



THE BASE

GYMNASTICS & FITNESS CENTRE



GYMNASTICS FOR ALL

GENERAL GYMNASTICS

THIS HALF TERM HAS SEEN GYMNASTS PRACTICING THEIR SWINGING FROM THEIR HANDS AND IN STRADDLE UPSIDE DOWN ON THE BARS AS WELL AS TRYING TO JUMP FROM ONE BAR TO THE OTHER. ON THE BEAMS THEY HAVE BEEN WORKING HARD ON TRAVELLING USING DIFFERENT BODY PARTS AND JUMPING AND LEAPING ACROSS THE BEAM. GYMNASTS HAVE BEEN PRACTICING THEIR FLEXIBILITY ON THE FLOOR AS WELL AS MANY FLIGHTED SKILLS AND ARE PROGRESSING THROUGH THEIR CARTWHEELS WITH SOME OF THE MORE ADVANCED GROUPS WORKING ON ROUND OFFS. OVER ON THE VAULT THEY HAVE BEEN USING DIFFERENT SHAPES TO GET OVER THE VAULT, WITH HANDSTANDS BEING INTRODUCED AS WELL.



WE ALSO SAW A RETURN TO OUR PARENT VIEWING WEEKS THIS HALF TERM AND HOPE EVERYONE ENJOYED COMING IN AND GETTING TO SEE A GLIMPSE INTO HOW THE GYMNASTS TRAIN. WE THINK THE GYMNASTS DID REALLY WELL STAYING FOCUSED ON THEIR TASK AND BEING ABLE TO SHOW OFF THEIR SKILLS.

**ANY QUESTIONS REGARDING YOUR CHILDS PROGRESSED PLEASE CONTACT:
CLASSES.LGA@GMAIL.COM**



COMPETITION SQUADS

TUMBLE

AFTER A LONG BREAK FROM MAJOR EVENTS THE LAGC TUMBLERS RETURNED TO COMPETITION WITH THE CLUBS CHAMPIONSHIPS. THIS SAW ALL THE SQUADS GIVEN THE OPPORTUNITY TO COMPETE AGAINST ONE ANOTHER AT THEIR LEVELS AND ALSO FOR THE HIGH SCORE OF THE DAY. THE FIRST ROUND HAD OUR GYMNASTS COMPETING AT WHAT IS CALLED CLUB 2, 3 AND 4. FOR SOME OF OUR GYMNASTS THIS WAS THEIR VERY FIRST COMPETITION AND THEY ALL DID VERY WELL. WE DID HAVE SOME SMALL MISTAKES AND WE'VE GOT A LOT WE CAN LEARN FROM BUT THEY ALL TRIED THEIR BEST AND WE WERE REALLY PLEASED TO SEE THEM BACK IN FRONT OF THE JUDGES. THE SECOND ROUND SAW OUR MORE ADVANCED TUMBLERS COMPETING AT CLUB 5 AND 6 AS WELL AS REGIONAL 1 AND REGIONAL 2. AGAIN FOR SOME THIS WAS THEIR FIRST COMPETITION AND AGAIN THEY PERFORMED VERY WELL. OVERALL IT WAS GREAT EXPERIENCE AND BRILLIANT TO SEE EVERYBODY BACK IN ACTION.



LGA

COUNTY COMPETITION

AFTER NEARLY 2 YEARS OFF FROM COMPETITIONS THE ARTISTIC GIRLS FINALLY GOT TO COMPETE IN THEIR FIRST 4 PIECE COMPETITION. THEY DID BOTH THEMSELVES AND THEIR COACH PROUD WITH THE CONFIDENCE OF THEIR PERFORMANCES AS WELL AS WINNING MANY MEDALS ON ALL APPARATUS.

IN HOUSE COMPETITION

MANY LGA SQUAD AND DEVELOPMENT SQUAD MEMBERS GOT THE OPPORTUNITY TO COMPETE IN THE FIRST CLUB CHAMPIONSHIPS FOR NEARLY 2 YEARS. MANY OF THE GYMNASTS WERE COMPETING FOR THE FIRST TIME AND DID THEMSELVES PROUD WITH HOW AMAZING THEY COMPETED, ESPECIALLY WITH SOME SPECTATORS WATCHING. ALL THE GYMNASTS IMPRESSED THE JUDGES AND COACHES AND WE LOOK FORWARD TO MORE COMPETITIONS IN 2022.



COMPETITION SQUADS

BRITISH CHAMPIONS AGAIN!

