

THE BASE

GYMNASTICS & FITNESS CENTRE



January – March 2022 Newsletter

Easter Break & Dates

With the Easter break fast approaching please see below for specific days and dates when your gymnast's sessions finish, and then start back.

- **LAGC** & **LGA** member's sessions finish on **Mon 11th April**. Sessions resume as normal on **Tues 19th April**.
- **Bunny Hoppers** Preschool member's sessions finish on **Sat 9th April**. Sessions resume as normal on **Mon 25th April**.

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 LAGC enquiries: info@lagc.org.uk
- For Bunny hoppers enquiries:
bunnyhoppersgymnastics@gmail.com

Key Dates for all Clubs!

Easter Closure

Tues 12th – Mon 18th April

The whole gym will be closed during this period.

May Bank Holiday

Mon 2nd May

The whole gym will be closed on this day.

Summer Closures

Sat 9th – Sun 17th July, & Mon 15th – Sun 21st Aug

The whole gym will be closed.

Coach News...

A huge well done to our trainee Coaches Molly, Sophie and Ellie for all passing their Level 1 coaching qualifications.

A warm welcome to Coach Naomi who officially joined the team at the start of the year.



Congratulations to Coach Laura who gave birth safely at the start of the year to a healthy baby boy!





General Gymnastics

The gymnasts have had a busy term of jumping, swinging, balancing and rolling. On the floor we have focused a lot on handstands, cartwheeling and rolling.

From handstands against the wall to improve their arm strength and body shape to working hard at trying to backward roll down a wedge, the gymnasts have improved non-stop on their floor rotations. With the older gymnasts we have been looking at more tumble skills this term such as back flips and handsprings.

On the beam they have enjoyed traveling across at different heights from being crouched down to right up on their tiptoes. As well as practicing how long they can stand on one foot in various shapes.

Gymnasts have been using their tuck and straddle shape on the vault this term and jumping from different heights to improve their landings.



Over on the bars, gymnasts have enjoyed a variety of different challenges from jumping and catching the bar to swinging with beanbags between their feet to improve their leg tension.



Stars of the Month!

A big well done to all our gymnasts of the Month for March!

This term included our first RISE assessment using the new reward system that British Gymnastics have introduced, which saw many gymnasts earning themselves a certificate and medal for showing an array of different floor skills. Progress on these awards can be accessed via your child's British Gymnastics Membership on their website. There will be many more opportunities for gymnasts to gain certificates and medals in the upcoming term.

Gymnasts also enjoyed their first 'Challenge Week' that helped boost their token numbers for their coloured teams. With an assortment of different challenges across all apparatus, gymnasts enjoyed traveling from one side of the bar to the other, trying to jump all the way over the vault and walking across the beam with various objects balanced on their heads.



Parent Viewings

We will be doing another Parent Viewing next half term in May, which will be bookable online:

- Mon-Fri 4pm & 5:15pm, and Sat 9am & 2pm
www.loughboroughgymnasticsacademy.co.uk/book-online
- All 6:30pm classes www.lagc.org.uk/book-online

LGA DAIRY DATES...

- 9th - 21st May: Parent Viewing
- 30th May - 5th June: Half Term Break (No GFA Classes)
- Half Term Camps (bookable online)
- 9th - 17th July: CENTER CLOSED

- 18th - 22nd July: Center Reopens (SQUADS ONLY)
- 23rd July - 14th August: OPEN FOR ALL CLASSES
- 15th - 21st August: CENTER CLOSED
- 22nd August CENTER REOPENS FOR ALL CLASSES



Preschool Gymnastics

Since returning at the start of the year our independent preschool gymnasts have been working hard on developing and remembering their harder key shapes such as tucked dish for stomach strength, front support for upper body endurance and their landing position for core stability. We've also been performing progressions for key developmental gymnastics skills such as handstands, cartwheels, floor rolls, one foot stands, bar shapes / strength, levers and rebound work.



Themes

We've had several engaging and exciting themes over the last few months including: wacky weather, seaside fun, jungle adventure, tricky transport, and superheros!

Achievement Awards

This term our independent preschool gymnasts have also passed either their level 1 or level 2 Bunny Hoppers Achievement Award - a huge Well Done to all our gymnasts who received these!



BUNNY HOPPERS DIARY DATES...

