

THE BASE

GYMNASTICS & FITNESS CENTRE



Head coach Kathryn Ford would like to welcome all members of LAGC, LGA and Bunny Hoppers to the start of a new term and our new look gym. As many of you are aware, following successful talks with Loughborough University, LAGC has agreed to accommodate the universities gymnastics teams following the closure of their own centre in May. Part of this deal and new partnership included a huge facility upgrade. This not only enables their elite gymnasts to continue to train in a high-performance environment, but our members will also benefit greatly and in particular from the new podium pit, additional coil sprung floor and tumble track. We look forward to welcoming the students from October 2022. A BIG thank you goes out to our amazing coaching team who worked very hard during the refurb week to ensure our gym was ready in time for classes to start back.

RENOVATION



Gymnastics For All



Laura Buddle
Head of gymnastics for all

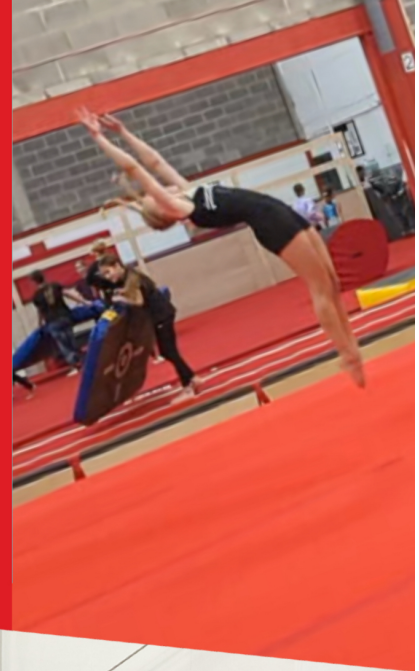
As we start a new term we would like to welcome all our new members and all our bunny hopper gymnasts that have now moved into our after school programme.

We have had a successful first week back into the gym. Gymnasts have done really well navigating the new environment with the refurb of the centre and getting to know their new groups and/or coaches.

All gymnasts are able to earn themselves tokens within the sessions. Tokens are a team reward scheme and are split into 4 different colours. Gymnasts have the opportunity to earn tokens throughout the year. In July they will be counted and a winning colour will be announced. The winning team will receive a medal.

Rise gymnastics is British gymnastics new reward scheme. For gymnasts that have been with us since January will have already started their assessments.

Rise has 4 different levels within 3 different areas. The different areas are core, apparatus and working together.



Women's artistic

Our Womens Artistic Challenge squad returned to County competition, participating in the individual apparatus finals in Leicester. Competing at the new Zinc level our 4 girls Millie, Ivy, Lena and Lily performed brilliantly. Millie secured two bronze medals on vault and floor in the 11/12years category. Joining her with a joint bronze on floor was Ivy. In the 13 years category, Lena won 3 bronze medals on vault, bars and floor and Lily finished just above her with 3 silver medals on the same apparatus.



Acrobatics



Kathryn Ford
Head coach

The Acrobatics squads had a great end to their return to competition, finishing the season with 6 Regional titles, 2 British titles, numerous other medals won at various competitions and 2 amazing Gymfusion performances.

A huge congratulations to our 5 British titles winners - Grade 3 Women's Group and new partnership Olivia Snutch, Isla Mardel and Sophie Dibble made club history being the first women's partnership to take a British title. Grade 5 men's pair Monty Bezzano-Griffiths and Albert Purdy made club history taking the British title for the 3rd consecutive year at firstly at Grade 3, then 4 and this year at Grade 5. Congratulations also to our other British finalists Karyn & Amber- Lily (3rd- G4); Ivy & Martha (4th - G1); Miah & Eliza (8th-G3); Ruby & Matilda (8th - G2). Three additional partnerships qualified through to the inter-regional finals in Southampton including Anastasia & Teagan (G1), Emily & Ivan (G2) and Felicity and Erin (Grade 4 and bronze medal winners).

The season finished entering the North West Invitational, with 7 partnerships LAGC managed an amazing 3 Golds, 2 Silver and 1 bronze medal.

