



September 2016

Harlequin



School of Gymnastics

GENERAL NEWS AND INFORMATION

FACEBOOK – Please check our Facebook page for recent news and updates, competition results and photos. Find us @Harlequingymclub

LOST PROPERTY/KIT – Please make sure all Harlequin club kit is named. Also we ask that gymnasts could refrain for wearing competition kit to training. It can damage the kit and may get lost.

CAR PARK – The car park is still an issue, particularly at the end of sessions. **Please make sure all parents come into the gym to pick up their children.** We do not want any gymnast to walk outside the building unaccompanied.

VALUABLES – Gymnasts are advised to not leave any valuables in the changing rooms as they can get lost.

COLD WEATHER – Now it getting colder please make sure all gymnasts wear warm clothing to and from gym. We do not want gymnasts walking in or out of the gym in just a leotard or crop tops. Its just too cold!

SUMMER CAMP TO LOUGHBOROUGH GYMNASTICS CENTRE

Back in August Harlequin's tumble squad and junior Artistic groups travelled to Loughborough University for 3 days of intense training. Gymnasts had the opportunity to use different equipment in a new environment and coaches were able to pick the brains of 2 nationally successful HPC tumble coaches, Rob Owen from Revolution, Birmingham and Mikey French from Kingston. National choreographer and dance teacher Daniella came along too to help with some of our artistic gymnasts.

Daniella has work with some of team GB Olympians.

It was a fantastic weekend with lots of success. Gymnasts worked extremely hard and gained skills and knowledge.

For some of the gymnasts this was their first trip away from home and they all had a great time. But after 3 days training and 2 late night sleepovers the girls were extremely tired as we handed them back to the parents.

A big thank you to all the coaches who came to help at the camp Nicola, Amy and Mel. And a massive thank you to Carmel and Nikki for organising the a very 3 days!



UP AND COMING COMPETITIONS AND EVENTS

Little Stars leotards returns to Harlequin!
Saturday 12th November 9:30-2:30pm
Upstairs in our party room

Artistic:
Sunday 13th November 2016 – Regional inter county teams @ Ipswich gymnastics centre

Tumble and Acro:
Sunday 20th November 2016 – County prelims @ Salto gymnastics centre (Luton)

Harlequins Display evening:
Friday 16th December 2016 @ Harlequin
(for development and acro squads)

Harlequin's Got Talent Show:
Saturday 17th December 2017 @ Harlequin
(for all other squads)

Last day of training Wednesday 21st December

Christmas Parties:
Thursday 22nd December @ Harlequin

First day back of training Thursday 5th January

MACMILLAN COFFEE WEEK

A big thank you to everyone who helped us raise a massive **£335** for Macmillan Cancer Research Charity. The money has been banked and is one its way to helped the people and families living with cancer.

September 2016

ARTISTIC COUNTY 4 PIECE COMPETITION

On Sunday 11th September Harlequin held the annual county artistic 4-piece competition. There were 20 gymnasts from Harlequin competing for the club in level 7,6,5,4 & 3.

In level 7 age 7&8 there were 3 gymnasts from harlequin. Hannah Cladd took a gold medal for her bar routine, came 6th place on beam, 4th on floor and 7th on vault. Overall Hannah came in 5th place. Ruby Perkins came in 5th place on bars, took a silver medal for her beam routine, came in 7th placed on floor, 5th place on vault and 4th overall. Amy Sayell came in 4th on bars, beam, floor and vault but took the bronze medal overall.

In level 7 age 9&10 there were 2 gymnasts competing for Harlequin Shai-Amari Freckleton came in 8th on bars, 8th on beam, took a silver medal for her floor and a bronze medal for her beam, coming in 7th place overall. Ruby Reyner was also competing in this group. She took a silver medal for her bars, came in 6th place on beam, and took 2 gold medals for her floor and vault coming in 3rd place overall.

In the level 6 age 8 Darcey Wraight came took a silver medal for bar, and 4 bronze medals for her beam, floor, vault and overall. Evie-Mai Crossley took a bronze medal on bars, and 4 silvers for her beam, floor, vault and her overall score.

