

NEWS AND INFO:

HELLO! and welcome to the last Harlequin newsletter for March 2019.

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HARLEQUIN NOW RUN 1:1 SESSIONS!

Nicola (WAG), Elliott (TUM) & Amy (GEN&TUM) are opening their diaries to book in gymnasts for 1:1 session's.

1:1 = £30 per hour

1:2 = £40 per hour

1:3 = £50 per hour

(these prices are as of the Easter holidays)

These sessions are available all year round.

Please enquire at reception to book a session.

Harlequin

School of gymnastics



2019 COMPETITIONS

TUMBLE

- o 27th/28th April – British Series 1 Qualifiers, Telford
- o 11th/12th May – English Silver Championships, Telford
- o 1st/2nd June – British Series 2 Qualifiers, Sheffield
- o 8th/9th June – National NDP Semi-finals, Birmingham
- o 13th/14th July – National NDP Finals, Nottingham
- o 29th July- 2nd September – Tumble Camp, Revolution Birmingham – **1st JUL £260**
- o 28th/29th September – British Finals, Birmingham

ARTISTIC

- o 19th May – Regional & Club Grades Final, Ipswich
- o 23rd June – County Teams, Salto
- o 29th – 30th July – Artistic Camp, Revolution – **1st JUL £75**
- o 31st Aug/1st Sept – Bury Teams Open, Bury St Edmunds
- o 15th September – County 4-piece Qualifiers, Harlequin
- o 20th/21st October – Regional 4-piece Finals, Ipswich
- o 3rd November – Regional Inter-county Teams levels 4,3&2

GENERAL

- o 2nd June – Regional Apparatus Finals level 1&2, Ipswich
- o 9th June – Regional Apparatus Finals level 3, Ipswich
- o 30th June – Regional Apparatus Finals level 4&5, Ipswich
- o 21st July – County Floor and Vault Championships

ACRO

- o 24th November – County Championships, Salto

TEAMGYM

- o 27th/28th July – British Championships, Liverpool

FUN EVENTS:

Thursday 18th April – Squad Easter Sleepover - £15 per gymnast.

price includes dinner, fun and games in the gym and an Easter egg hunt! Drop off 8:30pm on Thursday 18th and pick up 9am Friday 19th.

BEDFORSHIRE COUNTY GENERAL APPARATUS QUALIFERS – LEVELS 1,2 & 3

24TH MARCH 2019

On Sunday 24th March, 9 gymnasts from Harlequin competed in the General Gymnastics Level 1, 2 and 3 Regional Qualifier at Luton Gymnastics Club.

The first round saw our Level 1 aged 8 gymnasts competing in their first external competition. Amelie Newman came 7th on vault, 4th on bars, 1st on beam and 2nd on floor. Amy Eldridge came 9th on vault, 7th on bars, 7th on beam and 6th on floor.

In Level 1 aged 9/10, Isabella Clements came 2nd on vault, 4th on bars, 2nd on beam and 6th on floor.

The second round had our largest competition group of the day. In Level 2 aged 9, Meg Miles came 2nd on vault, 9th on bars, 3rd on beam and 5th on floor. Hannah Jackson came 7th on vault, 3rd on bars, 5th on beam and 6th on floor. Amelia Price came 9th on vault, 2nd on bars, 11th on beam and 1st on floor.

The last round of the day saw our Level 3 aged 11/12 gymnasts compete. Ava Blackwell came 3rd on vault, 8th on bars, 4th on beam and 5th on floor. Marcia Winter came 4th on vault, 5th on bars, 8th on beam and 9th on floor. Imogen Ward came 7th on vault, 2nd on bars, 1st on beam and 1st on floor.

Well done to all the gymnasts who competed. Good luck to all of those who will now compete in the Regional Finals in June.



Level 1



Level 2



Level 3

BEDFORDSHIRE COUNTY GENERAL APPARATUS QUALIFIERS – LEVELS 4 & 5

31ST MARCH 2019

On Sunday 31st March 2019, 7 gymnasts from Harlequin competed in the Bedfordshire General Gymnastics Regional Qualifiers.

Competing against some tough competition in the Level 4 aged 13, Ruby Rayner had a clean sweep, taking the gold medal on vault, bars, beam and floor. Tia-Lily Boucher came 6th on vault, 7th on bars, 2nd on beam and 7th on floor. Jasmin Karatas came 6th on vault, 3rd on bars, 7th on beam and 6th on floor.

In Level 5 aged 11/12, Ulani McCabe-Huggins came 1st on vault, 1st on bars, 2nd on beam and 3rd on floor. Stella Rowley came 3rd on vault, 2nd on bars, 4th on beam and 2nd on floor.

