



October, November & December 2014

Harlequin



School of Gymnastics

GENERAL NEWS

Parking – over the last few months parking outside Harlequin has become an increasing problem for parents, other businesses and health and safety. Therefore we would like to remind parents to only use the parking provided out the front and to the left of the building. Cars may not park on any other business parking or on the road running through the industrial estate. It is also very important for the health and safety of the gymnasts attending Harlequin that cars do not park in front of the fire exit down the left hand side of the building.

Waiting lists – We would like to apologise for long waiting lists. Learning gymnastics has become extremely popular in recent years and we are trying very hard to find spaces for every child to be able to come and learn. We are putting on more classes than ever before and ever expanding our coaching team to try and shorten the waiting time. So again we apologise for the wait and if you have any concerns please contact reception.

Lost Property – Here at Harlequin our lost property box is always full. We would like to remind Parents and Gymnasts to take all belongings home as Harlequin cannot be held responsible for any lost or stolen items left on the premises. If anything has been lost or forgotten at Harlequin please check the lost property box it's probably hiding in there.

CHRISTMAS CLOSURES

Harlequin will be closing for the festive period. The final day of gymnastic classes will be on

Saturday 20th of December 2014.

Classes will resume back as normal on

Monday 5th of January 2015.



Due to the closure of the gym there will be no one available to answer the phone for the 2 weeks. Please leave us a message and we will get back to you as soon as possible in the New Year. Our Email will still be open as normal throughout the holiday.



Harlequin will be holding our famous Christmas Parties on

Monday 22nd of December 2014.

Tickets are £7 per child and we have 3 parties so all ages can attend.

4 years & under – 10:30am - 12:30pm

5-7 years – 1pm - 3pm

8-11 years – 3:30-5:30pm

This includes playing on all the exciting equipment in the gym and yummy lunch and treats upstairs in our party room if they've been good there will be a visit from Santa himself with a stack full of presents for all the children!

Our Christmas parties are extremely popular so book now to avoid disappointment!



Have a very

MERRY CHRISTMAS

CONGRATULATIONS TO OUR AUTUMN BADGE PASSERS

The autumn has seen many gymnasts at Harlequin passing their badges. Every 6 weeks at Harlequin we challenge the gymnasts on their skills and progress. To celebrate their hard work and determination we award a badge. In the last 3 months:

Our preschool classes have had up to 300 young gymnasts pass a badge throughout September, October and November.

Our Trampolineists have also done extremely well passing just under 40 badges.

And our Beginners, Improvers and Advanced Improvers have amazingly passed over 150 badges.

Well done to everyone who has passed a badge over the summer.

The Harlequin team are extremely proud.

Every year here at Harlequin we look at the success of our recreational badge classes. We rewrite programmes, set new targets and adjust the badge fulfilment criteria. We have decided that we are going to extend the length of each term to 8 weeks instead of the current amount of 6 weeks; therefore badge week will fall every 8 weeks. This decision has been made for many reasons; to help the improvement of all gymnasts' skills and to prevent badge week falling on a school holiday where we understand some children may not be able to attend. It ensures a better allocation of badge evaluation week throughout the year and allows a longer teaching term for gymnasts to gain the skills they need to reach their next badge.

Please speak to reception or a member of our coaching team with any queries or questions. We are more than happy to discuss this change and/or your child's progress.



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WE ARE SAD TO SAY GOODBYE

We are sad to be saying goodbye to 4 very valuable coaches.

Amber Donnelly has been a coach here at Harlequin for years. She has shown her dedication to training as a gymnast continued it into her coaching as she was head of development squad. She has gone to continue with her career as a nursery nurse and we wish her all the best.

Anett Allsopp our team gym coordinator has been a greatly appreciated member of our team. With her expert knowledge and previous high level gymnastic experience she will be greatly missed.

Leah Cockcroft is one of Harlequins longest standing coaches. From gymnast to coach she has always been reliable, friendly and fun to work with. She is now moving to Canada to make a career out of her passion for snowboarding. All the coaches at Harlequin wish her luck.

Billie Ferguson who also started as a gymnast here at Harlequin has decided to take some time off to travel the world. She will be away for 3 months visiting parts of Asia and Down under. Good luck and have fun Billie!

All the coaches leaving will be greatly missed by everyone at Harlequin but we wish them all the best with their new ventures!

COMPETITION SUCCESS!

ARTISTIC:

The end of the year brings lots of competition success for Harlequin.

October and November saw success at the Eastern Region. The competition was held in Ipswich with 3 gymnasts competing for Harlequin.

Georgi Issott competed at level 4 out of age, aged 10 and 11. Competing in a big group she claimed 9th place.

Abi Tingey also competed at level 4 out of age, aged 12 and 13. Again competing in a large group she managed to claim 8th place with a gold medal for her performance on vault. Abi scored extremely well scoring over the pass grade for level 4. This means she has to move up to level 3 next year.

Amy Thurgood competed at level 3 out of age, aged 13+. She competed extremely well and missed out on a medal on floor by 0.2. she placed 10th overall.

Abi Tingey travelled to Ipswich again in November to compete as part of Bedfordshire's artistic level 4 team. She competed alongside 4 other girls from 2 other clubs from Bedfordshire. With all 5 girls competing extremely well the team managed to claim the bronze position. Well Done Girls!



