

# WHITEHALL GYMNASTICS CLUB NEWSLETTER

March 2024

## A message from Head coach Charlee



Welcome to our new monthly newsletter. Firstly I would like to say thank you for your continued support over the last five years. I still can't believe Whitehall has just celebrated its fifth birthday. What an amazing month March has been, I am so proud of all the successes our members have achieved this year already from our pre-schools, recreational and squad gymnasts. I am so excited to see you all continue to grow and learn. Thank you to our wonderful coaching team! Thank you for all your continued commitment, hard work and dedication. You are truly special. I can't wait to see what else 2024 brings.

## Squad Achievements

Upstarts: -  
Gabbie  
Hollie  
Ava  
Summer  
Rosalie  
Amelia  
Lila  
Katelyn

Flick Tuck  
Back: -  
Amelia  
Layla  
Ava  
Zusanna

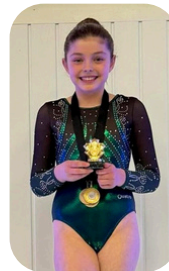
1/2 Twist:  
Evie J

Flick: -  
Ida-Rose  
Darcey

Back away: -  
Holly  
Emma  
Maisie  
Olivia

Flick on Beam:  
Alyssa

## Competition Results



Our 3rd Annual **Mini Stars** Competition saw 22 of our gymnasts compete.

Level 1 17-15	Level 1 14 - 13
1st Isobel H	1st Isobel H
2nd Iona	2nd Nlamh
3rd Annabelle	3rd Grace
4th Kimi	
5th Ophelia	Level 2 - 2016
6th Betty	1st Mia
	2nd Daisy
Level 2 15-14	Level 2 13 - 12
1st Emily	1st Betsy
2nd Rosie J	2nd Rosie D
3rd Lillian	3rd Maisie B
4th Alisa	4th Jenson
5th Raphael	5th Zac
	6th Florence

**\*\*Speical Mentions to Isobel H and Betsy for being overall champions across their respective levels**

For full results please see our website [www.whitehallgymnasticsclub.co.uk](http://www.whitehallgymnasticsclub.co.uk)

## Competition Results Continued



Congratulations to Evie J and Alyssa who both passed their **Development 1** Grade and Amelia, Maisie, Sophie, Daisy, Holly, Emma, Jess and Olivia who all passed their **Development 2** Grade.



### SPALDING GOLDEN GIRLS

Wonderful results from our Golden Girls at Spalding on the 17th March. All four teams took overall **GOLD!** what an achievement.

**Special Mentions to our Individual Overall Winners in their respective categories:**  
Lucy J 2nd, Evie J 1st, Alyssa M 2nd, Jess H 1st, Olivia C 2nd, Amelia Q 1st



We are so proud of our **50** recreational gymnasts that took to the floor on 16th March in our annual Spring Recreational Competition. You all looked incredible and there were lots of achievements throughout the competition. Special Mentions go to Maisie S, Marcie W, Ottilie M, Beatrice S, Morgan S, Annabelle G and Belle B who were all overall champions of each of their respective categories.

**\*\*Speical Mentions go out to**  
Evie J - 3rd Overall - 2nd Floor - 6th Range  
Alyssa - 6th Beam - 4th Range  
Olivia - 5th Beam  
Sophie - 5th Bars  
Maisie 6th Beam

## General News



A huge well done to Sophie, Jess and Holly who recently passed their gymnastics helper proficiency award. This award provides them with beneficial knowledge in spotting skills and how to work with younger children. We wish them all the luck in the world as they embark on the first step to what we think will be amazing coaching careers.



At the beginning of the year Whitehall Gymnastics Club turned 5 years old, We have had to endure lockdown, Losing coaches and a world of uncertainty but the last five years have proved time and time again that we are more than a club, we are a family, we've grown together. We have increased our numbers in squad and rec and we are going from strength to strength as a club - Thank you for your continued support. Here's to many more achievements to come.



Congratulations to Olivia and Evy who were selected for County Squad 2024 and to Ava and Evie J who have been selected as reserves.



## Recreational Stars



### Shout outs

Evie A Hannah M  
Frankie B Jessica L  
Macie S Amelia M  
Molly W Hannah T



### Club Kit



Reminder: All Squad and advance Rec gymnasts require a club tracksuit, Jacket and leggings minimum and either a training leotard or a competition leotard.

Leotards can be purchased by ordering from the gym - please be advised we may not have sizes in stock and there may be a wait of a few months.



Tracksuits can be ordered direct from: <https://www.totalgymnasticsdirect.com/gym-club-shops/whitehall-gymnastics-club>



### Isabelle G

Isabelle is coached by Louise and trains 3 days a week. Isabelle has been in squad for 2 years and is working towards NDP Grades - her first one will be in April. This last year we have watched Isabelle work so hard on the areas of gymnastics that she finds hard. She has got a great reputation for always putting in lots of effort into the warm up each session and we are blown away by her flexibility. Next time you are in the gym be sure to watch her bridge leg hold.

### Squad Member Spotlight

Betsy is coached by Caroline and has been with Whitehall for 4 years - Starting in Rec she impressed coaches and was offered a place to train in one of our squad groups. Betsy has made huge amounts of progress this year. She is hard working, kind and polite. Betsy always puts 100% into her training and her hard work and cheery disposition gets the attention of many of our coaches.

### Betsy R



## Pre-School Classes

Our Talented pre schoolers have been working so hard during their sessions and having a whole lot of fun. This month they have been practising forward rolls and log rolls, Sharon's superglue where they are learning to keep their feet together in jumps, making patterns with colourful ribbons and scarfs and practising their balance on the bench and beam using a hoop to build extra confidence. The future is bright for these little ones. Contact us for more information on Baby, unstructured and structured classes

**Whitehall Recreational Summer Display!**  
**Limited spaces - Please see notice board for full details.**

## Please Remember

Please be considerate of our neighbours and avoid parking in spaces that are not ours - especially in front of the shutters which require access.

For Full sized photos and Competition results please see our website and social media pages: [www.whitehallgymnasticsclub.co.uk](http://www.whitehallgymnasticsclub.co.uk) and whitehall gymnastics club on Facebook and Instagram.

## Upcoming Trials **\*\*BOOKING ESSENTIAL\*\***

Taster structured class for 2020 born future gymnasts.  
04/04/2024 3:50-4:20pm

Gymnastics Taster session for 2018/2019/2020 born gymnasts  
08/04/2024 2:00-2.45pm

Gymnastics Taster session  
08/04/2024 3:00-3.45pm

## Looking ahead

**April**  
3rd April - 1.10 - 1.55 Upstart workshop (Squad only)  
2.00-2.45 - R/O Flick Workshop (Squad only)  
3.00-4.00 - Open Gym (open to all)  
7th General Teams 2 & 4 Piece PV  
14th April General Gym Levels Essex Qualifier 1 & 4  
21st April Essex Prep Grades 1 & 2

28th April General Gym levels Essex Qualifier 2 & 5  
28th April - Rec classes payment deadline  
**May**  
19th May - Regional Development Grade 1-4 Finals  
26th May - General Gymnastics Regional Finals levels 1 & 4  
26th May - The Roses @ MK