In Level 5 aged 13-15, Freya Blackwell came 8th on vault, 2nd on bars, 2nd on beam and 4th on floor, narrowly missing out on a medal by 0.1! Tallulah Cotgrave came 10th on bars, 3rd on beam and shared 4th place on floor with Freya.

Well done to all these gymnasts, as they have all qualified for a spot at regionals!



EASTERN REGION ACRO PRELIMS
10TH MARCH 2019

On Sunday 10th March 8 gymnasts competed in the Eastern Region Acro Preliminaries. For some pairs this was their first Regional level competition! With so much experience gained, and score improvements made these pairs did Harlequin proud.

There were 3 Harlequin pairs competing in the Grade 1 Women's Pairs. Lucy Bender & Amelie Cunningham came in 11th place overall scoring a total of 21.700.

Elena Young & Enya Chong came 10th place overall with a final score of 23.500.

Leia Hennessy & Lucy Stringer came in 9th place scoring 24.000 overall.

In the Grade 4 Women's Pairs Zoe Chang & Darcy Sinclair came in 10th place overall with a score of 21.950.



PIPER'S VALE PRE-GRADES CHAMPONSHIPS – NDP & COMPULSORY LEVELS

23rd & 24th MARCH 2019

Starting off the Artistic Grades season 7 gymnasts travelled to Ipswich to compete in the Piper's Vale Pre-Grades championships. With such a big entry the competition was spread over 2 days with nearly 400 competitors entered. This event gave our gymnasts the chance to perform their grades and gain high level competition experience ready for the up and coming season.

On Day 1, Saturday 23rd March, we have 4 gymnasts entered. In the first round of the day we had Teegyn Jefcoate and Gracie-Mae Jones were first to compete in the NDP Club Grade 5 Age 9. Teegyn came in 10th place overall with a score of 59.800. Teegyn did take a bronze medal for her floor score of 12.700. Gracie-Mae came in 7th place overall with an overall score of 60.850.

In the second session it was Leyla Chambers and Harriet Lugg's turn. Both competing in the NDP Club Grade 6 Age 8. With 50 gymnasts in this group the competition was tough. Leyla Chambers came in 24th place scoring 60.300 overall. Harriet Lugg took a bronze medal for her Range & Conditioning score of 13.150. She came in 19th overall scoring 61.400.

Day 2, Sunday 24th March, there were 3 gymnasts to compete in the National and Compulsory grade levels. In the first session Bella Williams and Lucy Walsh were competing in the National Grade 5 Age 9-11. Bella came in 10th place with an overall score of 59.000. Lucy Walsh performed her way to success taking a silver medal on vault & floor. She also took the gold medal for beam and took the overall trophy with a final score of 62.800. Well done Lucy! In the last session of the day Kardelen Kaya competed in the Compulsory 5 Age 8. After a strong performance all round she came in 8th overall scoring 57.000.



EASTERN REGION TUMBLING PRELIMS – NDP & FIG LEVELS

17TH MARCH 2019

On Sunday 17th March Harlequin took 22 gymnasts to Kingston Gymnastics club for the Regional Tumbling Prelims. Most gymnasts were going with new runs and nerves where running high.

In the first session of the day we had the National 1 and 2 gymnasts taking part, each category was large and had tough competition.

In NDP 1 - Women's tumbling 9/10 years, Teegyn J was our only competitor from Harlequin against 16 others. An overall score of 51.70 to be placed 13th. In NDP 1 -

Women's tumbling 11/12 years, Isabelle W, again was our only competitor for Harlequin against 26 others. An overall score of 74.90 to be placed 10th. In NDP 1 - Men's tumbling 11/12 years, we had Alfie S, and Jude W. Alfie was competing for the first time and with some errors in his runs he scored 26.90 to be placed 3rd and taking the Bronze Medal. Jude scored 72.00 overall to take 2nd and bring home the Silver medal and qualify for National Semi in Birmingham. In NDP 2 – Women's 11/12 years,

Emma L and Ruby B competed for Harlequin. Emma scored 53.00 overall to be placed 4th. Ruby unfortunately did not complete her runs and did not place. In NDP 2 – Men's 11/12 years, Charlie B was our only competitor for Harlequin with a score of 77.80 to be placed 2nd and take home the Silver medal and qualify for National Semi's in Birmingham.

In the afternoon session, we had the National 3 – FIG Performance gymnasts. In NDP 3 – Women's 11/12 years we had 3 gymnasts compete who did amazingly well. Ulani H scored 75.70 to be placed 3rd taking the Bronze medal. Shai F scored 77.50 to be placed 2nd and take the Silver medal and Darcey W scored 75.7 to come 1st and take the Gold medal. Shai and Darcey both qualify for the National Semi in Birmingham.

