

Whitehall Gymnastics Club

Newsletter

February 2025



A message from Coach Sharon



February, ❤️ the month of Love and the start of Competition Season! First off was the "Snowdrop" when we saw much bravery and upcoming talent from our younger squad members. Then pre-NDP Gradings (in-house and at Iceni GC) preparing for the Essex Qualifiers in March/April. Then an in-house "Mini Stars" for our General Levels. Over the course of a week, I see and coach over 100 gymnasts from toddlers to teenagers. When they leave with a smile, it warms the heart ❤️ that these children share our passion. We are so proud of you all ❤️.

SQUAD ACHIEVEMENTS

Fabi Achieved:
Tsuk,
Giants,
Double
Back

Round off Flick:
Ella
Khalessi
Round off Flick Tucj:
Millie

Jump to Catch:
Khalessi
Lottie

Baby Giant into high bar straddle undetshoot:
Rosie J

Long Upstart:
Darcey
Rosie

1/2 Twist:
Layla
Evie J (on floor)
Straight front 1/2:
Jenson

Backwards Walkover:
Miya, Ottalie
On Beam; Darcey

Forward Walkover:
Rosie
Handstand bridge to stand:
Aurora

Straight Back:
Daisy
Jess

Dismount on Beam:
Evie, Olivia

Shiny Bar:
Giants: Gabbie
Sole Circle: Isabelle

Upstart:
Layla
Cartwheel on Beam: Hallie

Straight Front: Abigail
Handspring front: Gabbie
Front Somi: Harriet

Appreciation Post

Shout out to our young coaches, who work tirelessly to introduce children to the world of gymnastics and help develop their skills. All our Junior coaches are DBS checked and hold a minimum of Core Proficiency Coaching Award. Many of our Junior coaches are ex-gymnasts who enjoy passing on their wealth of knowledge and experiences. If your daughter is over 14 years of age and would like to become a young helper or coach, please speak to Sharon or Charlee

Pre School



Our wonderful little pre-schoolers were working on Balance this month and in one session they took their balances from the bench to the big girls beam in just 45 minutes! Well done Pre-schoolers, keep up the hard work.

During one of our pre-school sessions this month we let the littles have a try at rhythmic gymnastics - by the end of the session they were all tied up in ribbons but what a great time they had.

Fuelling for Exercise

We can not stress enough how important correct fuelling is for gymnasts. Weather they train 1 hour or 10 hours fuelling is still important to maximise their time in the gym. A gymnast who is feeling sluggish is not going to reach their full potential. We are not here to talk about how they shouldn't have "bad" foods, all food is good, just knowing the foods that are better at fuelling our bodies than others and being conscious of when we eat them will help our gymnasts get the most out of their gymnastics sessions. plenty of carbs and some protein but be low in fat. Fat takes longer to digest, which can cause an upset stomach. Carbs could include pasta, bread, fruits, and vegetables. Avoid sugary foods and drinks before exercise.

Eggs, Protein Bars, Fat free yogurt and berries, Banana's or peanut butter, Homemade smoothies or wholegrain oats are good examples of good fuel before exercise. While we know it can be hard getting young people to try new things, introducing foods with no pressure to like can be a good way of finding out what works best for your gymnast.



First County Squad of 2025



First County Squad for the year started in the morning with Evie and Gabbie, They had a fantastic session, which saw lots of improvements in their twisting shapes with Matt Jackson and Gabbie Achieving her shiny bar giants by herself for the first time.

The afternoon session saw our seniors Evy, Fabi and Olivia putting in lots of hard work to not only improve current skills, but also regain some old ones and even get some new ones. Well done to all of you for all the hard work.





Competition results

Snowdrop

What a competition! We love our Snowdrop competition as we see some of our teeny tiniest gymnasts competing for the first time. You can't help but smile when you see them on that big competition floor - we are so proud of all of you whether it was your first snowdrop or your last, you all looked amazing out there. We were lucky enough to be joined by our friends from Swallows, Icení, Crystal Palace and we welcomed back our friends from Aspire as well. We had such a fabulous day and we can't wait to see what the future has in store for all these teeny gymnasts.



