

LOOK OUT FOR SCHOOL HOLIDAY SESSIONS



Grades Success from Catterick



Champions at
the Kingston
League
Trampoline
Competition

Latest Club News

Dates for your diary

The AGM of Aspire Gymnastics Club is to take place on Thursday 25th April, 2019 at 7pm.

Boys Gymnastics competition at Rothwell on 12th May, 2019.

Kingston League Trampoline Competition at TBC on Sunday 30 June 2019.

Yorkshire Level 6 & 5 Individual competition on 29/30th June 2019.

Diamonds Invitational on 6/7th July 2019.

Yorkshire Level 7 4 FIG Individual on 13/14th July 2019.

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Welcome all

Welcome all readers to the first of our newsletters from the Committee of Aspire Gymnastics Club. The newsletter will be issued quarterly to make announcements and to keep everyone informed of achievements amongst gymnasts, coaches and backroom staff. Please read on...

Our Newest Full Time Member of Staff

We would like to extend a warm welcome to Alun McMillan who started full time employment at Aspire on Monday 1st April. Alun will be joining our existing full time staff, Victoria and Beverley. Alun will be working in the office and as a gymnastics coach. We wish Alun all the best as Aspire continues to grow and develop.

Recently Qualified

Well done to Niamh for passing her Level 1 coaching qualification. Congratulations also goes to Ellie, Sophie, Becky and Beth who have passed their level 2 coaching qualification. All of our coaches were expertly mentored by Beverley, Chris and Natalie within the club.

New Welfare Officer

Congratulations to Vicki Taylor who has been appointed as one of our welfare officers for the club.

Stoneferry Primary School Visit

We had all the children from Stoneferry Primary visit us on several school trips last half term. They all had a fabulous time and made good progress in their gymnastics skills. If anyone wishes their school to visit us on a school trip please ask for a leaflet to take in to your school.

More Club News

Coaching Workshops

On 16th and 19th February 2019 we undertook two coaches workshops focussing on conditioning and on 13th and 16th April (Easter hols) two further workshops focussing on plyometrics and vault. These workshops are an important part of our coach development to ensure that our gymnasts receive the very best possible coaching.

Let's Hear it for the Boys

There are now four "all boys" groups with Victoria Dukes taking the lead with the Mens Artistic Gymnastics competition class. The classes are on Tuesday and Thursday evenings and Sunday afternoons. Boys also form part of our GfA mixed classes. The Competition class have been entered by Victoria for a floor and vault event at Rothwell on 12th May, 2019. The best of luck to them on that day!

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.



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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 June 2019. Please note we can only accept submissions from recognised members (and parents of members) from Aspire Gymnastics Club.

Wonderful Wednesdays

Every Wednesday morning Aspire hold adult disability sessions. Various day centres around the City bring people to enjoy our fantastic facility. This is not exclusive to day centres. There are some independent carers and their charges who are regulars with us. Sara Ostler and Chris Blanshard run the sessions which involve the participants doing activities on our sprung floor, walking on beams, using our fast track and bouncing on our floor level trampolines. Both Chris and Sara have Disability Add-On Modules and Beverley Stevenson is the Trampoline Coach present to support on the trampoline where necessary. Great fun is had by all and friendly relationships have grown between participants, carers and coaches. For more information please e-mail: secretary@aspiregymnasticsclub.org

Gymnastics for all

Every single child who attends Aspire is important to us. We now have 37 Gymnastics for All classes with gymnastics training for one hour per week and enjoying a development program across a seven week rotation of activities. The children in these classes work through British Gymnastics Proficiency Badges and the work done towards those badges is ticked off on the Coaches' sheets during the lessons. If you would like to know what comes next for your child please see one of the Coaches for his/her group at the beginning or end of a session. More information can be gained from the eight badge



sheets on the wall on your left by the heater as you walk into the gym. When badge 1 is gained by a gymnast there are advanced badges relating to various pieces of apparatus in bronze, silver and gold. A child is entitled to apply for an advanced class place if Badge 1 is gained. We now have four advanced classes. These are a recent development in an effort towards a child obtaining a continued positive experience from his or her time at Aspire. In the summer of last year we held a series of successful GfA competitions. We aim to repeat these this year.

This quote applies in abundance to every one of our wonderful volunteers who we hesitate to name in case one is missed off the list.

All organisations remain strong if they have a large volunteer base.
Thank you to all Aspire volunteers!

Some parent spectators upstairs do not appreciate that the tuck shop can be opened. Just ask for the key and an "honesty box". Do not be afraid to ask. Drinks, crisps, sweets etc are available to be sold and this not only benefits our Club but creates a friendlier atmosphere for the parents whilst they wait.

"VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY JUST HAVE THE HEART."

Quote by Elizabeth Andrew

Talking of parents

Do you know that our Parent Representative is Sarah Ashton? We are grateful to her for giving her time as a volunteer. Sarah has been a dedicated member of our Committee in this role for some time. Her photograph is on our notice boards. Please do not hesitate to

approach her if you want something mentioning to the Committee.

