



Phoenix Gymnastics Club

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Club Newsletter – February 2016

Welcome to the first of our new Quarterly Newsletter, where we will keep parents, gymnasts and coaches informed of the activities and developments in the club. **Firstly a reminder that all classes will run as normal through the February mid-term break**

Term 1 – Review

Between September and Christmas almost 130 gymnasts in the club took part in either a competition or GymStart. This represents approximately half the club.

Competitions

It was a busy First term with our competitive gymnasts taking part in 5 separate events. Five of our elite boys took part in the London Open, one of the oldest and prestigious men's competitions within Europe. On the national front 30 of our girls and 18 of our boys took part in FOUR National Competitions, namely - Girls Level 2-5 apparatus finals, Girls Level 6-9 Apparatus finals, Boys Grades & Boys Grand Prix. Overall the club won a total of 40 medals 23 at national level (11 gold, 7 silver and 5 bronze) and 17 at regional level (7 gold, 6 silver and 4 bronze). Congrats to all our competitors who did the club proud. A big thanks to all our coaches and judges who worked hard with the gymnasts to get ready for these events.

GymStart

Not to be outdone by our competitive squads, 75 of our gymnasts took part in the GymStart Challenge in December. Phoenix GC had one of the largest groups participating nationally from any of the three GymStart events. Our gymnasts who had been busy learning routines for a number of weeks did the club proud showing off their routines with elegance and poise to achieve their GymStart medals. Much praise came from Gymnastics Ireland on how well our gymnasts acquitted themselves at the event. A big thanks to coaches and to our Elite Gymnasts who prepared and accompanied team Phoenix to GymStart.... Roll-on GymStart 2016

Club Annual Awards

Congratulations to Oisín Noonan and Elena Mathews who won the overall Boys and Girls awards respectively. It was also good to see some of our newer gymnasts Daisy, Comhghall and Robbie all winning awards. Pierce, Illya, Caoimhe, Jenneifer and Emily were our other award winners. Next year we plan a more formal awards night so that all our members can attend!!

New Equipment

Across the summer and into September we took delivery of a lot of new equipment such as a new competition specification floor strip, high bar, spotting blocks, shapes etc. Over the last few weeks we have made further investments including new springs for the trampoline and trampette, mat covers and a soon to arrive attachment for our wall bars. Further equipment is planned but we will need help in fundraising for this



Planning For The Future

As the club grows and develops we constantly need to look to the future. Over the last several weeks we have developed a new club pathway catering for gymnasts wishing to progress down our squad structures (from Development to Elite) whilst also catering for those who prefer the non-competitive route. With the structures now up and running it promises exciting times ahead for both our boys and girls!!

Pre-Squad, Development Squad and Improver Programs

Recently we selected a new Girls pre-squad and additionally have given a large number of our gymnasts extra training classes through our new Improver Program. In all we have added 7 new classes to cater for the needs our pre-squad and Improver girls. With these classes up and running just a couple of weeks it is great to see how much progress the gymnasts in the new classes are already making.

On the boys side our development boys selected in September continue to progress as shown in the recent Grades and Levels competitions. As with the girls we will continue to grow and develop our boys' squads

We will be holding trials on a continuous basis moving forward for gymnasts wishing to join our squad structure.

Coaching Team Additions

Two new coaches, Aisling Williams and Aneta Kubikova have joined the coaching team recently. Welcome to both!!

- **Aisling Williams**, a former International Gymnast with Great Britain brings her vast knowledge and experience from working with BG's top coaches whilst competing on the World Stage at several World and European Championships
- **Aneta Kubikova**, also a former gymnast, has had a wealth of coaching experience whilst coaching and training in the Czech Republic. She is working with our improver girls, development boys and our recreational program.

In addition to our existing coaching team we plan to bring on a HPC qualified coach to act as WAG Technical Director to develop our WAG program. The HPC qualification is the highest qualification currently available in the UK.

Up Coming Events

Training camps

We are planning several training camps over the coming months to cater for all our gymnasts.

- **Easter Camps** - Two camps will be held over Easter. In addition to our standard camp which will cater for all levels, we will also hold an Elite Camp (by invite only). Both camps run March 21st-25th and are filling up fast!!!
- **Summer Camps** – There will be a number of recreational and elite camps within the club throughout July and August – we will communicate as soon as we have more details
- **Residential & International Training Camps**
 - **Elite Camp** – Barcelona, August 7-12 – We have secured the facilities of CAR in Barcelona for our Elite International training camp. This is one of the top gyms in Europe and will be used by many counties preparing for Rio. Five intensive training days lie ahead for our gymnasts on what is a by invite only camp.
 - **Development Squad Camps** – We are currently in the planning of two residential camps for our development squads. One for the boys and one for the girls. The camps will be in July, and most likely be in Salto GC in Belfast, which will provide excellent facilities with close proximity to Dublin for younger gymnasts. As soon as we have dates finalised we will circulate to those on our development squads. We anticipate the costs to be circa €200 for a 3-4 day camp



Summer Training

During July and August ALL our squad gymnasts will have the opportunity to train from 3pm -7pm Monday-Friday. This will allow squad gymnast to train up to 20 hours per week during the lazy wet days of summer. We will also have evening training available for all gymnasts, not just squad members. Details will be provided as soon as they are finalised.

Competitions

Key competitions are listed below. Gymnasts will be told well in advance who is taking part in a particular competition.

- Feb 14 – Celtic Cup Trials
- April 24 – WAG Level 6-9 All-around Finals
- April 24 – MAG Level 1-3 Grand Prix
- May 14/15 – FIG National Championships
- May 21 – WAG Level 2-5 All-around finals

Gymnastics Ireland, in addition to coaches and judges (require two judges per event) require two volunteers to assist at each national competition a club enters. With all our coaches and judges being occupied on the competitions floor we will, like all other clubs, be asking parents to fulfil this role

Club Calendar

Date	Event	Venue
February		
Monday, February 1	Start of Term 2	Phoenix GC
Sunday, February 14	Celtic Cup Trials	Salto GC
March		
Wednesday, March 17	Gym Closed for St Patricks day	Phoenix GC
Mon-Fri, March 21-25	Club Easter Camps	Phoenix GC
Friday, March 25	Gym Closed for Easter	Phoenix GC
April		
Saturday, April 2nd	Gym reopens after Easter	Phoenix GC
Sat, Sun, April 23 & 24	Celtic Cup	Isle of Man
Sunday, April 24	WAG level 6-9 All-around Finals	University of Limerick
Sunday, April 24	MAG Level 1-3 Floor, Vault & PPP Grand Prix	University of Limerick
May		
Sat, Sun, May 14, 15	MAG & WAG FIG National Championships	University of Limerick
Sat, Sun, May 14, 15	MAG levels 1-3 Finals	University of Limerick
Sunday, May 21	WAG Level 2-5 All-around Finals	University of Limerick
June		
July		
Sunday July 3	Term 2 ends	Phoenix GC
TBD	Boys Development Squad Residential Camp	Salto GC
TBD	Girls Development Squad Residential Camp	Salto GC
TBD	Club Summer camps	Phoenix GC
August		
Sun-Fri August 7-12	Elite International Training Camp	Barcelona
Sat, Sun August 27,2 8	Enrolment for New Season	Phoenix GC



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Club Pathway