Round 1

Cece: 1st Bars 1st Beam 1st Floor 1st Vault

Cece overall Snowdrop Champion

Roman: 2nd Bars 2nd Beam 2nd Floor 2nd Vault

Alaina: 5th Bars 4th Beam 2nd Floor 2nd Vault

Bella: 1st Bars 1st Beam 1st Floor 1st Vault

Bella Overall Snowdrop Champion

Sophie: 4th Bars 4th Beam 6th Floor 5th Vault

Veronika: 2nd Bars 3rd Beam 3rd Floor 3rd Vault

Kacie: 7th Bars 8th Beam 7th Floor 8th Vault

Florence: 6th Bars 10th Beam 5th Floor 5th Vault

Evelyn: 8th Bars 7th Beam 6th Floor 6th Vault



Round 2

Ophelia: 6th Bars 4th Beam 2nd Floor 6th Vault

Ivy: 11th Bars 5th Beam 4th Floor 8th Vault

Miya: 8th Bars 8th Beam 7th Floor 3rd Vault

Darcey: 1st Bars 4th Vault

Ida-Rose: 9th Bars 6th Beam 8th Floor 7th Vault

Lottie: 10th Bars 9th Beam 5th Floor 5th Vault

Mabel: 5th Bars 2nd Beam 6th Floor 4th Vault

Eva: 7th Bars 7th Beam 5th Floor 6th Vault

Sophie: 4th Bars 6th Beam 8th Floor 3rd Vault

Hallie: 2nd Bars 4th Beam 4th Floor 7th Vault

Tavi: 5th Bars 3rd Beam 3rd Floor 4th Vault

Aurora: 9th Bars 1st Beam 10th Floor 1st Vault

Ella: 1st Bars 5th Beam 7th Floor 9th Vault

Otilie: 3rd Bars 3rd Beam 3rd Floor 2nd Vault

Natalia: 2nd Bars 1st Beam 4th Floor 5th Vault

Natalia Overall Snowdrop Champion



Round 3

Mia: 6th Bars 3rd Beam 5th Floor 9th Vault

Ava: 1st Bars 5th Vault

Ella-Rose: 9th Bars 5th Beam 7th Floor 7th Vault

Isabelle: 4th Bars 1st Vault

Rosie: 2nd Bars 2nd Vault

Summer: 3rd Bars 4th Vault

Alisa: 4th Bars 4th Beam 4th Floor 4th Vault



Icení pre-grades

This was our first competition at Icení Gymnastics Club and we had a fantastic time, It was so lovely seeing our National Development Plan gymnasts compete new levels for the first time this year, this competition has given us the confidence and knowledge on what we need to work on in the next two months as we prepare for our official grades taking place in March and April.



Ruby 3rd Vault

Rosalie 2nd Vault, 2nd Bar, 2nd Range, 3rd Floor, 2nd Overall

Amelia 1st Vault, 3rd Bars, 3rd Overall

Layla 2nd Vault, 3rd Range, 3rd Beam, 1st Floor, 2nd Overall

Jess 3rd Beam, 3rd Floor, 3rd Range

Holly 2nd Vault, 3rd Bars, 3rd Overall

Sophie 3rd Vault

Maisie S 2nd Beam

Fabi 1st Vault, 1st Bars, 2nd Beam, 1st Floor, 1st Range, 1st Overall



Darcey 3rd on Bars

Rosie 2nd Vault, 1st Bars, 3rd Range

Summer 3rd Bars, 3rd Beam

Isabelle 3rd Vault, 2nd Bars, 1st Beam, 2nd Floor, 1st R+C, 1st Overall

Harriet 3rd Vault,

Maisie B 2nd Vault, 2nd Bars

Millie S 1st Vault

Sophia 3rd Beam

Hollie 2nd Vault, 2nd Beam, 3rd Floor, 1st Range, 2nd Overall



Competition Results

Mini Stars

Our Mini Stars Competition this year was a huge success with this being a first competition for some of our gymnasts and is a Pre-Levels competition in preparation for General Gymnastics Levels happening over the next couple of months. We are so proud at how hard all of our gymnasts have worked towards this competition and it was so lovely to see them shine.

