasts through to high performance national squad athletes. The culmination of this journey saw him attend World Championships with his gymnast Marissa King, who also competed for Great Britain at the Beijing

Olympic Games in 2008.

The session was brilliant. Both the coaches and gymnasts who attended had a great time. We all took away lots of ideas and we are sure that this will help us as a club to improve in our coaching of tumbling skills. We would like to thank all of the girls and boys who attended and made this session possible. We would also like to thank all of our coaches who approached the session with their usual enthusiasm. Finally, we would, of course, like to thank Adam Folwell himself for a great afternoon!

Aspire Lotto



In June 2019 we launched Aspire Lotto, which for a small entry fee of £1.00 per month gives our members the chance to win one of 3 monthly cash prizes, whilst also raising vital funds for local/national good causes and the Club (for example to help purchase new equipment).

Thank you to everyone who have been entering the draws and congratulations to the winners.

To enter Aspire Lotto couldn't be simpler, as it's via your LoveAdmin account – you can find Aspire Lotto on the Payment page, under Optional Extras. From each £1.00 entry the Club receives 78p, which is divided as follows: –

- 25% towards 1st Prize
- 15% towards 2nd Prize
- 10% towards 3rd Prize
- 25% to Club funds
- 25% to a good cause

We will over time support a number of different local or national causes, such as Cancer Research UK, The British Heart Foundation, Help for Heroes, Dove House Hospice and Hull Women's Aid, but initially we are supporting a local cause, the Viking FM Cash for Kids – Health Star Impact Appeal – which is raising funds to develop a Music Room in the new Child and Adolescent Mental Health Services (CAMHS) inpatient centre.

With the more members that enter each month the higher the monthly prizes will be (and the support given to good causes) – if just 50% of Aspire Gymnastics Club Membership enter the Lotto, 1st Prize would be over £80!

GOOD LUCK TO YOU ALL

Article by Alun McMillan

ASPIRE
Pre-School Gymnastics

JUST £5 PER SESSION

Come and join our fun pre-school gymnastics sessions...

For 18 months to school age children.
A structured session providing fun and excitement, that helps to develop social and physical skills in a safe environment.

To find out more go to
bit.ly/agcpsgym or email
pre-school@aspiregymnasticsclub.org

Session Times

MON	WED	FRI
9.30 - 10.30	12.30 - 1.30	9.30 - 10.30
10.30 - 11.30	1.30 - 2.30	10.30 - 11.30
		11.30 - 12.30
		1.00 - 2.00

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First Session FREE

Our excellent pre-school is growing in numbers all the time and is great fun for everyone involved. We've just had our fantastic new flyers designed and delivered. If you think you know a good place to advertise the session, please ask the office for a copy.

Thank You

Smartie Challenge

Aspire wish to thank each and every gymnast who posted their smartie tubes into the collection box.

The total amount raised as a result of this funding appeal was £503.

Some of this money has already been spent on much needed

refurbishment of the disability toilets and the remainder put aside towards vault replacement.

We have a wonderful and generous set of parents at aspire.

Thank you all again.

The committee of aspire gymnastics club.

**YOU HAVE
RAISED...**

£503