

# round off... ...round up



## LAGC news

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[www.lagc.org.uk/](http://www.lagc.org.uk/)

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## Gold rush for gymnasts

**Loughborough Acro gymnasts have a date pencilled in their diary for May – when many of them will be competing at the prestigious Nationals in Stoke-on-Trent.**

They qualified for the event after their best ever set of results saw them scooping 10 gold medals at March's regional prelims in Nottingham. In one event, the Grade 2 Women's Pairs, they took gold, silver and bronze with partnerships Laura Waterhouse and Kimberly Zarebski; Lois Cowley and Laura Illingworth; and Jo Keston and Georgina Bassford doing the honours.

Abbie Gardner, Alex Kelly and Chloe Spence (competing in their first regionals) won bronze from a field of 13. Also a first ever competition for Cameron Grey who will now compete in a mens pair with Adam Start at the Nationals; & Alex Grey and Emma Harper in a mixed pair, who secured a gold medal position and a place in finals. Claire Palmer and Catherine O'Brian also gave a great performance.

There were also celebrations for the tumblers as four of them – Georgina Bassford, Laura Illingworth, William Allsopp, Jessica Bradwell – will all compete at Fenton Manor on May 9th and 10th, along with five of the clubs elite tumblers who have already qualified for the finals – Laura Waterhouse, Bradley Smith, Sam Sharpe, Tad Skubala and Adam Wixey.

For others there was heartache – in one case – Lauren Davey and Emilie Willis missed out by the narrowest of margins: 0.1 of a mark, leaving them in silver position.

Head coach Kathryn Lacey said:  
*"I am very proud of all our gymnasts and coaches. The whole club performed brilliantly and we have demonstrated that a lot of hard work and commitment eventually pays off. The defining moment for me at the prelims was getting 1st, 2nd and 3rd in grade 2 women's pairs out of a field of 16."*



photograph by Kathryn Lacey

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## New Moves

our section celebrating LAGC gymnasts' latest achievements

If you've achieved a new move, ask your coach to submit the details to RORU.

- **Kimberly Zarebski** – round off flick tuck back, permitting her to now tumble at grade 2!
- **Cameron Grey** – back walkover and forward walkover
- **Alex Grey** – planch and straddle lever (*prior to Christmas*)
- **Catherine O'Brian** – now seems so at home on her hands she can handstand walk a length of the floor!
- **NEW RECORD** – straddle up to handstands (*one of the key skills needed for acrobatics top*) in a row is 6 set by **Chloe Monk**.

### ... and the winner is ...

The winner for the 15 driving lessons, kindly donated by Chloe Monk's grandad was Fiona Hornby. The winner of the

College 1 years' free gym membership was Alexandra Morris. Thanks to all who sold tickets:

*Derwent News, Loughborough College, and club members.*



photograph by Debbi Monk

### Congratulations ...

... to Maxine Aust on the arrival of her baby girl, Ellisan Rae, born on 9th February, both are doing well.

... and to Fiona Allsopp, who is now in the police force, undergoing tough training.

## Putting out the (very) welcome mats!

The Christmas party helped raise nearly £700 to buy new mats for the gym. With all the fundraising efforts of last year, that staggering total means that we've been able to go out already and start purchasing the new equipment.

Many thanks to *Occasions Disco* who provided their services free of charge for the evening, as well as the Loughborough branches of *Wilkinsons*, and *WH Smith*, *Transfigure*, *Leicester City Football Club* and the *Radmoor Centre, Loughborough College*, who all donated raffle prizes.

It was also a special night for Kimberly Zarebski who was presented with the very first *Outstanding Progress trophy*, which was given to the club by Loughborough's former Mayor, Councillor Mike Jones and his lady wife Marg.

A big "thanks!" to all the mums and dads who helped organise the event.

## Back to school for Gemma and Tad

Pupils at Thorpe Acre Infants School in Loughborough are enjoying weekly coaching run by the club.

Senior gymnasts Gemma Craggs and Tad Skubala give up their time to visit the school for hour long sessions training five to seven-year-olds.

It is part of the club's commitment to reaching out to children who otherwise might not have the opportunity to try gymnastics. And already it's borne fruit with one of pupil being invited to join the club's recreational sessions.

Gemma says: "We both try to make the sessions as fun as possible so the children enjoy what they are learning, which in the long run helps them to remember much more and progress further. We focus on improving the fundamental components required for gymnastics: agility, balance and co-ordination, as well as their motor skills. Not only will this help them to learn and perform elements such as a forwards roll or handstand correctly, and safely; it will also improve their general ability and movement in other sports too."

## Club does it by the book

**ALL gymnasts in our Saturday and Wednesday recreational groups have now passed their first badge in the new British Gymnastic Proficiency Awards.**

With eight badges in total for the 30 club members to win, it's already back to the gym and down to work for the other seven!

Amanda Preston, Gemma Craggs, Pete Marsden, Tad Skubala and Rebecca Sargent coach these sessions and Amanda has worked hard to put together an award booklet for the gymnasts so that they can see their progress.

The booklets contain all badge levels (8-1) with the individual skills written down for one of the coaches to sign off when the gymnast can perform the skills to the required ability.

A club spokesman said: "It's fantastic for them and a real confidence boost for their understanding and ability."

## Diary Dates

### May 08:

**Saturday 9th & Sunday 10th:**  
National NDP Finals

## Birthday Congrats

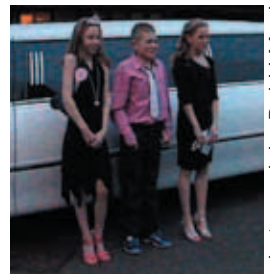
**30th Jan:** Coach Emma.

**March:** Chloe Monk (13, pictured); Bethany Thompson (13, pictured);

Adam Start (12, pictured).

**April:** Ellie Osborne (8); Bradley Smith (11), Laura Waterhouse (14).

**9th May:** Gemma Craggs will be 21!



photograph by Debbi Monk