- Term restarts on **Mon 25th April**
- No preschool sessions on **Mon 2nd May**
- Next Super Sunday session on **Sun 5th June**
- May half term break **Mon 30th May – Sun 5th June = NO INDEPENDENT SESSIONS**



Tumbling

LAGC was at our first regional competition in nearly 2 years! Following a strong build up there were some nerves on the day after being away for so long but overall Loughborough had a great day. We had tumblers from all of our squads and levels from Advanced tumble squad who train once a week to gymnasts hoping to qualify for National finals. There were a few mistakes on the day but they dealt with these setbacks really well and we will be able to learn from these for the future.



The results brought us 4 Bronze medals for Neeve, Abi, Will and Kiye. 3 Silver for Tilly, Archie and Sofia. 3 Gold for Jake Rebecca and Hector.

It was brilliant to be back with the other clubs in our region and everyone who competed should be very proud of what they achieved.



Double Back Delight!!

A massive congratulations to tumbler Jake, who after months of training, prepping, and persistence performed the club's first round off, flick, DOUBLE BACK SOMERSAULT on the tumble track!



Acrobatics



A successful return to competition
Our Acro squads have made a stunning return to competition after nearly 2 years of nothing, following success at The Spelthorne Acro Cup and The Regional Championships and National qualifiers.

First up was the Spelthorne Acro Cup, taking place on 19th/20th February. We took a small number of our partnerships to compete in this National competition, providing them with the opportunity to compete against some of the best clubs and acrobats in the Country.



With huge categories of 30+ partnerships, we were aiming for error free routines and to gain some valuable experience. However, our gymnasts showed amazing spirit and control and produced brilliant performances. Nearly all our partnerships were brand new and this was their first competition together. Our Grade 3 Women's group Liv (12), Isla (13) and Sophie (9) finished less than half mark out of medals in a credible 4th. Grade 3 women's pair Miah and Eliza finished in the top half of the table in 14th. Grade 4 women's pair Karyn and Amber-Lily were just pipped to the post by team mates Fliss and Erin finishing in 5th and 4th and only 0.3 outside of medals. Grade 5 Men's pair and current National

Champions at Grade 4, upped their skill level to take the Gold. Our acrobats were in the company of current World and European medalists, which provided great inspiration.



Next were the East Midlands Regional Championships and National Qualifiers, taking place on 27th February in Leicester. LAGC took a huge team of 61 acrobats, many of whom it was their first outing competitively. We had partnerships at all levels from Pre-NDP right through to Grade 5, selected from our Development, Advanced Acro and NDP Acro squads. It was great to see our gymnasts back in action and showcasing the hard work they have been putting in at the gym with their coaches.

All the hard work was rewarded in a total of 10 gold medals, 7 silver and 4 bronze won by LAGC acrobats.



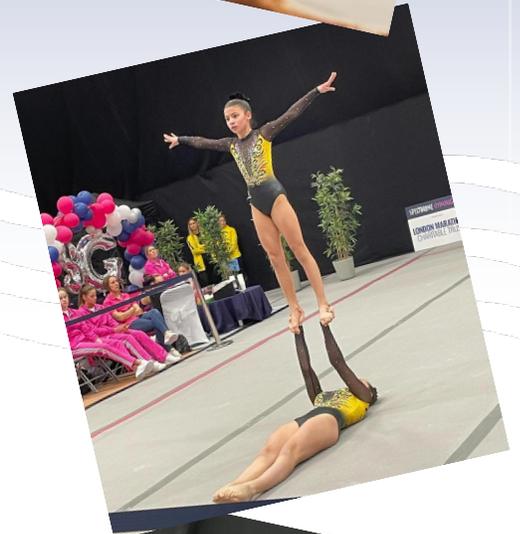
A special mention to the following gymnasts who also earned their spot at the British NDP finals and Inter-Regional finals in May.

Inter-Regional finalists

- Anastasia and Teagan – Grade 1 Women's Pair
- Emily & Ivana – Grade 2 Women's Pair
- Caitlin & Olivia – Grade 3 Women's Pair
- Felicity & Erin – Grade 4 Women's Pair

British NDP Finalists

- Ivy & Martha – Grade 1 WP
- Ruby & Matilda – Grade 2 WP
- Miah & Eliza – Grade 3 WP
- Olivia, Isla & Sophie – Grade 3 Women's Group
- Karyn & Amber-Lily – Grade 4 WP
- Monty & Albert – Grade 5 MP



LAGC DIARY DATES...

- 30th April - 1st May Inter-Regional Championships
- 2nd May - Bank Holiday, CENTER CLOSED
- 14th May - 15th May Acrobatic NDP, Youth & IDP Finals
- 25th / 26th June Gymfusion York
- 9th July - 17th July: CENTER CLOSED