Level 2

Mabel 5th Beam, 4th Floor
Jenson 1st Vault, 1st P
Bars, 1st Floor
Kayden 5th Vault, 2nd P
Bars 3rd Floor
Kimiko 4th Vault, 2nd
Bars, 4th Beam, 4th Floor
Khalessi 2nd Vault, 1st
Bars, 2nd Beam, 2nd
Floor
Darcy 3rd Vault, 3rd Bars,
1st Beam, 2nd Floor
Evie 3rd Beam, 5th Floor
Marcie 5th Vault
Amaris 5th Vault
Mya 5th Bars, 5th Beam
Teal 4th Bars

Level 1

Clara 2nd Vault, 1st Bars, 2nd Beam, 1st Floor
Eden 1st Vault, 2nd Bars, 1st Beam, 2nd Floor

Level 3

Kayla 3rd Vault, 5th
Bars, 4th Beam, 5th
Floor
Maisie 5th Vault, 2nd
Bars, 1st Beam, 4th Floor
Martha 4th Vault, 4th
Bars, 3rd Beam
Annabelle 2nd Beam,
3rd Floor
Amelia 5th Floor
Alexis 1st Vault, 3rd
Bars, 2nd Beam, 1st
Floor
Isobel 2nd Vault, 1st
Bars, 5th Beam, 2nd
Floor



Level 4

Sofia 1st Vault, 1st Bars, 1st Beam, 2nd Floor
Abigail 2nd Vault, 2nd Bars
Ava 3rd Vault, 2nd Beam, 3rd Floor
Millie 3rd Beam, 2nd Floor
Rosie 3rd Bars, 1st Floor

Pre-Grades in House

What is an in-house competition? Our In House competitions give us, as a club the chance to watch our gymnasts closely and allow them to be judged by our judges before their grades or levels to ensure that all their moves are counting and to ensure we are achieving the highest possible score when it comes to our out of house competitions. The reason we like to do it in a competition setting rather than just during a session is that when everything is quiet and there are medals at stake it helps the gymnasts feel more in competition mode and really show us just how talented they are! Our In House NDP competition was short, sweet and spectacular and we are really looking forward to our gymnasts taking to the competition floor at county level in the next couple of months

Preparation 2:

1st Overall: Isabelle, 2nd Summer, 3rd Rosie, 4th Hollie, 5th Ava, 6th Harriet, 7th Millie,
8th Maisie, 9th Sophia

Development 1:

1st Overall Gabbie, 2nd Lucy, 3rd Rosalie, 4th Amelia

Competing in Development 2 we had Evie J who had to achieve a minimum score to secure a medal and got working beyond and gold.

Development 3:

1st Overall Olivia, 2nd Holly, 3rd Jess, 4th Emma, 5th Daisy, 6th Sophie

Competing in Performance 3 we had Evy who had to achieve a minimum score to secure a medal and got working at and Bronze.



Squad Camp day and Workshops

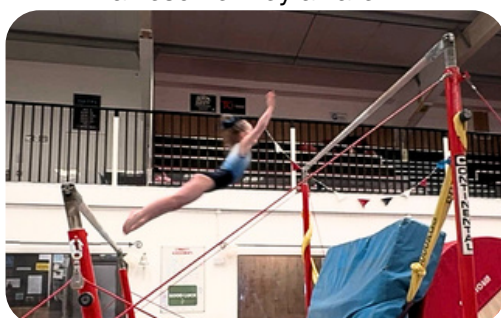
Squad Camp day



What a fantastic second squad camp day we had!

