

# Whitehall Gymnastics Club

## Newsletter

March 2025



### A message from TINA



Welcome back to our newsletter, we are looking forward to a busy month ahead and we hope you are too. We have our in-house recreational spring competition on the 12th of April and we are so excited to see our Recreational members take part. Our competitive squad members have their general and NDP grading which they have been working so hard for months to prepare. I'd like to wish all our competing gymnasts the best of luck and I hope you have lots of fun.

### SQUAD ACHIEVEMENTS

Front Salto  
on Trampoline:  
Kimi  
Khalessi  
Darcey

Upstart:  
Ruby  
Long Upstart:  
Layla

Backwards walkover  
on Beam: Natalia  
Forward Roll on  
Beam:  
Ivy

Half on to blocks:  
Sofia

Round off flick tuck:  
Hollie and Lexi  
1/2 Twist:  
Layla

Flick Flick:  
Natalia

1/2 on 1/2  
off Vault:  
Amelia

Handstand  
on bars:  
Jess

Handspring  
Dismount:  
Khalessi  
Natalia

Circle up:  
Bella  
Alina

handstand  
bridge to  
stand:  
Ella

Squat on Catch Baby Giant,  
straddle Undershoot:  
Natalia  
Harriet

### Happy Birthday Newsletter

**HAPPY  
BIRTHDAY**

Our Newsletter is officially a year old! We can't believe it! What a year we have had at Whitehall Gymnastics Club, so many achievements, awards and amazing memories. All of our previous newsletters are printed in a book on our balcony for you to look back on if you missed any. We would appreciate any feedback on our newsletter to continue to bring you information that you find interesting and useful.



### Pre School



We balanced  
We walked pretty  
We bent down low  
We stepped over hedgehogs  
We balanced an egg on a spoon  
Could you do this on a narrow balance beam, because that is one of the activities our pre-schoolers have been up to this month. They have also been impressing us with their use of the trampette and shown off their jumping abilities.

### Pick up and drop off



**Polite reminder that for the safety of our gymnasts. No gymnasts should be left inside the building unattended until their class has been let inside of the gym, this includes changing rooms and balcony. Until your child's start time we can not be responsible for your child unless prior arrangements have been made.**

**On collection please ensure you are coming into the building to collect your child, we can not allow gymnasts out of the building to go to cars as our car park can be very busy.**

**Thank you for your understanding and co-operation**

### Open Sessions

**Our very popular open gym is back again. Burn off some energy in our gym during the Easter Holiday.**

**Wednesday 9th April - Open gym 12-1pm  
£7.50 pre-book early bird discount**

**Thursday Baby Gym 1:30-2:30pm**

**Discounted for the month of April if you pre-book - £3.50.**



**SIBLINGS ARE WELCOME IN THE EASTER HOLIDAYS,  
JUST BOOK AS NORMAL VIA THE PORTAL**



# Competition Results

## NDP Development Grades

On the 16th of March we started off Grades with a bang with our Development level gymnasts competing at Colchester School of Gymnastics in the county qualifier. What a competition it was for Whitehall taking home 32 Rosettes, 17 Medals a trophy! We are so proud of all of the hard work you have put in and it paid off on the day with not only every one of our gymnasts that competed Grades passing but every gymnast also walked away with an award. In Development 1 we had Gabbie, Amelia, Rosalie, Layla, Ruby and Lucy. Competing in Development 2 we had Evie J. Competing in Development 3 we had Jess, Sophie, Holly, Daisy, Olivia and Emma



**Gabbie achieved Working Beyond 3rd Vault, 3rd Beam, 1st Floor, 2nd Range and 2nd Overall**

**Rosalie achieved Working Above 4th Vault, 5th Floor, 4th Bars and 6th Overall**

**Amelia achieved Working Above 3rd Vault, 6th Floor, 5th Range**

**Layla achieved Working Above 1st Vault, 1st Beam, 4th Floor, 5th Range and 4th Overall**

**Ruby achieved Working Above 6th Vault, 3rd Beam**

**Lucy achieved Working Above 5th Vault, 5th Bars, 4th Range**

**Evie J achieved Working Beyond 6th Vault, 6th Bars, 6th Beam, 3rd Range and 5th Overall**

**Olivia achieved Working Beyond 5th Vault, 6th Bars, 2nd Beam, 6th Floor, 4th Range and 5th Overall**

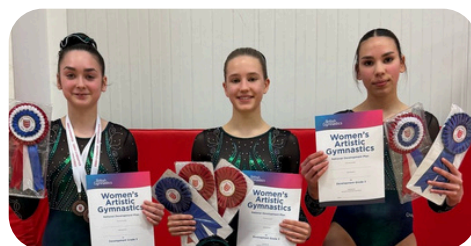
**Holly achieved Working Above 6th Vault, 3rd Bars, 1st Beam, 5th Floor, 6th Range and 1st Overall**

