



## February 2011 – NEWSLETTER

Dear All,

We are only into the 2<sup>nd</sup> month of the year and Christmas seems such a long time ago, but so much has happened since the break.

We now have 8 trampolines up which are all fully occupied on a Friday night and Saturday morning, which keeps the coaches on their toes! Also some great results from 2 competitions.

### Regional Grading

In January, just 2 weeks back from holidays and into competition and all that entered did well;

- Bailey Aver qualified to D
- Ella Caundle qualified to D
- Penny Senior qualified to D

**The girls team got 1<sup>st</sup> on the podium, well done all of you.**

- Millie Sainsbury qualified to E and podiumed 2<sup>nd</sup> place.

### Schools Competition

With passport in hand and 'Sat Nav' at the ready, Grace Norris representing Q.E School, travelled with Hannah Mobey (she was officially judging on behalf of Q.E School) and Russell as Coach and driver to the Isle of Wight.

Grace had qualified as an individual in the regional event to represent her school at the Zonal Schools (the South of England). Russ reported back that Grace 'nailed it' in the warm up, but unfortunately missed it during the compete and finished just outside the top 2, so didn't make National Finals. Only the top 2 go through in each round, so well done Grace..!!

As an aside, I mentioned 'Sat Nav', Russ is a firm believer on using 'Sat Nav' until on the way home the 'Ozzy' guiding voice took him towards Cowes not Yarmouth! but they still managed to catch the early ferry and therefore made Millie's birthday trampoline party.

Another Spirals member was also on the Island, Alex Hardwick competing for Poole Grammar School, no such transport problems with 'John Cleese' in charge of directions! Well done Alex, and the Poole Grammar team for qualifying through to National Finals...! (and not a Xmas tree in sight.)

**Good luck in Finals Alex...!!**

### **National Gala - Hatfield**

Not just the first Gala event of the year, but the first National Competition for Chantal and Phil, oops that should be performers before parents. Anyway, back to the really important ones;

Emily and Bailey FJ they were brilliant. Both Emily and Bailey performed solid routines, holding back just a little as they had to complete 10 moves in both routines or get a relegation point. They both held their nerve and made their finals (top 8) I will never forget a little person looking at me and saying 'I didn't think I would get this far'.

Alex Hardwick was also competing the same day, and being the laid back person he is he competed 20 moves and also stayed out of the relegation zone...!!

Joe did a good days work, being the first comp back after an 18 month absence and with the pressure of having to complete 10 moves in set and vol, or get a relegation point. He completed a fairly nervous set and vol, which set him in 4<sup>th</sup> place going into finals, as I said not a bad day's work after 18 months out. He finished the day in 7<sup>th</sup> place, ½ twist to ½ in ½ half, don't ever tell me you don't know where you are Harry! (personal joke sorry). Joe accomplished all his personal goals and qualified to British Championships at the first comp, well done Joe. Joe is now working towards World Age qualification.

Jess qualified last year but was not able to compete at this event and we all look forward to her being with us at an event during the year.

Chantal also had a first, she is taking her County Judge course this weekend and was encouraged (dragged) from the stands to shadow tariff. Good luck at the weekend Chantal...!!

I am now looking forward to the next competition in Gillingham, Kent with Alex and Emily.

### **GMPD**

Good luck to Clarrisa who is competing on Sunday.

Clarissa is looking for her 2<sup>nd</sup> qualification to GMPD British Championships and also selection to the British Team. We will keep you informed as to the results from Sunday on the website.

Paul Hardwick who is 'Rissa's main coach is also undertaking the GMPD coach module which will enable Paul to be 'on the floor' at Nationals for Rissa this year.

We owe great thanks to Dawn Lawson who has looked after Clarissa at competitions over the past year.

I would like to thank all the parents and volunteer coaches that help make this club tick, and look forward our Assistant coaches developing into 'Coaches'. All information can be found on either Spirals website or South West Amateur Gymnastics site, or if you want to get involved just speak to Jane or Russ.

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