In NDP 4 – Women's tumbling age 13+ we had 3 gymnasts take on a large group. Elizabeth H scored 74.80 to be placed 6th overall. Freya I scored 75.50 to be placed 5th overall and Cassidy P tumbled well to score 77.40 to come 2nd and take the Silver medal and also qualify for National Semi's in Birmingham. In NDP 4 –

Men's tumbling age 13+ Josh S was our again only competitor for Harlequin in this category. He scored 75.60 to come 1st taking the Gold medal and also qualifying for Semi's. Moving on to the new category of FIG development, who also needed to qualify for the National Semi-finals in Birmingham. In FIG Development age 11/12, we had Imogen C to score 160.3 to come 1st taking the Gold medal. In FIG Development age 13/14, we had Morgan C to score 171.50 to come 1st taking the Gold medal. tricky tumbles to score 167.40 to be placed 1st and bring home the Gold medal. All

gymnasts

CONTINUED...

In FIG Development age 15+, Clare S was against 2 other gymnasts, Clare tumbled well to score 169.20 to take 1st place and bring home the Gold medal. In FIG Development Men's age 15+ Shane B was against 1 other gymnast, tackling some

in the FIG Development have qualified for the National Semi-Finals in Birmingham. To finish the afternoon, we had our FIG Performance gymnasts who will be hopefully going to British Championship series 1 later in the year. They all were competing 2 new runs and did extremely well. In FIG Performance Women's tumbling age 13/14 years, Caitlin G scored 55.90 overall. In FIG Performance Women's tumbling age 15/16 years, Georgi I scored 58.30 overall. In FIG Performance Men's tumbling age 11/12 years, Aston F scored 49.20 overall. In FIG Performance Men's tumbling age 15/16 years, Enrique P-B scored 53.40 overall.

In total we will be taking 11 gymnasts to Birmingham in June for the National Semi-finals, to then hopefully tumble into the Finals in Coventry.

Well done to all gymnasts from your coaches.



Morning session



Afternoon session

COUNTY ARTICTIC GRADES QUALIFERS – NDP & COMPULSORY LEVELS

31ST MARCH 2019

The end of March saw success all round for the artistic gymnasts from Harlequin. With lots of medals won and qualifying to compete at Regional finals.

In the Club Grade 6 age 8 there were 4 gymnasts entered competing over 5 pieces. Emeila Hogg took 6th place, Leyla Chamber took 5th and Harriet Lugg came in a close 4th place. But Isabelle Mullally took the gold medal overall and qualified to compete at the Regional finals in May.

In Club Grade 5 age 9 Teegyn Jefcoate came in 5th position and Gracie-Mae Jones took a bronze medal overall also qualifying for Regional Finals.

Also, in Club Grade 5 but competing in age 10/11 Marisa Koci took a Silver medal overall to qualify alongside Isabelle and Gracie.

In the Preliminary National Grade 4 there were 3 gymnasts competing for Harlequin. Annie Hosking came in 5th place and Bella Williams took the bronze medal with Lucy Walsh taking silver overall. Both Bella and Lucy will be competing at the Regional finals this weekend.

In Compulsory 5 age 8 Kardelen Kaya was competing and took the gold medal overall. She will also be travelling to Ipswich this weekend for the Regional finals.

A BIG well done to all the gymnasts who competed and represented their club. and GOOD LUCK for those going on to regionals. fingers crossed!



March 2019

DEVELOPMENT GRADES COMPETITION

30TH February 2019

On Saturday 30th March Harlequin held a development grades competition for all the gymnasts in our development programme. This competition is designed to assess the gymnasts progress, introduce them to competition etiquette, perform in front of an audience and have some fun. With success all round all gymnast left with smiles as well as medals.

Please see our results board for scores.



HARLEQUIN GYMNAST OF THE MONTH

HALL OF FAME

MARCH CHAMPIONS ARE:

Development: Olivia Betteley – For her super hard work leading up to her competition. Lots of improvements made.

Acro: Amelia Shluts – through unfortunate injuries Amelia has preserved and worked hard to get back to fitness. now with a new pairing she is working well and developing a strong routine.

General: Imogen Ward – Imogen has worked very hard and taken initiative to add personal artistry to her routines. always fun to coach.

Artistic: Imogen Cook – over coming fears and perseverance in her training. Always giving 100% in her training to progress.



Olivia



Amelia



Imogen W



Imogen C