



May Newsletter 2011

HGC is now on face book
Please link to us to get hot
News and Updates.



Congratulations to Becky Owen in completing the London Marathon 2011 in a fantastic time 5 hours 34mins—all monies raised are going to the St Catherine's Hospice Well Done Becky



Red Nose Day 2011

Horsham Gymnasts took a challenge to see how many dismounts they could do from the beam in 10mins

WOW—707 dismounts

Along with other monies raised by the club the grand total was **£309.15**



Meilitsa wins the Miss Milano Competition, the new leotard catalogue will be launched in July 2011.



Jocelyn Wins her 1st World Cup Medal

Jocelyn travelled to Doha in March to compete in her 2nd World Cup Challenger Event and achieved fantastic results being placed 3rd on Floor and finished in 5th place overall in the Beam Final.

Freestyle Gymnastics 15yrs+

Classes to start Thursday 9th June
8:00 to 9:30pm all wishing to attend
Must pre-register for classes.
Contact office for addition Information
and to register for a place.

Parent/Toddler & Preschool places now available for the under 5's call the Gym Office for availability.

Telephone:
01403 756699



Diary Dates

Sussex Inter county Competition 29th May at Horsham

British Espoir & Challenge Espoir Championships at Guildford Spectrum—4th/5th June

Manchester Open 11th/12th June at Copley LC in Warrington

Pegasus Open at Maidstone LC 19th June

British Senior Championships At Echo Arena in Liverpool 9th / 10th July

4 piece Competition at K2 LC Crawley Sun 10th July

Lord Coe meets Horsham Gymnasts at 2012 Presentation in Horsham



Competition Updates

The 2011 competition season has been a very successful start for all Horsham gymnasts.



Women's Artistic The English Championships was the first major event for the Women's Artistic gymnasts, Eleanor Van Dongan was crowned Espoir Bar Champion, with Iona Theobald & Amy Middleton achieving England Squad selection.

Horsham gymnasts competed for the South East Region at National Club Grades & Compulsory Grades National Finals. At Grade 7 Verity Bashford achieved 7th place overall and won team silver, at Grade 6 Chloe Billingham achieved 9th place overall. Corinna Towler won team silver at Compulsory 4 and Meilitsa Abram-Foster finished a fantastic competition winning team gold at Compulsory 3.

Amy, Iona & Jocelyn competed at the 2011 British Team Championships on 21st/22nd May in Guildford and finished a very credible 10th place in the country.

Acrobatics & Tumbling Quentin Coole was crowned Men's National 1 Champion at National Finals for Tumbling. Also at NDP Acrobatic Finals Stephanie Dagnall, Nicole Taylor & Katie Durrant competed as a women's trio and achieved 7th place overall.

At the British Championships which took place in March, Ella Corten & Georgina Vinten achieved 6th place in the women's group section.

In April 8 gymnasts travelled to Bulgaria to compete in The Mayor's Cup,

Ella & Georgina won GOLD for their Tempo routine, Charlotte Moger, Emily Steere & Josie Laidman won Bronze for their trio Balance routine and to finish off a fantastic competition Beth Cash, Kayleigh Pearce & Josie Wood won Bronze in their Tempo routine, despite being such a small team they were thrilled to also receive the overall Team Bronze Trophy.

Full reports and photos can be viewed via our website www.hgc.org.uk



Are you looking for an idea for a child's Birthday Party ? The main gym is available for private hire for boys and girls of all ages. You provide the food and drink, and we provide the fun! You'll have the gym all to yourself under the supervision of professional, adult staff. We play games, experience the range of apparatus, jump on the trampoline and, of course, play in the pit. It's great fun for all and no gymnastics experience is necessary.

To book a party or to check availability and times, please call the main HGC office on (01403) 756699

Reminders

Toilet Trips

Please ensure that your child has been to the toilet prior to the start of their class, especially the pre-school classes. If your child is not old enough to go to the toilet unaided please ensure that a suitable person is present at all times throughout the class to take them. This rule is aimed to limit disruption to classes and to ensure your child has an enjoyable time without little accidents. To comply with child welfare procedures WE CANNOT TAKE YOUR CHILD, so please do not place staff in an awkward situation.

Food & Drink

Please help us keep the gym and gallery area clean and tidy. NO food and drinks are allowed within the main gym. Drinks & light snacks if needed are allowed within the upstairs gallery but please ensure that the chairs are free to be used for sitting not cluttered with possessions. Cups and plates must be returned to the CAFÉ and NOT placed under the chairs.

Hair, Hair, Hair!

Have you ever tried a handstand or forward roll with loose hair? Please remember to tie back your child's hair before classes and also ensure all jewellery is removed before the start of the class.

Payments

Please ensure that all fees are paid each month and on time. All payments made to HGC should be clearly marked with your child's name on the reverse of the cheque or if paying by cash in a suitable envelope with your child's name clearly indicated. All fee payments must be paid in full by end of each month.

We thank you for your cooperation in these matters.

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