**Emma achieved Working Above 5th Vault**

**Jess achieved Working Above 5th Vault, 6th Bars, 5th Range**

**Daisy achieved Working At 4th Vault, 6th Beam**

**Sophie achieved Working At 3rd Vault, 4th Beam, 3rd Range**



**Special mention to Holly 18 for coming 1<sup>st</sup> Overall**

## General Gymnastics Team Competition

First and foremost we would like to say a massive Thank you and well done to Coach Caroline who was at the competition for 12 ½ hours on Mother's day.

with 3 huge rounds it was a long and exhausting day for her and we are incredibly grateful that our gymnasts got to experience this competition and thanks also to Coach Clare who joined her at mid way through the competition to cheer on our gymnasts and give Caroline a little break. Each round of this competition saw over 100 gymnasts competing at the same time and all of our gymnasts handled the long wait during rotations like absolute champs. Some of them were even recreating floor routines in the break area to help with any boredom. For some of these gymnasts it was the first time they had competed away from our gym let alone at a regional competition. As with any competition, there were highs and lows, but the important thing is always to pick yourself up and carry on, which they all did. The great thing about the teams competition is that you can rely on each other and every gymnast made a valuable contribution to the overall score.

**Special mentions: Our Level 2 team 4<sup>th</sup> Overall just missing out on a medal,**

**Level 3 team 3<sup>rd</sup> on Beam, Level 4 team 2<sup>nd</sup> on Vault**

**Abigail 3<sup>rd</sup> Vault, Ava 5<sup>th</sup> on Vault, Ruby 3<sup>rd</sup> Beam and Maisie 6<sup>th</sup> on Vault**

**A special mention to Sofia, Ava and Ruby for overall consistency across all 4 pieces.**





# Easter Holiday

## Recreational and Advanced Easter Holiday sessions

Open to Members and non-members

Pre-booking only

Booking is essential as places  
are limited

Please ensure you sign up for the  
correct age groups

5-8 Years Old  
Acro Workshop  
Wednesday 9th  
April 10-10.50

5-8 Years Old  
Bars and Beam  
Workshop  
Wednesday 9th  
April 11-11.50

9-14 Years Old  
Beam and Bars  
Workshop  
Wednesday 9th  
April 10-10.50

3-4 Years old  
Acro Workshop  
Monday 14th April  
3-3.45  
£9

9-14 Years Old  
Acro Workshop  
Wednesday 9th  
April 11-11.50

**£11**  
Per Workshop



## Squad Only Holiday sessions



**SQUAD  
CAMP**

7/4/25 - 9-4pm

*Easter squad camp day*

GYMNASTS  
THAT TRAIN  
3 HOURS +  
ONLY



**FLICK  
WORKSHOP**

Wednesday 9th April 2:15-3:15pm  
*Round off flicks*

INVITE  
ONLY



**GIANTS AND HANDSTANDS  
WORKSHOP**

INVITE  
ONLY

Wednesday 9th April and 16th  
of April 3:15-4:30pm  
*Handstand on bars and giants*

For more Information please speak with a member of staff

# Olympic Workshops

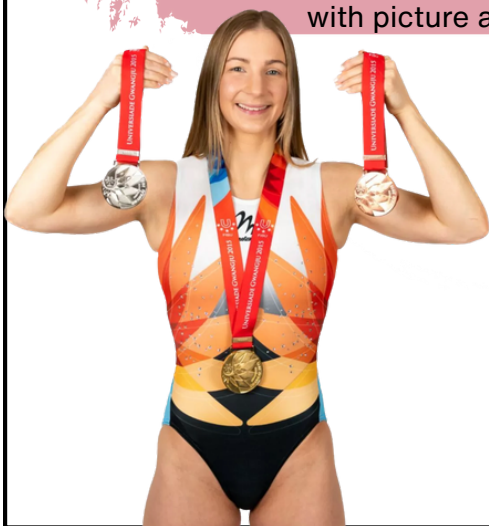
## Claudia Fragapane and Kelly Simms

Kelly Simm and her former Great Britain teammate Claudia Fragapane have joined forces to deliver some exclusive Frags / Simm Days at gymnastics clubs across the country and they are coming to Whitehall! Kelly and Claudia have shared many unique experiences through gymnastics and have many different qualities to bring together a session that they feel has it all!

