

# Whitehall Gymnastics Club

## Newsletter

December 2024

### A message from Coach Charlee



What a fabulous year 2024 has been and thank you for being part of it. I would like to start by taking the opportunity to say thank you to everyone for your continued support and for being part of our Whitehall family.

A big well done for all the achievements that our gymnasts and coaches have achieved this year, there has been so many and i am proud of you all!

I'd like to wish you all a magical Christmas and a happy healthy new year.

P.s: There are some cheeky elfs hiding on this months newsletter! Have a fun time searching for them. Let us know how many you find and you could be in with a chance of winning a prize.

### SQUAD ACHIEVEMENTS

First Giants  
on Wood Bar  
Sophie  
Jess  
Darcey  
Summer  
Ava  
Rosie  
Olivia

Backwards  
Walkover on  
Beam:  
Rosie

Front Somi  
Dismount:  
Sofia

Shiny Bar Giants:  
Olivia, Evie J

Handstand on  
Bars:  
Gabbie

Sole Circle: Millie

Front  
Somi:  
Jenson

Aerial:  
Rosie  
Isabelle

Pike Back  
Salto:  
Amelia

Tsuk on Pit Vault:  
Olivia

Shiny Bar  
Upstart:  
Ruby

Sole Circle Catch:  
Gabbie  
Rosalie

**Merry Christmas!**  
From The Whitehall Family

### Pre School



What a year our Pre-schoolers have had. With our little ones they grow so fast and they have all certainly done some growing this year, not just in height but with their skills as well, we have welcomed some new gymnasts this year and it has been a pleasure coaching them as well as our long time attendees. We can not wait to see what 2025 has in store for these talented little ones with lots of new skills, badges and achievements.

### Santa Claus's visit to Baby Gym



We were extremely lucky that even though his schedule is crazy busy right now, we had a special guest join us at Baby gym - none other than the big man in red himself - Santa!



On our last Baby gym session of the year, Santa came and visited us and we were very lucky that he just happened to have some spare early presents in his sack to hand out. It was a joy to host Santa again this year and everyone was very excited to see him.

### County Squad Pre-Selection

We would like to say a huge well done to Evie J, Fabi and Evy for the achievement of being pre-selected in Essex County Squad for 2025 following on from some fantastic scores at County Competitions this year.



We would also like to wish all the luck in the world to our gymnasts that will be trialling for County Squad on January 26th, Show them what you are made of and whatever the result we are always proud.



# Christmas Showcase

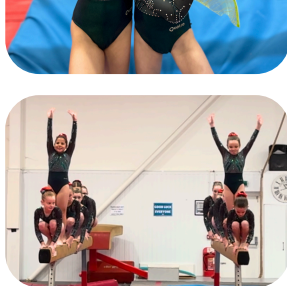


## What a Performance!



Wow wow wow! What a show! We were left speechless on the day! Starting with our rehearsals the gymnasts could not have impressed us more, it was so much to cram into such a short amount of time and every single one of them rocked it like the superstars that they are, there were fab listening skills on display as well as the gymnastics skills and they all remembered all the dances after only running through them a few times. Tears were in Louise's eyes as they were put into a snowflake formation and then got themselves back into it time and time again without any prompts (after the coaches didn't think it was going to be easy.) With only two sessions the gymnasts and coaches put together what we feel was an incredible showcase of skills.

Opening and Finale dances left us all speechless as all of the gymnasts came together for two superb performances. Eight of our gymnasts were chosen to take part in a flexibility showcase, showing off all their hard work that goes into not only becoming flexible but staying flexible. We had two Beam Duo's during our display the first being two of our smallest little fairies In our gym Ella and Hallie and we are sure there was not a dry eye in the house as they performed down the beam with wings on and two of our seniors Sophie and Jess showed off a beautiful display of Artistry performing their beam dance perfectly in sync. All of our seniors performed a super fun and Beautiful routine to Fight song choreographed by the amazing Kayley. Acro development and Skills Dance showed off what our gymnasts are capable of from forward rolls to 1 1/2 twists and many parents commented on the level of skills from all the gymnasts. Beam showcase was superb with our gymnasts working in pairs to a music performing some simple skills, artistry and dismounts. On bars we saw a mix of everything from conditioning (pull ups and leg lifts) to full routines from our starter routines with tuck, pike and straddle holds to Giants and back aways. Finally we had our Tumble showcase that was a show stopper with many of our guests left in awe and Handstand walking demonstrating how much time our gymnasts spend on their hands. All in all it was an amazing day full of excitement and lots of fun, until next year.