To add to our incredibly busy competitive season we also entered GymFusion York. An amazing event where gymnasts get to showcase their performances on stage. We took 2 teams, both of which performed amazingly and enjoyed every minute.

The Acrobats are now preparing for the new season ahead and enjoying their new training environment.



Tumbling



Tad Skubala
Head of Tumbling

This term has seen an updated structure designed to help gymnasts to progress along the tumble pathway. We have been able to add more groups to our schedule giving more gymnasts the chance to experience the exciting discipline of tumbling.

We also saw a return to national events with 3 gymnasts competing at the Inter Regional Challenge Cup Finals. This competition pits the best gymnasts from all 13 regions across Britain against each other. As well as being an individual competition they also make up part of the East Midlands team competition. Our 3 tumblers Rebecca, Jake and Will had a very good day. Rebecca had 3 strong routines at her first national event and placed 20th in a packed field. Jake and Will had good performance in tumble 1 and were placed well going into the second run. Unfortunately some mistakes in tumble 2 saw low scores but the boys showed great character coming back to finish run 3 with some personal best scores. Will and Jake would finish 9th and 11th respectively. We are very proud of our whole tumble squad and want to congratulate Rebecca, Jake and Will on their performances.



Bunny Hoppers



Gemma Skubala
Head of Bunny Hoppers
Gymnastics

Bunny Hoppers would like to welcome / welcome back all babies, toddlers, preschoolers and parents / guardians to our 2022 Autumn sessions.

We had a very successful first week back, settling nearly 100 gymnasts into our independent preschool classes.

Between Monday and Friday our popular Parent / Toddler sessions, which run every weekday mornings 10:30-11:10am, saw over 130

preschoolers aged between 9 months - 4 years old explore and play around our fun, themed circuits in the new gym. We also launched our new Bunny Hoppers Babies sessions, which run on a Tuesday and Thursday 11:30am-12:10pm. These are aimed at 8 weeks - 10 month olds, and are now available as pay as you go, rather than a block booking.



Please note as a mark of respect for the Queens funeral we will not be running our sessions on Monday 19th September.



New roles



Congratulations to Naomi Abbott who has been newly appointed as lead for our development pathways. As a former LGA member, following her return from University in the City of Lancaster, she has fit easily back into the club and is excited to take on her new challenge.



Beth Coria-Suarez has also taken on a new role within the centre as Lead for our Advanced pathways. Working across all disciplines within the centre this is a very exciting for all clubs and will lead to more development and competitive opportunities for more of our gymnasts.



We welcome back head of our GFA programmes Laura Buddle following her maternity leave.

Diary dates

SEPTEMBER

5th – ALL CLASSES RESUME

OCTOBER

2nd – ZINC AND COPPER ALL ROUND CHAMPIONSHIPS (COMPETITION SQUAD)

17th – 22nd – HALF TERM BREAK (GENERAL CLASSES)

24th – GENERAL CLASSES RESUME

NOVEMBER

7th – PARENT VIEWING

4PM/6.30PM/SATURDAY GENERAL CLASSES

14th – PARENT VIEWING 5.15PM/SATURDAY
10.15AM GENERAL CLASSES

~~26TH - LAGC IN HOUSE CLUB SQUAD
COMPETITION~~

~~27TH - LGA IN HOUSE COMPETITION~~

28TH – RISE ASSESSMENT – CORE LEVELS

DECEMBER

20TH - 2ND JANUARY - CHRISTMAS BREAK
(ALL CLASSES)

JANUARY

3RD – ALL CLASSES RESUME



Reminders

As many of you know our centre is ran by the charity LAGC and as such relies heavily on volunteers, this includes cleaning. We work incredibly hard to keep our centre clean and tidy and our gymnasts are amazing at following our standards. We please ask that parents returning to using our toilet and viewing areas also help us keep these standards by respectfully keeping these areas clean and tidy after use. There are hoovers and cleaning cloths available should food be dropped on the floor or spilt on tables" Thank you in advance for your co-operation.