



October 2018

We hope you all agree we have had a fab-u-lous Summer here at Witham Hill, with 3 different summer camps set up for all ages & abilities, as well as the fantastic weather where we stocked ice-creams & picnic blankets.

Now as the nights are becoming darker & colder we would like to give parents a friendly reminder to come into the building to collect your children, so they are not waiting outside in the cold & dark. Many thanks for your cooperation.

Christmas Party 2018

The Annual Christmas Disco is on the 8th of December; 4 – 7 Years from 5:30 – 6:30 for £6 per ticket and 7 Years & over from 6:45 – 8:00 for £7 per ticket. Entry fee includes squash/water & a raffle ticket. Pizza/ Hot Dogs are available at £1 plus other sweets/cakes/biscuits. Please purchase your tickets from reception in advance, spaces are limited and it is done on a first come first served basis.

Follow us on



If you haven't already done so, please follow us on Facebook, we post all our club information on there and it can be particularly helpful especially with last minute things such as snow days etc. If you have a query please double check our Facebook page first before emailing in, if you cannot find the answer there then feel free to email us on info@withamhillgymnastics.co.uk

Pierced Ears

We are noticing a number of gymnasts coming into training with un-taped pierced ears. Due to health & safety regulations can you please make sure you tape your child's ears up before they come into the gym. Taping is allowed for 6 weeks when newly pierced, then after that period they must be removed and left either at home or with a parent/guardian, not brought into the gym with them to be lost or stood on.

WHAP NEED YOU!

WHAP stands for Witham Hill's Association of Parents, and is continually looking for new members to join. Their role is to make decisions on fundraising ideas and projects to help raise money for the club. If you would like more information on what's involved or how to join then please speak to Vic, Barbara or Claire, and check out Witham Hill WHAP on Facebook too, to keep update with WHAPs projects.

Competition Results



County Level 6 & 7

Level 7

6 years: Nellie 1st, Ella Stroud 3rd

8 years: Viktoria 2nd

10 years: Sophie M-L 2nd

11 years: Holly D 1st, Zayna 2nd

Overalls

Holly D – Beam & Bars 1st & all around 3rd

Zayna – Beam 2nd

Level 6

7 years: Jo-Jo 1st

9 years: Hermione 3rd

11 years: Sophie W 3rd

12 Years: Chloe S 1st, Elanor 3rd

13 + years: Lucy M 3rd

County Teams

Level 5

Team 1: Darcie, Thea, Olivia S, Sophie R & Ella G – 2nd

Team 2: Casey, Zara, Connie, Lillie & Grace A – 7th

Level 4

Team 1: Olivia D, Molly, Emma, Alisha & Melissa – 2nd

Team 2: Ella T, Morgan, Jenny & Hannah – 6th

Level 3 TEAM CHAMPIONS

Rose, Amelie, Caitlin, Holly & Ruby – 1st

Challenge TEAM CHAMPIONS

Olivia & Rebecca competed with Bethan from Lincoln to make up the Chairmans Team – 1st

MA Regional Grades

Level 0: Isaac – 2nd

Job opportunity

WHGC Café is looking for another assistant to work in its friendly members café.

Hours required

*Tuesday evenings - 16:00 - 19:30

*alternating over a 3 week rota

Friday daytime 10:45 - 15:00, Friday Evening 15:45 - 19:30 & Saturday 8:45 - 14:30.

Holiday cover and occasional Sundays will also be required, hours may vary in school holidays. For more information or to send your relevant details via email

alisa@withamhillgymnastics.co.uk

(Rate of pay is just over minimum wage).

Calling all possible Volunteers

The café is busier than ever and in order to keep up good service and customer satisfaction we require a couple of volunteers to help things run smoothly. If you have a spare hour or 2 and would like to help out either on a Thursday or Friday evening in the café then please email Alisa your interest on; alisa@withamhillgymnastics.co.uk.

