



# Leatherhead and Dorking Gymnastics Club Newsletter Spring /Summer Edition 2016

Welcome to the 2<sup>nd</sup> edition of our 2016 newsletter.

As we celebrate our 40<sup>th</sup> year 2016 is already proving remarkable in both participation and success on many fronts. With Sophie having won her first British Title and being selected into the GB British Squad she was selected for two important overseas team internationals winning gold in Switzerland. This was followed by five of our team gym gymnasts being selected for the GB European Championships Squad which takes place next October in Slovenia. This a great complement to our coaches.

Having introduced a special disabilities class two of our gymnasts took part in their first competition both winning gold. The participation in competitions is not limited to our elite gymnasts. More than 100 recreational gymnasts competed in Surrey Floor and Vault winning 38 medals-well done Jane, Dianne, Kevin and Dawn.

Our coaches continue to enhance their qualification levels. Charlotte & Kim have now passed their L4 Team Gym and Ryan progresses his Men's artistic knowledge while Jane, Dawn and Kevin are also attending General Gymnastics Modules at Level 3.

Having introduced a trainee programme, we are delighted to see so many young coaches having gone through our training programme and qualified. In recent weeks Leeya, Leah and Sophie have qualified and are now coaching classes. Mariaan is also a new coach to our team working with Natalie as well as providing her skills to the general programme. Trainees are invited into the programme by Jane and Kevin and are trailed before being accepted. The club meets 50% of the course fees. We also seek financial support from Surrey Playing Fields and BG South East both providing bursary funding but we cannot guarantee support as funds are limited.

At the other end of the coaching spectrum we are delighted to welcome Andrey as Head Coach Men's Artistic. He brings a wealth of experience from his coaching and gymnastics years in Russia. He has coached in this country for 10 years and now oversees the men's squads as well as casting an eye over the general gymnasts classes looking for potential young gymnasts to trial.

Next month 12 gymnasts will go to the Italy as their reward for winning the 2015 International Team Gym competition. The pursuit of excellence in team gym will be followed in August by one of the world leading coaches coming to the club for a training camp. Finally we are looking for parent who would be interested in working with Tina and Nadia in the club's social activities which this year of course linked to the 40<sup>th</sup> anniversary. If you are interest contact either of us or Liz.

Margaret & Paul  
Joint Directors

## **POLITE REMINDER**

Please observe the double yellow lines and the hatched area where there should be **NO PARKING OR STOPPING** at any time.

**We insist that all children are collected from inside the building and that you do not expect them to meet you in the car park. This is for their safety.**

## **Forthcoming Dates for your diary**

Gym Clean –Sunday 22<sup>nd</sup> May 2016

Bike Ride Closure – 31st July 2016

Olympics 2016 – Gymnastics coverage 6<sup>th</sup> -19<sup>th</sup> August

Gym in the Summer Course – 8-12<sup>th</sup> August & 15-19<sup>th</sup> August 2016

Team Gym Training Camp – 29<sup>th</sup> August – 2<sup>nd</sup> September

Club Championship Competition – Sunday 4<sup>th</sup> September 2016

Squad Christmas Displays – Friday 9<sup>th</sup>, Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> December 5 Shows

## **Competition Schedule until April 2016**

Here are the competition dates for your diaries. Please make sure that you make all the training sessions.

### **Women's Artistic**

21-22<sup>nd</sup> May – NDP 4, 3, 2 & 1  
5<sup>th</sup> June – Sussex Invitational Horsham  
11-12<sup>th</sup> June – Compulsory Finals L2 & L1  
12<sup>th</sup> June – Twin Piece NDGA  
9-10<sup>th</sup> July – Pegasus Open  
10-11<sup>th</sup> September – Regional Championship In/Out grade/Challenge/FIG & teams Guildford  
17-18<sup>th</sup> September – Challenge Cup  
14-16<sup>th</sup> October – Quatro Cup Wiltshire  
30<sup>th</sup> October – Regional Championships all Modified Guildford  
5<sup>th</sup> November - Vol Age Championships 4, 3 & 2  
19-20<sup>th</sup> November – Bill Slater British Junior Team Championships

### **Men's Artistic**

18-19<sup>th</sup> June – Pegasus Open  
18<sup>th</sup> September – Grades Qualifiers Pegasus  
30<sup>th</sup> September – 2<sup>nd</sup> October – London Open Redbridge  
4-6<sup>th</sup> November – Grades Finals GMAC

### **Team Gym**

11-12<sup>th</sup> June – Zonal Training for selected gymnasts  
10<sup>th</sup> July – Micro Bracknell  
30<sup>th</sup>-31st July – British (Liverpool)  
8-12<sup>th</sup> August – Zonal Training for selected gymnasts  
10-11<sup>th</sup> September – Zonal Training for selected gymnasts  
17-18<sup>th</sup> September – Zonal Training for selected gymnasts  
24-25<sup>th</sup> September – Bracknell Invitational  
1-2<sup>nd</sup> October – Zonal Training for selected gymnasts  
10-16<sup>th</sup> October – Europeans

### **GfA**

2<sup>nd</sup> October – Int/Adv Guildford  
16<sup>th</sup> October – Bronze, Silver & Gold Levels K2  
TBA November – GymFusion  
TBA November – Neon  
4<sup>th</sup> December – Novice Level Guildford

## Women's Artistic

**6<sup>th</sup> March – Jewel of the South Competition** – Ava achieved bronze on Floor and Lottie Silver on Bars. Ellie was 2<sup>nd</sup> and Scarlett 6<sup>th</sup>.



