

# WHITEHALL GYMNASTICS CLUB NEWSLETTER

April 2024

## A message from coach Louise



Wow - hasn't this month just flown by. We've enjoyed Easter training sessions, seen some of our youngest squad members take their very first grades and had our highest number of gymnasts yet competing at the county General Levels. We are so proud of each and every member of Whitehall Gymnastics Club and it has been an exciting month watching everyone enjoy their own individual gymnastics journeys. Thank you for the continued support and enjoy this month's newsletter.

## Squad Achievements

Jump to Catch:-  
Sofia H,  
Emily,  
Rosie  
Megan

Upstarts:-  
Abigail

Round off Flick  
Tuck Back:-  
Jess H

1/2 Twist:  
Holly 18

Straddle  
undershoot:-  
Ivy, Ella,  
Octavia and  
Eira

Circle up:  
Ivy

Front Somi:-  
Summer  
Front 2 Bk:-  
Evie J

Handstand on Bar:-  
Alyssa

Double back:-  
Evy Q

## Pre School Gymnastics



Our wonderful semi-structured preschoolers had a hopping great time at our Easter session. We practised lots of bunny hops on the floor and then we even progressed to the bench. We had egg and spoon races and some bunny dances.

This month in our pre-schoolers have been putting in amazing effort and getting used to working skills at height and practising their balance. We have been using our benches to gain confidence and really tested our balance on the low beams.

**Semi-structured Preschool sessions run  
Fridays 9.30-10.15am for ages 2-4**

**Stay and play Fridays 10.30-11.30am for ages from birth to school age. Please book via the portal.**

## Boys Squad

Our boys squad group has recently added some new members - a huge welcome to Jake and George, they have both settled in well and already achieving new skills weekly. The strength these boys show week to week is admirable.



This photo is from our recent mini stars competition where the boys performed extremely well. Well done to Rafeal, Zak and Jenson.

# 121

## AVAILABILITY

121 sessions available please inquire via e-mail. Routine practise, extra time in the gym or working towards achieving new skills.

## Whitehall Recreational

Summer Display

LIMITED SPACES

REHEARSAL DATES

6TH AUGUST - 2:30-4:30

7TH AUGUST - 1:45 - 3:45

8TH AUGUST - 1:35-3:45

DISPLAY

SATURDAY 10TH OF AUGUST

1:00-2:30PM APPROX

WHITEHALL RECREATIONAL MEMBERS.

ENTRY FEE - £60 INCLUDES REHEARSAL TRAINING AND A PERSONALISED TSHIRT (TSHIRT TO BE WORN AT THE DISPLAY)

# COMPETITION RESULTS

What a month for competitions. Kicking off April we started with General Gymnastics Teams - a first for Whitehall to enter this competition. Following this we had the General Gymnastics County qualifier for levels 1&4. The weekend after saw a record number of Whitehall gymnasts entered into the NDP prep 1&2 Grades and rounding off the month nicely we finished up with the General Gymnastics County Qualifier for levels 2&5

## GG TEAMS



Well done to all our gymnasts who took part in the General Gymnastics level 2 and 3 team competition at Pipers Vale in Ipswich. It was the first 'big' away competition for some. And when we say big, we mean BIG, with nearly 200 competitors over the day! The girls took it in their stride and did us proud. Some of the highlights from our level 2 gymnasts were **Iona's** floor, showing perfect timing with stretched legs and pointed toes; a beautifully extended and solid beam routine from **Isobel Hac**; an amazing floor routine from **Betty**, who found it difficult to learn on the lead up to the competition, but smashed it on the day; and finally **Isobel Ham**, with her unflappable calmness throughout, was the epitome of consistency.

Our level 3 gymnasts followed, starting on beam, which as any gymnast will testify, can be the most nerve wracking of all. Led by Megan, they all shone with confidence and finished the piece with **Rosie**, who was rock solid and has the straightest, most steady forward roll, she could almost perform it with her eyes shut! As usual, **Emily's** bars was smooth and controlled showing good shape and the desirable stuck landing. After a rocky bar warmup, **Millie** picked herself up, overcame her fears and performed her routine seamlessly. On floor, **Megan** demonstrated superb musicality and extension and although she was not entirely happy with her performance, she adapted to directional changes and carried on to the end.

Overall what impressed us most was how the girls encouraged each other, worked as a team and were so positive throughout what was a very long day. Well done. We are proud of you all.

Written by Coach Caroline

## NDP Preparation 1&2

### Preparation 1

Well done to some of our youngest squad gymnasts who were eligible for their first official grades. Your performances were outstanding and the scores were incredibly high - Clean beam routines all around. We are so proud of each and every one of you for the hard work that you have put into this grade. Well done for all passing.