We started off the day with the fabulous Miss Laura who taught us a ballet inspired lyrical routine, all the girls worked so hard showing off the beautiful dance they were taught and then straight to pieces where we had lots of new skills and worked on perfecting some of our skills we already have. On Bars we had a mixture of squat on catch and handstands, Beam saw us working on our acro skills from forward rolls to Flicks and flow sure us putting the work in on shaping. It was then time for a well deserved lunch break and after lunch some goal setting while we waited for our food to go down.

Goal setting is so important to give your gymnastics journey some direction and purpose. After Goal setting we were feeling inspired and started upgrading our Tumbles on floor and tumble track. We then had our wonderful coach Kayley who owns her own dance company K-fusion come in and teach a K-pop inspired hip hop dance. Dance is such an important element to gymnastics with the new artistry requirements that have come into play and giving the gymnasts this opportunity was amazing for us to see, they all worked so hard and at the very end of our day they performed the dances they learnt to their parents. It was such a great day for us coaches and the gymnasts all certainly showed us how awesome they all are!



Recreational Workshops



On the 19th of February we held two of our most popular recreational workshops Acro and Apparatus. Our Acro workshop focused on Cartwheels, Handstands and Round off's. Each skill had prepared preps working towards achieving or improving these skills. All of our gymnasts that took part took something from this session and were a pleasure to coach. working the basics is so important in gymnastics and building these foundations are skills they will carry through life.

During our Apparatus workshop our Recreational gymnasts got to spend a bit more time exploring beam, bars, vault and tumble with some extra floor thrown in. being familiar with the equipment can take time to build confidence and these additional sessions help our gymnasts gain more confidence and achieve new skills. They also get to work with new coaches that they wouldn't usually experience in their normal sessions and we think this is such a great opportunity as we feel all of our coaches bring something special and unique to Whitehall and they are able to offer different ways of achieving or gaining confidence.

We are so excited for our next round of Recreational workshops and hope to see as many familiar faces as possible.

General News

Camp Squad day Easter Holiday special



Monday 7th of April.

Gymnasts must train 3+ hours to take part.

Places are limited!



Saturday 1st of March 3-4pm- Open Gym

Our unstructured open session is perfect if you want to practice skills or have a go on our gymnastics equipment.

It is your responsibility to stretch and warm up. This class is unstructured.

Everyone is welcome, members or non-members.

EASTER HOLIDAY FUN

We will be releasing our Easter fun very soon! keep you eyes peeled.



Recreational Stars



Shout outs

ROMAN LOUISA

IVY-ROSE ISLA D

ROSE C MOLLIE

ALICE EMILIA

ALAINA BELLA



Challenge of the month

How many blue hearts can you find on this newsletter?



Khalessi



Khalessi Joined squad in 2023 after impressing coaches at an open gym session, cartwheeling across the floor and hanging upside down on the rope. Khalessi has recently achieved her jump to catch at our squad camp day and her flick in her session after camp. She is always happy and is a pleasure to coach, we are proud of all the hard work she puts into her gymnastics and we look forward to seeing what the future has in store for her. Well done Khalessi.

Squad Member Spotlight



Geena has been with WGC since the very beginning and beyond. While health issues have not made her journey an easy one, her perseverance to not giving up is inspirational. Geena is our oldest gymnast at Whitehall and a part of our senior squad, still giving it her all. Recently Geena has truly started her coaching journey with us and her hard work at learning and creating preps and stations for the groups she is with is outstanding. We are beyond proud that you want to continue your journey with us after all these years. Keep up the great work Geena.

Geena



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 and whitehall gymnastics club on Facebook and Instagram.

Dreams don't work, unless you do.

Looking ahead

March

16th March - Essex Qualifier Development Grades 1 to 4 CSG

30th March General Teams 2 & 4 Piece PV

April

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