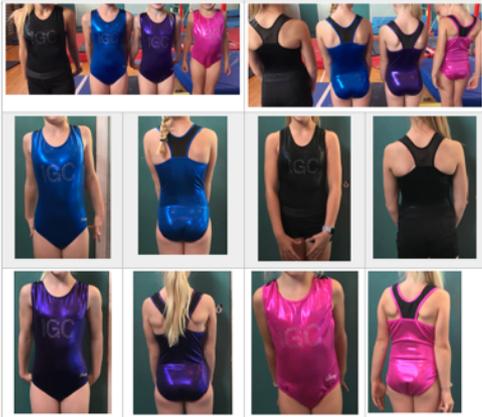




# Idsall Newsletter

Another successful season for 2018.

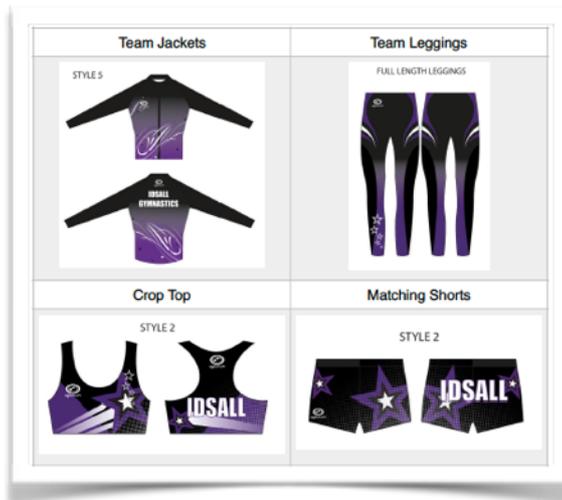
## New Merchandise Launched.



During the late summer we launched our first range of club merchandise.

After consultation with several parents, coaches and gymnasts we launched a wide range of optional

products to go with our new club leotard that was launched last year. You will have seen some of our gymnasts wearing a selection of these at recent training sessions. If you would like to see more details go to our new [website](#).

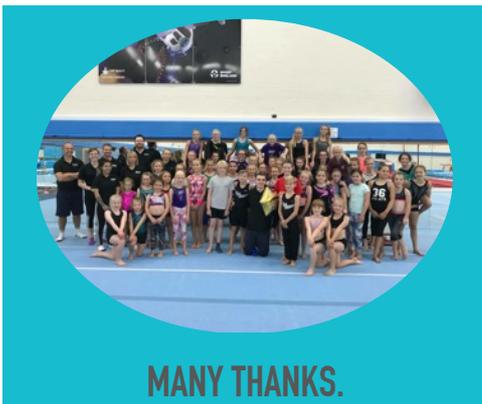


## Amazing Awards Evening



## Lewis Leaves for University.

In October Lewis left his regular club coaching to move to Oxford University. However, he hasn't left completely as he coaches adult gymnastics with the university and has competed at university.



MANY THANKS.



USEFUL THINGS FOR FRESHERS WEEK!

## Competition Adventures

A strong performance by our senior girls at the Novice, a great haul of medals at Fright Night and the boys produced excellent results at the Novice, Floor and Vault and the Development Championships.



We have had another successful year in competition across all abilities and age ranges.

This includes:

Several girls and boys competing for the first time, with many notable performances across all disciplines.

Our first squad training for a national competition resulting in two

competitors representing the club.

A wide range of medals including, first place in the Boys Development Championships; a 1st, and two 6th places in the girls West Midlands Novice-where we had over 50 gymnasts competing across all age and ability ranges; many medals of different colours at the Fright Night competition in Wiltshire and a medal at the Regional Floor and Vault.

This was a fantastic year and a massive

well done needs to go to all the gymnasts, coaches and parents.

Loads of pictures for all these events can be found on our Facebook page.