ACRO

MEN'S PAIR MONTY AND ALBERT ARE CELEBRATING AFTER A SENSATIONAL BRITISH FINAL WHICH TOOK PLACE ON 14TH NOVEMBER AT FENTON MANOR IN STOKE. AS REIGNING BRITISH CHAMPIONS AT NDP GRADE 3, THEY HAD A MUCH LONGER WAIT THAN THE USUAL 12MONTHS AT THEIR NEXT SHOT AT THE TITLE. AFTER QUALIFYING IN SEPTEMBER FOR THE FINALS AT THE HIGHER GRADE 4, IT WAS EXCITING TO SEE THE BOYS BACK COMPETING AGAIN. THEY DID NOT DISAPPOINT, WITH AN AMAZING ROUTINE, THEY SCORED ONE OF THE HIGHEST SCORES OVER THE WHOLE WEEKEND ACROSS ALL LEVELS AND A PB OF 26.900. THEY SECURED ANOTHER BRITISH TITLE, MAKING CLUB HISTORY BEING THE FIRST PARTNERSHIP TO RETAIN THEIR BRITISH TITLE. WELL DONE TO THE BOYS AND THEIR COACH KATHRYN.



IN HOUSE COMPETITION TIME

SOME OF THE CENTRES SQUAD AND DEVELOPMENT GYMNASTS WORKED VERY HARD IN THE BUILD-UP TO OUR FIRST IN HOUSE COMPETITION IN OVER 2 YEARS. THERE WERE SOME GREAT PERFORMANCES ALL ROUND, WITH SOME GYMNASTS IT BEING THEIR FIRST TASTE OF COMPETITION. OUR YOUNGEST COMPETITORS WERE ONLY 5 YEARS OLD, BUT THEY COPEd WITH THE OCCASION SUPERBLY AND WERE LITTLE SUPER STARS. IT WAS GREAT TO SEE ACROBATIC ROUTINES AND TUMBLERS IN ACTION AGAIN AND AFTER NEARLY 2 YEARS AWAY FROM PERFORMANCE ALL GYMNASTS WERE A CREDIT TO THEMSELVES AND THEIR COACHES. WE NOW LOOK FORWARD TO WORKING TOWARDS THE 2022 COUNTY, REGIONAL AND NATIONAL COMPETITION CALENDAR AND GET BACK OUT THERE DOING WHAT WE LOVE.

BUNNY HOPPERS

BUNNY HOPPER TSHIRTS AND LEOTARDS AVAILABLE TO BUY FROM THE SHOP ENTRANCE. ASK A COACH FOR MORE INFORMATION ON SIZES AND COLOURS.

TSHIRTS - £12

LEOTARDS - £19.99



DIARY DATES

JANUARY 2022

4TH - TERM STARTS

17TH - RISE ASSESSMENT (GFA CLASSES)

FEBRUARY 2022

**14TH UNTIL 20TH GFA CLASSES CLOSED
(SQUADS STILL RUNNING)**

USEFUL CONTACTS

**FOR LGA MEMBERSHIP ENQUIRES INCLUDING QUESTIONS ABOUT FEES/CLASS CHANGE/NEW STARTERS:
CONTACT@LOUGHBOROUGHGYMNASTICSACADEMY.CO.UK**

**FOR LGA PROGRESS/COACHING SPECIFIC QUESTIONS:
CLASSES.LGA@GMAIL.COM**

**FOR ALL LAGC ENQUIRIES:
INFO@LAGC.ORG.UK**

**FOR BUNNY HOPPERS ENQUIRIES:
BUNNYHOPPERSGYMNASTICS@GMAIL.COM**

PARKING

IT IS DISSAPPOINTING TO HAVE TO MAKE ANOTHER APPEAL FOR SENSIBLE PARKING ON THE ESTATE, BUT WITH CONTINUED COMPLAINTS FROM THE NEIGHBOURING BUSINESSES ON THE ESTATE WE FIND OURSELVES WRITING THIS AGAIN! PLEASE CAN WE ASK THAT MEMBERS DO NOT PARK IN FRONT OF ANY OF THE OTHER BUSINESS UNITS WHEN DROPPING OFF AND PICKING UP THEIR CHILDREN. WE HAVE WITNESSED AND HAD REPORTS OF MEMBERS PARKING ACROSS THEIR ENTRANCES MAKING IT IMPOSSIBLE FOR THEM TO RECEIVE DELIVERIES OR FOR THEIR OWN STAFF TO LEAVE UNTIL OUR MEMBERS MOVE. WE HAVE PARKING IN FRONT OF OUR TWO UNITS AND YOU CAN ALSO PARK IN THE COMMUNAL PARKING THAT IS IMMEDIATELY ON THE RIGHT AS YOU COME INTO THE ESTATE BEFORE THE JAYPLAS ENTRANCE. WE WORK VERY HARD TO TRY AND MAINTAIN POSITIVE RELATIONSHIPS WITH THE OTHER BUSINESSES AND IS A SHAME THAT A MINORITY ARE MAKING THIS VERY DIFFICULT FOR US.

CAR PARK SAFETY

PLEASE CAN WE REMIND PARENTS TO COME TO THE EXITS TO PICK UP THEIR CHILDREN AND NOT ASK COACHES TO LET YOUNG CHILDREN CROSS THE BUSY ESTATE ON THEIR OWN.