# Goal Setting

## New Year New Goals

The first thing you need to think about when Goal setting is your destination. You have a starting point (where you are now) and an end (where you would like to be). Once you know, what you want from Gymnastics that is when you can start setting goals.

It is important that you think **SMART**

**S**- Specific - Be specific don't just say "I want to be better" pick goals that will help you improve instead work on a skill at a time or overall strength or flexibility.

**M** - Measurable - "I want more upper body strength" Measure how many pull ups or press up you can do and then keep checking over time so that you can see your improvements, you are less likely to keep working towards a goal if you can't see your progress.

**A** - Achievable - There is little point having a goal if it is not achievable. Goals and dreams are different, goals are something you are actively working towards and these should be things you are capable of in a shorter amount of time. I would love to be King of the world but for me this isn't achievable. If your dream is to do an aerial or free cartwheel and you can't do a cartwheel just yet your goal should first be to learn a cartwheel with the aerial being your destination.

**R** - Relevant - Make sure your steps towards your goals are relevant, If you want to get down in your splits, doing 100 press ups everyday will not help you with your goal.

**T** - Time-Bound - If you dream of doing a round off flick full twist and you are still learning your flick make sure that you allow yourself the time needed to achieve this, this will take longer than a month to achieve.

We value your dreams, goals and needs and our coaches would love to hear what your goals are and hopefully we are able to help you achieve your goals in the gym - You get one life and one journey, never be embarrassed with your goals, we have all been there once upon a time with our own hopes and goals.



## What it takes to be a competitive Gymnast

### Deeply self-motivated

A coach can only take a gymnast so far - being self-motivated is one of the best tools a gymnast can have.

### Enjoyment and Love for the sport

A Gymnast must whole heartedly Love the sport to be successful as a competitive Gymnast.

### Relentless Drive

A Relentless drive to succeed is what aids a competitive gymnast to greatness

### The ability to handle rejection

Rejection is inevitable in sport, how a gymnast handles it will determine how far they will go and how much they achieve.



### Perseverance

The Ability to keep going when things are tough will see the most determined gymnasts going the distance in the sport.

### Be a good Loser

You win some, you lose some..... If winning is all that matters a gymnast will quickly fall out of love for the sport.

### Taking knocks

Gymnastics can be painful, you can fall, you can rip your hands on bars, your muscles will ache and you will tired. Coming back and doing it all again the next session is required of competitive gymnasts.



# 2025 Calendar

## Looking ahead

SAVE  
THE  
DATE

### January

Reopen -Monday 6th of January  
26th January- Essex County Trial

### February

2nd February - The Snowdrop  
2nd February - Essex county grade 1 & boys grading CSG.  
8th/9th February - Pipers Vale Pre-grades  
9th February - Iceni Pre-grades  
15th February - In-house pre-grades competition  
22nd/23rd February - Mini Stars - In house General Levels

### March

16th March - Essex Qualifier Development Grades 1 to 4 CSG  
30th March - Regional GG Floor and Vault

### April

5th April - Excel Grades & FIG  
6th April - NDP Performance grades 1,2,3 & 4 @ Pipers vale  
12th April - The Recreational Spring Competition (Daisy and Daffodil)  
13th April - General Gym Levels Essex Qualifier 1 & 4  
Half Term  
27th April - Essex Prep Grades 1 & 2