In the Level 6 age 9&10 Emma Layzell took home the title of county champion. With two silver medals on floor and vault, two gold medals for bar and beam and a trophy for overall.

In the level 6 age 11+ Olivia Lawrence took a silver medal for her bar, and two bronze medals for her beam and floor routines. Coming in 4th place on vault and 4th place overall. Freya Inns came in 4th place on bars, took a silver for her beam, bronze for her floor and a gold for her vault she came home with a silver medal overall.

In the level 5 age 9 there were just 2 competitors both from harlequin. Imogen Cook took 2 gold medals for her floor and vault and 3 silver medals for her bars, beam and overall. Clara Foster took a silver medal for her vault and 4 gold medals for her bars, beam, floor and for her overall score of 44.23 becoming Bedfordshire county champion.

In the level 5 age 10&11 Thalia Marrone took 3 bronze medals for her bars, beam and overall, taking a silver for her floor and a gold for her vault. Elizabeth Hardie took a bronze for her floor, 3 silvers for her bars, vault and overall but took a gold for her beam. Cassidy Pratt took a took a bronze for her vault, a silver for her beam but took 3 golds for her bars, floor and overall making her Bedfordshire county champion with a score of 44.21.

In the level 4 age 10&11 there were 3 gymnasts competing for Harlequin. Caitlin Garbutt took 3 bronze medals for her bars, beam, vault and overall but took a silver for her floor. Morgan Cook took a bronze for her floor, and 3 silvers for her beam, vault and overall. Morgan took a gold for her bars. Bethany Smith took a silver for her bars but took 4 gold medals for her beam, floor, vault and for her overall score of 45.23 becoming Bedfordshire county champion.

In the Level 4 age 12&13 Madison Wraight came in 4th place on bars, took 3 bronze medals for her beam, vault and overall but took a gold medal for her floor.

In the Level 3 age 11&12 Georgi Issott took a bronze medal for her beam, two silver medals for her bars and overall and 2 gold medals for her floor and vault.

Well done to all 20 gymnasts who competed for Harlequin. Everyone at the club is very proud of you all!



GENERAL 2 PIECE COMPETITION

On Sunday 9th October, 11 gymnasts travelled to Salto Gymnastics club in Luton to compete in the General County Floor and Vault competition. All their hard work paid off, as they all did well.

The largest group of the day was Level 2 age 8/9, with 10 competitors. Lola Cook came 8th on vault with a score of 10.6, 5th on floor with a score of 11.7 and came 7th overall with a score of 22.3. Keira French came 6th on vault with a score of 10.75, 8th on floor with a score of 11.53 and 8th overall with a score of 22.28. Emily King came 8th on vault with a score of 10.6, took the gold medal on floor with a score of 12, to take the bronze medal overall with a score of 22.6. Emily Pither-Day took the silver medal on vault with a score of 10.85, the silver medal on floor with a score of 11.9 and the silver medal overall with a score of 22.75, which was 0.03 away from gold!

In Level 3 age 9/10/11, Grace Anderson came 5th on vault with a score of 11, 5th on floor with 11.4 and came 5th overall with a score of 22.4. Charlotte Bolton took silver medal on vault with a score of 11.6, came 4th on floor with a score of 11.6 and came 4th overall with a score of 23.2. Freya Blackwell came 4th on vault with a score of 11.15, took the silver medal on floor with a score of 12.13, taking the bronze medal overall with a score of 23.28.

In level 3 aged 12/13/14, Freya Clawley came 5th on vault with a score of 11.15, took the joint silver medal on floor with a score 11.4 to take the bronze medal overall with a score of 22.55. Tallulah Cotgrave took the gold medal on vault with a score of 11.45, took the joint silver medal on floor with a score of 11.4, to take the silver medal overall with a score of 22.85. Maisie Spooner came 4th on vault with a score of 11.2, took the gold medal on floor with a score of 11.9, and took the trophy to become County Champion with a score of 23.1.

In Level 4 aged 10/11, Ellie-Mae Eaton took gold on vault with 11.2, took the gold on floor with a score of 12.5, the highest of the day, to take the trophy and become County Champion with a score of 23.7.

Well done to all the gymnasts who competed!

