



SUMMER 2010 – NEWSLETTER

Dear All,

I have a few dates for your diaries, they are:-

DORSET SQUAD – 4th JULY (The venue will be Rossmore, training times will be sent out shortly for relevant groups).

BRITISH CHAMPIONSHIPS – 24th – 25th July at the NIA in Birmingham, for details of tickets please see British Gymnastics website. This year the Championships encompass GMPD Championships and Tumbling Championships along with Individual, Synchro and DMT. It would be well worth a trip to watch the Countries best in these disciplines, also very motivational for our youngsters.

Although it has been a very quiet year for our National level competitors, we had a notable achievement with Clarissa Hustler achieving 2nd place in GMPD competition and qualifying to compete at the British Championships. I am sure you will join with us to congratulate 'Rissa' on her achievement and wish her good luck.

SUMMER CAMP – starts on Thursday 19th August till Sunday 22nd August at Canford. Camp is lots of hard training, and also lots of fun. Once again we have invited Jason Richardson and Wellington Whirlwinds and Dawn Lawson from Aspire Springers. Last year was a real success with plenty of new moves and confidence building and plenty of new friends being made. Unfortunately for camp we have to put a skill base in place or numbers would get out of hand. If your Son or Daughter is currently doing Front and Back Somersaults and would like to come to camp then please speak with either Russ or myself. If there are any willing parents to help make up the sandwiches each night for lunch the next day then I would love to hear from you – about 20 loaves of bread looks quite daunting after a days coaching. This brings me on nicely to the:-

SPIRALS SUMMER PARTY AND PRIZEGIVING – Saturday 21st August. This year is during Summer Camp and I think will be lots of fun as we will have the pupils from Wellington and Aspire with us as well. We will be awarding the Spirals Form Trophy, which is always a nail biter as well as the Merit Award for achievement, the Effort Award for hard work and determination and the Recreational Award. Traditionally at the end of Camp the Coaches get together and award several prizes ,they can be for

anything from 'person leaving their kit in the Gym the most', 'achievement', or 'being late for breakfast the most' mostly lighthearted which reflects the fun and hard work during the camp. This doesn't just apply to the pupils; sometimes a coach gets the wooden spoon. I think we have the making of a fun evening for all.

I would like to congratulate all the competitors that have achieved their personal goals at competition and in some cases by achieving those goals they have 'Graded up' a level or 'Podiumed'. Well done all of you keep up the hard work.

To finish I would like to congratulate the team who represented Dumpton School at the IAPS Championships earlier this year. Well done Libby for retaining the title. A big thank you should go to Kirsty who trained most of the team and looked after them all on the day, and now seems to be building a strong team for next year's event, which hopefully can be hosted at Canford, fingers crossed. Also to congratulate the pupils that took part in the Schools Championships and went through from Regional's to National Finals, well done Katie, Team Champions.

As you have no doubt noticed, some of the pupils are jumping lots higher than usual. This is because as from next year at National Gala events for Nat C, Fig B and Fig A competitors will be using a 4mm x 4mm trampoline. So that not only our current National level pupils are ready for next season but also those who will be looking to qualify in October and beyond will be prepared we purchased one. We are also awaiting delivery of a full size DMT landing area which will greatly aid our DMT pupils in training. I am trying to organize more DMT training separate from the Trampoline sessions and will let you know the outcome. This equipment is expensive so if anyone has any brilliant fund raising ideas please let us know.

I expect I have forgotten something and do apologise for rambling on, but if anyone has any suggestions or would like to be more involved with the Club then please feel free to either phone, email or speak to me at a training session. With the numbers of pupils we enter at Regional level next year we are going to need volunteers to take a Basic Judge course, Record or Bed Marshall as Russ and I really need to be on the Floor. Full training will be given and it's really not that scary, honest.

Oops, nearly missed some of the most important people, yes you parents. I am sure that your children really appreciate the miles you travel to competitions for maybe 30 seconds of nail biting tension. Russ and I both appreciate your support, thank you.

Jane Mobey

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