### May

4th May General Gym levels Essex Qualifier 2 & 5  
11th May General Gym levels Essex Qualifier 3 & 6  
18th May - Regional Development Grade 1-4 Finals  
23-25th May - National Levels 3 & 2 & NDP performance grades 5-4-3-2-1  
25th May - General Gymnastics Regional Finals levels 1 & 4  
25th May - The Roses @ MK

### June

8th June - Pipers vale  
15th June -Regional General G level 2 & 5 Finals  
22nd June - The Whitehall Cup

### July

6th July Regional General Gym level 3 & 6 Finals  
13th July - Teddy Bear Challenge  
20th July The Theobald Teams. TBC  
Monday 21st July - Sunday 3rd August - Gym closure

### August

Rec summer display - Wednesday 6th August 2:30-4:15pm  
Thursday 7th August 2:15-4:00pm Show on Saturday 9th of August 1:00-2:15pm  
September 24  
7th September - Bronze, Silver, Gold & FIG & Voluntaries  
22nd September - Essex County Grades 3, 4, 5 & 6  
28th September - Regional Classic Challenge PV

### September

7th September - Bronze & Tin  
14th September - Silver, Gold & FIG & Voluntaries  
22nd September - Essex County Grades 3, 4, 5 & 6  
28th September - Regional Classic Challenge PV

### October

5th October - Zinc Essex Qualifier  
12th October - Copper Essex Qualifier  
19th October - Essex County Grades 3, 4, 5 & 6  
October - Halloween Rec Comp  
October - Essex County Grades 5 & 6  
26th October - The Rainbow

### November

9th November - Regional Copper & Zinc Finals PV

THINK  
AHEAD





# Our Year In Pictures

A small selection of photos that have made our year. Thank you to every gymnast that has walked through our doors this year for all the wonderful memories you have given us.





## General News



Reminder that long hair must be tied back for safety reasons. Please ensure that hair is tied up, preferably in a bun, plaits below shoulder length and pony tails will be required to be tied up before entry to the gym. Long hair can not only pose a risk to our gymnasts but also our coaches should they be supporting your gymnasts. Thank you.

### Classes Resume

After a much needed Christmas rest we will be opening our doors again on the 6th January starting with our Monday Recreational sessions and Squad.

# WELCOME BACK!

## FIND THE ELF COMPETITION

Look out for Santa's sneaky elves through our Newsletter, let us know how many are hiding and we will put your name into a prize draw to win a fabulous prize.



## Recreational Stars



### Shout outs

Megan R Sophie  
Lily R  
Courtney



## Challenge of the month

### Handstand Hold

How long can you hold a handstand, practising against a wall can be valuable in increasing your handstand holds - just make sure you are controlling your breath.



### Ava



Ava joined Louise's group in 2021 - she has always had a natural strength and that is what got her first noticed for squad. When something feels a little scary she'll always just dive in head first (literally sometimes) to anything she is asked to do. She is our little grey hair giver with her bravery and proves time and time again just how capable she is. From a tiny 4 year old she has batted Louise's hand away saying "I can do it by myself". Fearless and outgoing she is a big energy in the gym, however, we have in fact seen her tired once about 2 years ago. This year has been a year of big girl skills for Ava seeing her achieve her flick tuck back, Giants on Shiny bar and her flick on beam. We are looking forward to see what her accomplishments are in 2025.

## Squad Member Spotlight

Lexi has only just joined the Whitehall family and being the new person can be very daunting. It has been great to see how well she has slotted in, made new friends and clearly enjoys her gymnastics. It is like she has been in the group since day one. Lexi is a gymnast who works hard, always gives things a go and is eager to improve every session. She listens to coaching points and genuinely tries to implement them on her next turn. She puts 100% effort into her conditioning and side stations, even when she thinks her coach isn't looking. She grabs every opportunity offered, including taking part in the Christmas showcase where she absolutely shone. We are so pleased Lexi has decided to join our club and we look forward to seeing her progress in the next competition year.

### Lexi



## 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.

*Everybody has their own Mount Everest - We were put on this Earth to Climb.*

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