Kelly and Claudia are passionate about meeting and inspiring the younger generation of gymnasts, whether the goal is purely to have as much fun as possible or to compete at the highest level. Have double the fun with the TWO gymnasts as they take you through warm-ups, conditioning exercises and dance choreography, apparatus work, and finish with Q&As, medal display with picture and signing opportunities!

The workshop is invite only, for our General, Pre-development and our NDP pathway gymnasts. This workshop is not to be missed! Places are on a first come first serve basis So book early to avoid disappointment.

**5<sup>th</sup> April 2025 3pm (please arrive 10 minutes early)**



## Georgia-Mae Fenton

# GEORGIA-MAE FENTON

# Artistry WORKSHOP

FAMOUS FOR HER AMAZING ARTISTRY AND ELEGANCE GEORGIA-MAE IS COMING TO WHITEHALL TO RUN AN ARTISTRY WORKSHOP.

**Artistry workshop with Olympic Gymnast  
Georgia-Mae Fenton for our NDP pathway Gymnasts.**

**19th April 2025 1pm (please arrive at 12.50)**

**Limited Places – Pre booking Only**





## General News



Please, when you pick up your gymnast ensure they have disposed of their rubbish. We have an increasing amount of rubbish and crumbs left behind. As the weather heats up we would like to avoid any friendly critters paying us a visit.

Things to remember, please wear appropriate clothing to gymnastics sessions, no sports crop tops, no sweatshirts, no branded shorts, only gymnastics shorts, Hair tied up above the shoulders.



Well done to our gymnasts that attended County Squad this month, Evie, Gabbie, Olivia and Evy and a special mention to Darcey who after being selected as a reserve got the opportunity to attend County Squad this month. Great work girls.

## Recreational Stars



### Shout outs

Lilly-Anne

Lila

Daisy

Yvie

Olivia

Ella

Emilia



## Challenge of the month

### Easter egg hunt

How many eggs can you find in our newsletter this month, all correct entries will go into a raffle for an Easter surprise.

## Squad Member Spotlight



Holly has been coming to the gym for 10 years this year! Always very committed, however her gymnastics journey had a major setback and almost finished. In 2022, Holly started suffering from back pain and after extensive investigations, she was diagnosed with Right L5 transverse process/sacral pseudo-articulation (a false joint – the base of her spine has fused to the top of her pelvis on the right side) and this congenital irregularity causes Holly to suffer from a chronic pain condition called Bertolotti's Syndrome. The Spinal Consultant who made the diagnosis confirmed Holly is not doing herself any harm by continuing with her gymnastics, or if she masks the pain by taking medication. However, there are some positions/moves that she will never be able to physically perform to the highest standard. For example, she will never be able to perform a technically perfect bridge, no matter how hard she works or conditions herself, as her back will not be able to bend in this way. Although in some degree of pain at all times, Gymnastics aids Holly by keeping her core strong and strengthening her back muscles, helping to support her back and keep her as flexible as she can be. Holly continues to enjoy her gymnastics and strives to progress; with all the coaches here at the gym at some point in her journey having helped her make alterations to moves, positions and dances to maximise her scoring potential. As Holly understands more about her condition, she can raise awareness about it. Anybody may have an invisible condition, illness, injury or disability that is not obvious at first glance and daily life can be more challenging for them. Without visual cues, it can be difficult for other people to acknowledge or understand. We are so proud of your perseverance Holly.

## 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.

*"Results happen over time, not over night"*

## Looking ahead

### April

5<sup>th</sup> April Frags/simm workshop

12<sup>th</sup> April - The Recreational Spring Competition

13<sup>th</sup> April - General Gym Levels Essex Qualifier 1 & 4

19<sup>th</sup> April Georgia Mae Fenton Artistry workshop

Half Term Workshops

27<sup>th</sup> April - Essex Prep Grades 1 & 2

### May

4<sup>th</sup> May General Gym levels Essex Qualifier 2 & 5

11<sup>th</sup> May General Gym levels Essex Qualifier 3 & 6

18<sup>th</sup> May - Regional Development Grade 1-4 Finals

25<sup>th</sup> May - General Gymnastics Regional Finals levels 1 & 4

25<sup>th</sup> May - The Roses @ MK