



# Phoenix Gymnastics Club

e-mail: [info@phoenixgymnastics.ie](mailto:info@phoenixgymnastics.ie)

Website: [www.phoenixgymnastics.ie](http://www.phoenixgymnastics.ie)

Training centre : 1 Broomhill Terrace, Broomhill Road, Tallaght, Dublin 24

---

## Club Newsletter – October 2016

The 2016/2017 season is well underway and is already proving a busy and exciting season. A special welcome to all our new members who have recently joined the club!!

### Latest News

#### 2016 National Awards

Gymnastics Ireland are hosting their national awards night on November 12<sup>th</sup> where Phoenix Gymnastics Club will receive the award for most 'Inclusive Club'. The award is for catering for kids of all abilities and for those with specific needs. It's a great honour for the club to have won such an award.

#### Competitions

After a busy summer schedule our gymnasts had little time to draw breath before the new competition season started. Already the first two competitions are over with further competitions happening over the coming weeks

#### Boys National Grades and Girl's Level 5-9 National Apparatus Championships.

On October 15<sup>th</sup> six of our boys took part in the Boys Grades National Championships which is the most important event of the younger boys' competition calendar. There is one age-group per grade thus Grade 0 is Under 8, Grade 1 is Under 9 etc. Our boys all did very well winning 6 gold, 2 silver and 3 bronze medals. Special mention to Comhghall who had to get permission to compete because of his young age. He won 6 medals (3 gold, 2 silver & 1 bronze) including all-around silver in Club Grade 0. At Club Grade 1 Darragh won Pommel Gold with Rian just 0.1 off a vault medal. At Club Grade 2 our boys won the national team title. Additionally, they all won apparatus medals - Noah (Vault gold), Zak (Vault bronze) and Christopher (PPP bronze). Congrats to Comhghall, Darragh, Rian, Noah, Zak and Christopher on their performances

The same weekend saw ten of our girls take part in the Level 5-9 National Apparatus Championships. Again some great performances with the girls winning 4 national medals (3 gold & 1 silver) and 3 Regional titles. At Level 5 Under 13 Caoimhe won both the National Vault title and the South Dublin Regional Vault title. At Level 6 over 13 Chloe had some great performances winning both the National and Regional beam title and also National silver on A. Bars. At Level 8 over 13, Ruby competing giants on bars for the first time, took National and Regional A-bar titles. In the regional section all 10 of our girls achieved a top three apparatus placing on at least one apparatus. Well done to Katie, Tamara, Ruby, Mia, Caroline, Zoe, Caoimhe, Chloe, Aisling and Elena on their performances.

#### Up Coming Competitions

In November our Level 2-4 girls compete in their national apparatus championships in the University of Limerick whilst in early December some of our elite boys and girls are off to compete in the Barborka Cup in Poland. Good luck to all!!

#### GymStart

Over 100 of our gymnasts will take part in the Gymstart event in DCU on November 13<sup>th</sup>. This promises to be a fun event with some good gymnastics on display. Those taking part are currently busy learning routines. As soon as we have event times etc. we will let parents know.



# Planning for the Future

## Squad Programs

Trials were held in late August for our Girls squad. With a huge interest in squads this year we were able to accommodate a number of gymnasts who were not quite ready for squads in our intermediate classes, many of these are now preparing for the Girl's Level 2 event. The success of the new squad structure has seen improved performances at competitions. We will be holding further squad trials throughout the year.

As part of our squad development we recently held a very well received talk on nutrition for competitive gymnasts given by Postdoctoral Research Dietitian Dr Caoileann Murphy.

## Coaching Team

We welcome Anna and Craig to the coaching team this year. Additionally some of our more experienced older gymnasts are now coaching as well.

## New Club Kit

Our new competition and training kit for the 2016/2017 has arrived and got its first outing in October. The new kit looks great and gives us a more 'professional look' on the competition floor. Very soon we will be doing another round of orders, details to follow by email later.

## New Equipment

Over the summer we purchased some additional equipment including a new Pommel Horse as our existing horse no longer meets competition norms. One of our parents also made us a mushroom, floor pommel and Parallettes for which we are most grateful.

---

## Training Camps

### Summer Training camps

We held a number of training camps across the summer for our recreational and squad gymnasts. Our two 'in-club' camps were enjoyed by all. Our squad summer training was also well attended with us having the former British Gymnastics Olympian and Irish National Squad coach Barry Winch lending his expertise for a few days in August

Additionally, we held three residential training camps for our squad gymnasts. Our younger squad boys and girls enjoyed training camps in Salto in Belfast where over a number of days our gymnasts got the opportunity to work new skills in the pitted gym and square floor that Salto has to offer. The gymnasts also enjoyed DVD nights and a swim in the local leisure centre. In August our older squads enjoyed 5 days intensive training in CAR in Barcelona which is one of the top gymnastics centres in the World. Some great work done by all with our gymnasts mastering many new skills for the 2016/2017 competition season. There is a video of some of the camp on our Facebook page.

### Halloween camp

We still have places in our Halloween camp which runs from November 1<sup>st</sup> -4<sup>th</sup>. The camp runs 10am-2pm daily and costs €80 for members or €110 for non- members. We have an optional fancy dress day on Friday and expect to see lots of super heroes and Disney characters coaching and training!! To book your spot email [info@phoenixgymnastics.ie](mailto:info@phoenixgymnastics.ie).



## Club Calendar

Note when Gymnastics Ireland finalise their 2016/2017 Calendar we will advise of any changes to below and will add in the events for early 2017.

| Date                    | Event                                    | Venue                  |
|-------------------------|--|------------------------|
| <b>October</b>          |  |                        |
| Sat - Mon October 29-31 | Club Closed for Halloween Break          | Phoenix GC             |
| <b>November</b>         |  |                        |
| Tue - Fri, November 1-4 | Halloween Camp – Runs daily 10am - 2pm   | Phoenix GC             |
| Tue – Fri, November 1-4 | Halloween Break for Recreational Classes | Phoenix GC             |
| Sat, November 12        | Gymnastics Ireland Awards Night          |                        |
| Sun, 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             |
| <b>December</b>         |  |                        |
| Fri-Sun Dec 2-4         | Barborka Cup                             | Poland                 |
| Sat, Sun Dec. 3,4       | MAG Levels 1-3 Floor, Vault & PPP        | University of Limerick |
| Sat, Sun Dec. 10,11     | MAG IDS Squad training                   | Douglas GC             |
| December 22 – January 6 | Gym closed for Christmas Holidays        | Phoenix GC             |
| <b>January 2017</b>     |  |                        |
| Sunday January 29       | End of Term 1                            | Phoenix GC             |
| TBD                     | Club Awards night                        | TBD                    |