**Ava - Working Above**  
**Isabelle - Working Above**  
**Rosie - Working Above**  
**Sophia T - Working Above**  
**Summer - Working Beyond**  
**Harriet - Working Beyond**

### Special Mentions go to:

**Gabbie - 6th Vault, 2nd Bars**  
**and a Special award for Bravery on Beam**  
**Amelia - 6th Vault, 4th Bars**  
**Layla - 5th Beam**  
**Lila - 4th Beam**

### Preparation 2

Well done to all of our gymnasts who competed their prep 2 grade we are so proud of you, you all showed amazing talent and grace and have worked so hard towards this competition:

**Gabbie - Working Above**  
**Lila - Working Above**  
**Ruby - Working Above**  
**Rosalie - Working Above**  
**Amelia W - Working Beyond**  
**Layla - Working Beyond**

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

## GG County Qualifier 1&4



On the 14th of April we had 4 gymnasts take to the floor for their very first out of house competition in the Level 1 county qualifier. These girls have only recently been moved up to a competitive pathway and train only 1.5 hours per week. They have put so much effort into preparing for this competition and we are so pleased that it payed off for them.

Results as follows: Belle (aged 8 category) 3rd Vault and Bars, 2nd Beam and 4th Floor.

Abigail (9) 5th Vault, 2nd Floor  
 Jasmine (9) 3rd Vault, 2nd Bars, 4th Floor  
 Darcy (9) 1st Vault, 6th Beam, 4th Floor  
 Well done ladies - onwards and upwards



Maisie B competed at Level 4 and not only showed strong performances on all pieces, showed courage and determination when her music stopped mid routine. When this happens a gymnast must continue on to the end and this can be so daunting for the gymnast as the gym goes silent and parents begin clapping. Not only did she impress us she went on to impress the judges as well and came away with a 4th place on Floor - well done Maisie B

## GG County Qualifier 2&5

### General Grade 2

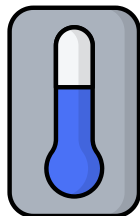
Well done to **Isobel, Kimi, Betty, Iona and Isobel** for their fantastic performance. A special mention to **Betty** who was awarded 6th Vault & 4th Floor and **Isobel** who was crowned Bar champion and 6th on Vault.

### General Grade 5

Amazing results from **Hollie and Zuzanna** who competed in GG5.  
**Hollie - 2nd Bars, 4th Beam, & 6th Floor**  
**Zuzanna - 5th Vault & 4th Bars**



## General News



Louise's fundraiser is slowly building. Louise has been working hard the last couple of months to raise money for some new equipment for the gym. If you have any ideas or would like to help I'm sure she would be very grateful.

We would like to say a huge thank you and well done to all our gymnasts that took part in our choose your challenge fundraiser we really appreciate your hard work and help.

**THANK YOU!**



Well done to Olivia for attending the first county squad training of the year. Olivia got to train with some of the best gymnasts in our county and had the privilege of being coached by Matt Jackson a high performance coach who attended this month's county squad that took place at Carousel Gymnastics Club in Rochford. Also thank you to Coach Sharon - Olivia's coach who attended the Training with her.

## Recreational Stars



### Shout outs

Lily R    Anya W  
Kayla M    Martha



### 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>

## Squad Member Spotlight

### Hallie W



At 5 Years old Hallie is one of our youngest squad members. Hallie is coached by Charlee, our head coach. The work ethic, determination and dedication Hallie shows is outstanding! Hallie's splits and strength have improved immensely since joining our squad pathway in August 2023. A big well done to Hallie for her continued hard work. We look forward to seeing you progress and watching your gymnastics journey.

Jess has been doing squad gymnastics since she was just 5 years old. She is amongst our longest serving gymnasts. This year already

Jess has competed twice with amazing results. She passed her Development 2 grade with ease and was a part of our senior zinc team at the Spalding tulips, the team took Gold and Jess also placed 1st overall individually. Jess has had to overcome many fears in recent months with hard work, perseverance and determination. Jess always gives her training 100% and presents herself with elegance and grace.

### Jess H



## 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.

*Quitters never win, Winners never quit and Gymnasts never give up.*

## Looking ahead

### May

19th May - Regional Development Grade 1-4 Finals  
26th May - General Gymnastics Regional Finals  
                  levels 1 & 4  
26th May - The Roses @ MK

### June

1st/2nd June - Spectrum Novice competition  
2nd June - Essex Qualifier General Gym 3 & 6  
9th June -Regional General G level 2 & 5 Finals