Young Leaders

We are now running a young leaders scheme for gymnasts aged 13+ where they learn how to coach young gymnasts as well as working towards their proficiency qualification. This is a great opportunity to get involved with as it teaches them how to coach as well as being great to put on future CV's, be part of their Duke of Edinburgh award at school and can be used as a skill in GCSE & A-Level PE. Please get in touch with Jamie to register your interest.

Proficiency Awards

Over the summer we don't run our normal badge weeks due to many people being away etc. Our next badge week is the 8th - 13th of October. A reminder to make sure you ask for your badge & certificate at reception around 2 weeks after purchasing, otherwise we get lots of gymnasts' hard work left behind in our draw.

Dates for your Diary

20th - 21st Oct: WHGC Invitational

8th December: Christmas Disco

20th Dec - 2nd Jan: CLOSED

2nd Jan: Normal classes resume

Coaching Success

Recently we have had lots of success on the coaching front, the better our coaches are, the better our gymnasts can be. Skye Fox passed her WA Level 1, Ashley Compton passed her Pre-school level 2. Sarah Gidley passed her MA Level 2 and Holly Foster & Hannah Lloyd passed a number of their WA Level 3 modules. Well done to all, and a big thank you to all the gymnasts that gave up their time to help them out too!

Calling all youngsters

If you have a little one born between September 2014 & August 2015, check out our Pre-School Program. Spaces available!!

BIG NEWS!!!

Rebecca Melling has been selected to represent East Midlands in 1 National competition: The Bill McLoughlin Team Final & 1 International competition: The Sandra Clarke Cup. This is a fantastic opportunity and shows that hard work really does pay off.

Regional level 3,2 & Challenge

Level 3

12/13 Years: Caitlin - 2nd Bars, 2nd Beam

14 +: Holly - 3rd Vault

Level 2

14+: Rebecca - 2nd Beam

Floor & Vault

8 Years: Ella Y - 2nd, Freya D - 3rd

9 Years: Olivia S - 1st, Darcie 3rd

10 Years: Connie - 3rd

14+ Years: Ella G 1st, Morgan 2nd

Overall: Ella G County Champion!

Lincolnshire Team Members

Gymnasts have competed at county & region this year and the following have been selected to represent Lincolnshire at the Regional Team Finals;

Junior/Senior - Rose Wilson, Caitlin Frost, Holly Gidley & Rebecca Melling

Floor & Vault - Ella Young, Olivia Smith, Darcie Thorpe, Ella Gill, Morgan Mason & Freya Clarke

Upcoming Competitions

14th Oct - WA Regional Level 5 IA & Level 4 OA

20th & 21st Oct - WHGC Autumn Invitational

11th Nov - Bill McLoughlin

17th Nov - Sandra Clarke Cup

18th November - MA Floor & Vault

25th November - WA Regional Floor & Vault & County Team finals



WEBSITE www.withamhillgymnastics.co.uk
e mail address info@withamhillgymnastics.co.uk

BG MEMBERSHIP

A reminder that all members are required to have British Gymnastics (BG) Insurance in order to be able to train. This should be done by the 1st of October (unless your child is a new starter, then a 3-week waiver is applied), and done directly through BG. Bronze level insurance is £17 for the year, pre-school insurance is £11 and selected gymnasts competing in regional level or above competitions are required to have silver level insurance at £41 (but will be notified if required).

POINTS OF CONTACT

Head Coach - Jamie Saunders can be contacted about coaching related questions/queries - jamie@withamhillgymnastics.co.uk

Welfare Officers - Jemma De'Ath & Jo Shaw can be contacted in confidence at - welfare@withamhillgymnastics.co.uk

Club Manager - Alisa Saunders can deal with problems relating to payments etc and can be contacted - alisa@withamhillgymnastics.co.uk

Any other business - Please email prolonged absences and general enquires to - info@withamhillgymnastics.co.uk

Witham Hill Gymnastics Club
15B Crofton Road, Lincoln LN3 4NL