If any parent would like to become a Parent Representative please see Sarah for more information or alternatively e-mail: secretary@aspiregymnasticsclub.org

SCHOOL GAMES

2019



On the 19th March, 2019 Aspire hosted the Humber Schools Games Gymnastics competition at which seventeen Primary schools across the region competed against each other with teams of five from each school. This was a real boost for Aspire and much credit goes to the organisers, Judges and all our wonderful Young Leaders who made the day possible. Well done all!

Congratulations to Martongate Primary School who were the winners. It was a close competition with Signhills Primary taking second place and Elliston Primary taking third. All 17 schools competing performed well and were a credit to their schools.



Trampoline News

We had a very successful competition in the Kingston League trampoline competition at St Mary College in Hull on 7 April, 2019. We came away with 11 medals, 7 Gold, 3 Silver and 1 Bronze and seven qualification scores for the next level in June. Well done to everyone.
It's now time for some to change routines, learn a few new skills and prepare for the next competition in June.

“ Hi, a quick one regarding the Trampoline Comp yesterday 7 April'19. I'd like to say what a fab day was had all round! Paul and Karen have done so well in preparing the children for it. Great thanks to them! And the team..... well they were fantastic!!!! They all rallied round each other giving huge support and enthusiasm. It was fab to see the club come together, they were a real credit to Aspire!! The t-shirts looked great too... Many thanks, Joanne Rogerson ”



Competition Results:

Ella Bradley O15 Intermediate: 1st
Alisha Taylor O15 Advance: 2nd
Lauren Enderby O15 Advance: 1st
Kiera Hemstock U15 Advance: 1st
Elleithe Harling U11 Novice: 2nd
Nyla O'Grady U11 Novice: 1st
Wilf Rogerson U11 Novice: 1st
Max Taylor U11 Intermediate: 1st

Maisie Hogg U11 Foundation: 2nd
Erin Taylor U9 Fundamental: 1st
Ella Barrow U9 Fundamental: 3rd
Isabel Ulph scored a fantastic 50.4 beating her previous competition score and just missing out on a medal by 0.8. Louisa Hawksley scored an impressive 49.7 in her first competition.



Yorkshire Grades 2019 Successes for Aspire



Club Grades on 9th and 10th March.

Amayah Jackson Mustafa - Gr6-10	Commended
Amber Wray - Gr5-08+	Commended
Daisy Paul - Gr6-11	Commended
Dania Zilberte - Gr6-11	Commended
Edana Bell - Gr5-10	Commended
Emily Cockerill - Gr5-08+	Commended
Georgie Adams - Gr6-10	Commended
Grace Gowan - Gr5-08+	Pass
Imogen Tate - Gr5-10	Pass
India Blount - Gr6-11	Commended
Libby Wykes - Gr5-08+	Pass
Lillia Westerby - Gr5-08+	Pass
Maisie Hogg - Gr6-10	Commended
Matilda Jackson-Mustafa - Gr5-08+	Commended
Trinity Lawson - Gr5-08+	Pass

Regional and National Grades on 30th and 31st March

Amelia Sadie Rose Walker - Reg4-08	Commended and 5 th overall
Chloe Ralph - Reg4-07+	Commended
Daisy Ellen Walford - Reg4-08	Commended
Evie Walker - Reg1	Commended
Holly Platten - Reg4-08	Pass
Irene Miguel - Nat4	Commended
Jessica Mcmillan - Nat3	Commended
Katie Leigh Taylor - Reg3-06+	Commended 4 th overall
Megan Doyle - Reg1	Commended and 5 th Overall
Millie Heath - Reg4-08	Commended
Millie Williams - Nat3	DISTINCTION
Phoebe Cheesebrough - Reg4-09	Commended
Poppy Lewis - Reg4-07+	Pass
Ruby Potter - Nat3	Commended
Skye-Jade Coates - Reg4-07+	Commended

YORKSHIRE SQUAD SUCCESS

Earlier this year two of our competition level gymnasts were successful in gaining a place at the Junior Yorkshire Squad.



Millie and Ruby attended squad trial sessions alongside over a hundred other gymnasts from across the region who were also hoping to gain a place within the squad. The junior squad meets once a month on a Sunday morning. Both girls have a conditioning set to be

working on and a series of target moves.

The first of these sessions has already taken place at Barnsley Gymnastics Club coached by Paddy Lavelle, British Gymnastics

National Tumbling Coach. Other sessions are also scheduled to be coached by various experts from British Gymnastics throughout the year.

We are extremely proud to once again have gymnasts from



our club attending Yorkshire Squad, following on from the success enjoyed a couple of years ago by Jessica and Krista who qualified for the junior squad based on their grades scores and Maddie when she represented Yorkshire at the National Grades final.

Well done to both girls. I am sure they will benefit from this experience. Next year...who knows, maybe there will be more than two from Aspire.

Simon, Senior Club Coach

ASPIRE
Pre-School Gymnastics

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

**JUST
£5
PER SESSION**

Session Times

MON

9.30 - 10.30
10.30 - 11.30

WED

12.30 - 1.30
1.30 - 2.30

FRI

9.30 - 10.30
10.30 - 11.30
11.30 - 12.30
1.00 - 2.00

First Session FREE

WHERE WE ARE

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



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 at the office for a copy.