



Phoenix Gymnastics Club

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Club Newsletter – June 2016

Term 2 – Review

Competitions

From February to June 2016 we had over 50 gymnasts competing across four separate weekends. A big thanks to all our coaches, judges and volunteers without whom we would have not been able to partake in these events. During the full 2015/2016 season we competed in 12 separate competitions and **won a total of 110 medals!!** - 57 at National Level (22 Gold, 27 Silver & 8 bronze) and 53 at Regional Level (34 Gold, 14 silver & 5 Bronze). Well done to all who competed!!

Celtic Cup Trials in February saw Shane, Pierce and Connor all turn in excellent performances with Shane being selected for the Irish Junior team. Unfortunately, preparations for Leaving Cert took precedence and he was unable to travel.

A busy weekend in March saw our younger boys take part in the first **MAG Grand Prix** of the season with Comhghall, the youngest in the competition, winning Silver at under 8 whilst Oscar won Gold at under 10. The Grand Prix is the first rung on the competition ladder for the boys. Next up that same weekend were our Girls in the **WAG level 5-8 All-around Championships**. The girls all did very well with Tamara, Ruby, Caroline & Isabelle all winning regional medals and narrowly missing out on national medals. All had moved up a level since last year.

The competition season reached its climax in April with the **FIG level National Championships** comprising of team, all-around and apparatus finals across a single weekend. This is the highest level of competition for gymnasts. The first day of competition saw our men's team (Pierce, Conor, Illya, Oleg, Max and Jake) finish fourth in the National Team Championships. Phoenix, one of the youngest teams, was the only team made up exclusively of gymnasts training in Ireland. All our boys qualified for at least one apparatus final with Max narrowly missing out on a Minor (under 14) all-around medal. Apparatus finals were held on day 2 where at minor level all of our boys won medals - Max (silver on vault and gold on high bar), Eoin (bronze on rings) and Jake (bronze on floor). In the junior (under 18) apparatus finals whilst no medals we had several 4th positions and with all the junior boys being under age again next year the future looks bright!! Sunday also saw Oisín dominate **the Pre-Minor (under 12) competition** winning the All-around national title and 4 apparatus medals. Alongside the FIG national championships was **the MAG 7 Piece Levels** (the second rung on the boy's competition ladder) where Jamie, Sam, Orlando and Simon between them won 25 National and 32 regional medals.

The last National Competition of the season was the **WAG 2-5 All-Around Championships**. Phoenix had 20 girls competing. For many of the girls it was their very first competition. With 500+ girls competing across the weekend it was a very tough field. All our girls performed well with Nela winning regional bronze at Level 3 Under 9. Many of our other girls were also very close to medals with Neva missing out on a national medal by just 0.8 at Level 4 Under 9. Finally, competing for his locality, Tadhg won gold at the **Dublin Community Games**.



Fundraising

A big thanks to all who supported our handstand walk. Not only did our gymnasts collectively walk over 10K on their hands, we raised €5K which has been already put to good use. New equipment additions include an Air Track, New girls bar, additional safety matting, spotting blocks and a host of conditioning equipment.

Parents Committee

We have a new Parents Committee who will help the club with fundraising and various logistical items. Already they have done a spring clean of the gym and have helped with organising volunteers for the various competitions. Our committee members are Elaine Shorthall, Simon Knott, Julie O'Hagan, Natasha Maher, Amanda Waite, Shauna Cassidy, Nicola Guerrine, Silvia Stori and Meg Cooney. The committee can be contacted at Committee@phoenixgymnastics.ie.

Planning For The Future

Pre-Squad, Development Squad and Improver Programs

Our new squad structure is now up and running. Squad testing will be held towards the end of summer for both existing squad members and those wishing to try out for our squads. Trial Dates will be provided when finalised.

Coaching Team

We are continuing our search for a HPC qualified coach to act as WAG Technical Director. The HPC qualification is the highest qualification currently available in the UK. In August we will have the services of BG Olympian and Irish National Coach, Barry Winch, to conduct a number of clinics with our coaches and gymnasts.

New Club Kit

Our new competition and training kit for the 2016/2017 is now available for order. We have brand new competition and training leotards for the girls. Additionally, we have a new club tracksuit. Hoodies, bags, hand-guards, boy's leotards, shorts and longs, etc. are also available to order. Our first order goes to the suppliers on June 30th for September delivery.

Up Coming Events

Training camps

We are holding a number of training camps over the coming months to cater for all our gymnasts.

- **Summer Recreational Camps** – The club running two recreational camps. There are a small number of places left in these. Please email info@phoenixgymnastics.ie to secure your place.
 - Camp 1 - July 4-8
 - Camp 2 - August 15-19
- **Residential & International Training Camps (Invite only)**
 - **Elite Camp** – Barcelona, August 7-12 – Our elite camp is in CAR Barcelona. This is one of the top gyms in Europe and will be used by many counties preparing for Rio.
 - **Development Squad Camps in Salto GC**
 - Girls – July 8-10
 - Boys – July 21-22



Summer Training

A reminder that Summer drop-in training commences on July 4th and is open to all members. It runs Mondays, Wednesdays and Thursdays from 7pm-9pm. This can be booked for the full summer, by the week or by the night. We hope to see many of our gymnasts training across the summer.

2016 Season Enrolment

Enrolment for the September – January term will commence in August. Details will be circulated in Early August. To secure their place for next term existing members must register on our before our enrolment weekend of August 27,28.

Congratulations

Finally congratulations to Wayne and Ash who recently announced their engagement.

Club Calendar

Note when Gymnastics Ireland finalise their 2016/2017 Calendar we will advise of any changes to below

Date	Event	Venue
July		
Sunday July 3	Term 2 ends	Phoenix GC
Mon-Fri, July 4-8	Summer Camp 1	Phoenix GC
Fri-Sun, July 8-10	Girls Dev. Squad Residential Camp	Salto GC
Wed, Thurs July 20,21	Boys Dev. Squad Residential Camp	Salto GC
August		
Sun-Fri August 7-12	Elite International Training Camp	Barcelona
Sat, Sun August 13,14	MAG IDS Squad training	Douglas GC
Mon-Fri, August 15-19	Summer Camp 2	Phoenix GC
Friday August 25	Summer Training nds	Phoenix GC
Sat, Sun August 26,27	Enrolment for new season	Phoenix GC
September		
Sat, Sun Sept. 24,25	MAG OSS Squad training	Douglas GC
October		
Sat, Sun October 8,9	MAG IDS Squad training	Douglas GC
Saturday, October 15	MAG Grade & Elite Grades	University of Limerick
Sunday, October 16	Wag 5-9 & 6-9+ Apparatus Championships	University of Limerick
November		
Sunday November 6	WAG Modified FIG Team Championships	University of Limerick
Sunday, November 13	GymStart Challenge	DCU
Sat, Sun Nov 19,20	WAG 2-4 Apparatus Championships	University of Limerick
Sat, Sun Nov. 26,27	MAG OSS Squad training	Douglas GC
December		
Sat, Sun December 3,4	MAG Levels 1-3 Floor, Vault & PPP	University of Limerick
Sat, Sun December 10,11	MAG IDS Squad training	Douglas GC