## NEW WEBSITE.

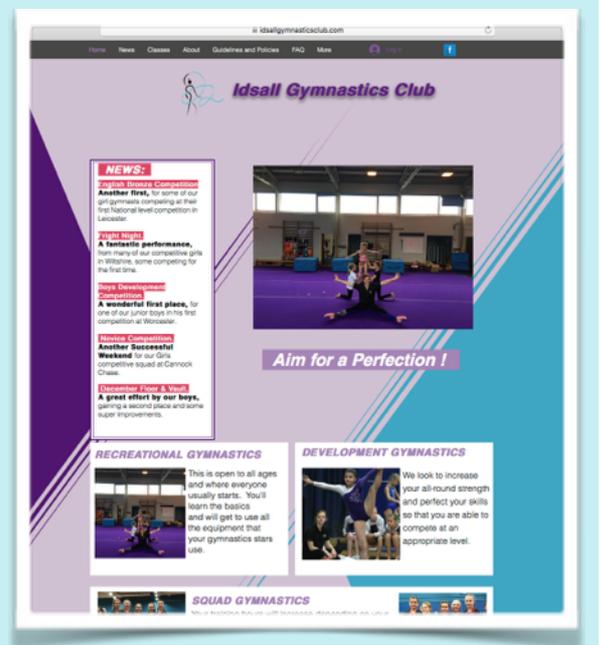
We have updated our website and changed its address to [www.idsallgymnasticsclub.com](http://www.idsallgymnasticsclub.com).

You will be able to find lots more information on the new website such as news of events, policies and guidelines details of our merchandising and training information.

If you would like to add any contributions to the website please ask Dave and he will be able to sort it.

If you have any bookmarks for our old page **please** ensure you update them to reflect the change. There will be a link on our old website that should take you to the new site.

Of course don't forget to Like our Facebook page as we can pass messages through this



## Welcome, Good Luck and Many Thanks.

Welcome to all our new gymnasts and parents. We are now running the club 5 nights a week and all day Saturday. It is only with your help that we are able to run the club. It is through your fees that we are able to repair maintain and purchase new equipment as well as pay for the rent of the school and other venues. This year we have managed to maintain the price of our fees even though we have had a rise in rental and insurance costs. Many thanks for your ongoing support. If you think you can offer help in any way, don't hesitate to ask or volunteer. One way that has an immense benefit is by helping to pack away. It makes our life considerably easier at the end of a session as it takes the coaches an hour to remove all the equipment from storage and erect it and with the help of a few regular parents, often it can be returned to the storage within 20 minutes.

Recently, Gemma Morris has qualified as a level 2 Women's Artistic Coach and is becoming one of our busiest coaches, coaching in all our sessions and Lewis successfully completed his Level 2 award in Men's Artistic Gymnastics. Well done both of you! Both Dave, Chinique and Saskia are looking to further their coaching skills by working towards additional Level 2 coaching awards. I'm sure you will wish them all the best.

For those that don't know, we are lucky to have two experienced volunteer parents as our Welfare Officers - Julie Cole and Ann-Marie Kinnersley. Both these ladies can be contacted over any issue and can offer an impartial voice. Julie is a nurse at Bridgnorth hospital (*You may have seen her helping on Wednesday evening.*) and Ann-Marie is a school teacher. If you need to contact them for any reason please ask Katie or Dave for their numbers or use the following emails:  
[Jacole@live.co.uk](mailto:Jacole@live.co.uk) [Amjk30@hotmail.com](mailto:Amjk30@hotmail.com)

If you wish to discuss anything Katie and Dave are always available. If they are not there you can talk to any coach and they will be able to contact them. Without your help we would not be



Many thanks to all our young helpers who come along on a Saturday and most weekday evenings to help the coaches run the classes. Without their assistance each class would be significantly more difficult to manage. It is great to see them passing on their experience and knowledge to younger and less experienced gymnasts. Well done all!

## Christmas Presentation Evening.

In the last week of December, a fantastic evening was held at Shifnal Village Hall to celebrate the achievements of all our gymnasts from all sections of the club.

This was the first time in many years that we've been able to hold a celebration for the hard work all the gymnasts put in throughout the year. Gymnasts from every session were looked at and a short list was drawn up for all the coaches to vote on. On Saturday 15<sup>th</sup> many of you were able to attend Shifnal Village Hall to celebrate all their achievements and view an excellent demonstration by some of our squad gymnasts. A massive thank you to Katie, Gemma, Andrienne, helpers on the night and parents who provided food. It all helped to ensure for a wonderful celebration.

See



**more photos on our Facebook page**