

Diary Of Hungary

4 Gymnasts from Harlequins Squad travelled to Hungary for 4 days on the 11th Oct 2012. It was the clubs first Competition abroad.

The gymnasts travelled up on Thursday morning then checked in to their hotel, they then walked across to where the competition was going to be held. The equipment was being set up in a competition stadium, which was more spectacular than expected, with lots of tiered seating. We then walked to another gym, where the Hungarian National Squad gymnasts were training.

Gymnasts, coaches and parents were very overwhelmed by the high standard of gymnastics being performed. (We thought about a sharp exit!!), but our girls warmed up and did two hours training with them then we headed back to the hotel. Also the gymnasts got up every morning and went swimming within the grounds of the hotel.

On the Friday we went sightseeing around Budapest. Then we went off Podium training on the Friday night. This was training on the Competition equipment. This was not what some of the gymnast thought. They thought it was practice to get onto a podium!!!

Saturday morning was Competition at 08.30am. The gymnasts were very nervous and were still a bit overwhelmed, but by the time they had started Competing, they had gained confidence and held their own.

The Russian U13 National Squad (**these train 7 hours a day, 6 days a week**) dominated the competition, with flick, flick straight back on beam. This experience has really motivated the gymnasts, and they said they really enjoyed it and certainly like to do again.

This year we went for the experience, next year the aim will be to come top 10, which I am sure they could achieve if they carry on working. Well we would like to take more gymnasts next year, so work hard and YOU could have an amazing experience, if you get to go. Well done to Carmel who got a chance to judge, rubbing shoulders with ex world and Olympic champions.