**13<sup>th</sup> March – WAG REGIONAL GRADES** – Club Grades 6/5 NDGA 13<sup>th</sup> March

Isabelle Hughes 4<sup>th</sup> Distinction  
Lucy Silva 6<sup>th</sup> Distinction  
Caitlin Goodram 19<sup>th</sup> Distinction  
Jessica Haines 26<sup>th</sup> Distinction  
Hailey Coutts 19<sup>th</sup> Commended

**25<sup>th</sup> March** – Izzy competed at the English Championships and finish 18<sup>th</sup> out of over 60 competitors.

**10<sup>th</sup> April** – Sophie competed at British Championships winning the Junior Vault title and coming 4<sup>th</sup> on Bars.



**17<sup>th</sup> April** – WAG Grades at Guildford Spectrum

Farah Rothwell 1<sup>st</sup> Comp 5  
Rowan Waive 7<sup>th</sup> Comp 5  
Madeleine Dodd 3<sup>rd</sup> Comp 4  
Lottie Roberts 5<sup>th</sup> Comp 4  
Isabelle Smith 6<sup>th</sup> Comp 4  
Ava Nair 1<sup>st</sup> Comp 4 out of age  
Cissy Marlow 1<sup>st</sup> Comp 3  
Mia Hamill 2<sup>nd</sup> Comp 3  
Hannah Coutts 1<sup>st</sup> Comp 3 out of age  
Scarlett Cherry 3<sup>rd</sup> Nat 3  
Ellie Gadd 8<sup>th</sup> Nat 2  
Jemima Leach 5<sup>th</sup> Reg 4  
Rosa Foggon 12<sup>th</sup> Reg 4  
Mya Darcy 26<sup>th</sup> Reg 4  
Daniella Paul 7<sup>th</sup> Nat 4  
Zara Abbas 5<sup>th</sup> Regional 2



**22<sup>nd</sup> April** – Izzy Hilliard selected for the England Squad



**30<sup>th</sup> April** - Sophie Scott was selected by GB to compete in Switzerland for an International.

**7<sup>th</sup> May** – Madeleine Dodd & Lottie Roberts (R) travelled to Stoke to compete for BG South East in the National Grades Finals. Madeleine came 30<sup>th</sup> overall and South East Team came 7<sup>th</sup>.



## Team Gym

**12-13<sup>th</sup> March Southern Qualifiers at Bracknell** – TG Youth won Silver, TG Seniors won Silver and in the Micro competition the TG Regional Squad entered two teams. One won Silver and the other came 4<sup>th</sup>. The Youth, Junior and senior squad all qualified for the British Championships in July at Liverpool.



**4<sup>th</sup> May – 6 Gymnasts** – Nick, Dominic, Emily C, Millie and Emily O were selected for the Team Gym GB Squad and will travel to Slovenia to compete in the European Championships.



**7<sup>th</sup> May** – TG Regional Squad competed in the North West competition in Crewe and won Gold.



**8<sup>th</sup> May TG Transition Squad** entered two teams into K2 Crawley Micro Competition they won 1<sup>st</sup> and 4<sup>th</sup>.



### Men's Artistic

The boys competed at Regional Championships held at K2 in March in their first Invitational. Special mention to Finley Glasgow who won Silver and Charlie Aid who won Bronze in their category.



Andrey Pozdnyakov has joined the Club as Head of Men's Artistic coaching.

Good Luck to all the boys who are travelling to Ipswich this weekend to compete in the Pipers Vale Challenge.

### Disability Gymnastics

Alex & Kesia competed at a disability Floor & Vault Competition in Woking both winning Gold medals.



### Andrey Pozdnyakov - Head of Men's Artistic Profile

Graduated 1992 Pedagogical Educational University, Faculty of Physical Culture with Master's degree in Sport (Artistic Gymnastics), Petrozavodsk., Russia [then USSR]..  
Master of Sport USSR in Artistic Gymnastic.  
In 2000 was a prize winner in a regional contest for 'Master of Pedagogical Physical Education', and received a Diploma of Honor from the Ministry of Education for the Republic of Karelia. Trained gymnastics for regional teams and national competitions, including a bronze medal prizewinner at a USSR Sports Convention in 2002  
2002-2005 Deputy Director of a Department of Gymnastics Sports School for Children and Youth, School no. 1 USSR  
From 2005 came to the UK to provide high level gymnastics coaching boys and girls in the Surbiton area; selected by him gymnasts have again been members of regional teams and competed for the London region.

### Fund Raising

Please continue to support us through

**easyfundraising**  
.org.uk



Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be raising a free donation for Leatherhead and Dorking Gymnastics Club? There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, The trainline and Sainsbury's, who will donate a percentage of the amount you spend to Leatherhead and Dorking Gymnastics Club to say thank you for shopping with them. It's really simple, and doesn't cost you anything. All you have to do is:

1. Go to <http://www.easyfundraising.org.uk/causes/ldgc>
2. Sign up for free
3. Get shopping - your donations will be collected by easyfundraising and automatically sent to Leatherhead and Dorking Gymnastics Club. It couldn't be easier!

There are no catches or hidden charges and Leatherhead and Dorking Gymnastics Club will be really grateful for your donations. Thank you for your support.

Nadia Darcy and Tina Abbas.  
Fund Raising Committee

### General Gymnastics

24<sup>th</sup> April – Over 100 gymnasts competed in 31 teams in the Surrey Teams Floor and Vault competition at Guildford Spectrum winning 4 Gold, 4 Silver and 5 Bronze team medals.