ACRO:

Our Acro squad at Harlequin have also been extremely successful this competition season. This is their first year competing and all the gymnasts worked with new partners and completed new routines.

With Bedfordshire county acro and tumbling competition held in Luton. Harlequin had 15 gymnasts competing all of whom did extremely well.

In Grade 2 women's pairs Chloe Leslie and Lexie Eaton competed. The pair scored 24.54 coming 5th overall.

Also competing at Grade 2 in the men's pairs was Ben Priestly and Aiden Coe. After performing an excellent routine the pair claimed the gold medal with a winning score of 24.99.

In the Grade 3 women's trio Harlequin had 9 gymnasts competing in 3 trio's. all performed well with Eve Bryson, Madison Ferguson and Freya Blackwell taking 6th scoring 25.14, Carla Danby, Abbie Wilkins and Freya Clawley came 7th scoring 24.91 and Georgia Stevens, Chloe Leslie and Isobel Jackson came 8th with a score of 24.89.

At Grade 4, Kirsty Spicer and Annabel Cook competed in the Women's Pairs, coming 5th overall with a score of 24.87.



TUMBLING:

Another Harlequin success at the county tumbling competition held at Luton in November. Harlequin has 3 gymnasts competing in the women's Nation 1 aged 9-12 years category. All of which took home a medal, with Freya Inns taking home the gold, Thalia Marrone the silver and Isobel Jackson the bronze.

Katherine Gutherie took home the gold medal in the National 1 aged 13+.

Aiden Coe also took first position in his category of men's National 1.

With 5 gymnasts competing in women's National 2 aged 9-10 years. Caoimhe Todd came in fifth position, Lorna Coull took fourth, Tilly Weston came third, Mia Davis took second and Morgan Cook came first.

Shannon Mongey tumbled to gold in the women's National 2 aged 11+ category. Connie Woolhead came in second and took home the silver.

There was tough competition in the women's National 2 aged 9-12 years category. With 4 gymnasts from Harlequin competing, Natasha Cordery proved triumphant and took home gold with Madison Wraight coming in second and Carla Danby and Clare Stringer taking joint third position.

Women's National 3 aged 13+ saw 2 gymnasts compete. Zoe Alston Came in Second and Amy Thurgood took home the gold.

Jayden Courtney-Robins tumbled to victory in the men's National 3.

As did Ashleigh Kemp in the women's National 4 aged 9-12 with Daisy Brandom taking home the silver.

The Success continued as Freya Grey won her women's National 4 aged 13+ category.

As did Alissa Denniston in the women's National 5 aged 11+ category and Max Rowlands in the men's National 5.

A big Well Done goes to all the tumblers that competed! You all did extremely well!



BRITISH TUMBLING CHAMPIONSHIPS



In October Harlequin sent 4 Gymnasts to the 2014 British Tumbling Championships. Head Coach Nikki, Gymnasts Georgi Issot, Gemma Carder, Emily Cullum and Elliott Browne all travelled up to Liverpool to compete against tumblers from all over Great Britain and they all did Harlequin proud.

Georgi was the first to compete in the women's aged 10-11. After performing 3 tumbles excellently Georgi claimed the bronze medal! This was Georgi's first time competing in a competition of this level. Hopefully it's a sign of success in the future.

Emily Cullum was the next gymnast to compete for Harlequin in the women's aged 15-16 age group. After completing all 3 tumbles Emily came 13th overall.

Gemma Carder competed in the women's 17-18 age group. After performing all 3 tumbles she came 6th overall.

Elliott Browne was last to compete in the men's 17-18 age group. He completed all his tumbles to perfection to take the gold medal beating his competitors by over 3 marks to become the British Champion.



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WORLD TUMBLING CHAMPIONSHIPS

Last Month head coach Nikki and Tumbler Elliott Browne travelled half way across the globe to Florida, USA for this year's World Tumbling Championships. This was Elliott's second time competing in this major event.

Last year he came 5th which was a massive achievement for him and the club.

But now a year on Elliott has improved his skill difficulty and perfected his technique to an exceptional level and was ready to compete against the best tumblers in the world.

Elliott travelled with Team GB a week before the competition. Once in Florida he had to adjust to the time changes and prepare his tumbles for competition day.

On Saturday 15th He competed in the preliminary stage first where he completed his first 2 tumbles. He tumbled well to reach second place enough to secure himself a place in the finals. He was 2 marks behind Russian leader Maxim Shlyakin.

Elliott, Nikki and National coach Craig decided to increase the difficulty of Elliott's final tumble to improve his final score.

Elliott performed his final tumble to perfection and managed to overtake the Russian to take the gold medal.

Everyone here at Harlequin is extremely proud of Elliott's achievement. He is an inspiration for all gymnasts and a fantastic role model.

WELL DONE ELLIOTT!!!



Please keep an eye on our notice boards for any gymnastic news, forthcoming events and competition results. Please remember that all our coaches here at Harlequin are happy to help with any questions or queries.

**We would like to wish you all a very Merry Christmas
And a Happy New Year!**

See you in January 2015!

**From everyone here at
Harlequin School of Gymnastics**

