



# Phoenix Gymnastics Club

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## Club Newsletter – April 2017

### Latest News

#### 2017 Awards Night

We held our inaugural awards night in January in the Maldron Hotel in Tallaght. It was great to see so many of our gymnasts and parents in attendance in what was a great event. Guest speaker was Mr Ciaran Gallagher who is the CEO of Gymnastics Ireland. Over 20 awards were presented on the night with Comhghall Guerrine and Ruby Muldoon winning our overall Male and Female Gymnast of the Year awards respectively. A Big thanks to all our event sponsors and, in particular, to Ash and Wayne who organised and ran the event.

#### Competitions

##### 2017 Girls 5-9 and Plus Levels All-around Championships and Boys 3-Piece Novice Competitions

On April 22 & 23, the first competition of the new year was held in the new National Indoor Arena (NIA). Twenty Phoenix gymnastics took part across the weekend and all did the club proud. The girls' competition included several gymnasts from both the OSS and NDS national squads thus was a very high level competition. Our girls all did very well with Chloe Nicholson winning national bronze at Level 3+ Under 9, whilst Neva, Alana, Emily and Chloe Ward all narrowly missed out on medals. In the Boys Novice there were medals for Zack (silver, under 9), Kevin (bronze, under 12) and Mattia (silver, under 14) with Tadgh just outside the medals. Well done all!!

##### Barborka Cup, Poland

In December 2016 we had 2 girls and 5 boys compete at the Barborka Cup in Poland. Also taking part were teams from Poland, Ukraine, Lithuania, Slovenia and Sweden. This marked a big milestone for the club with our first girls competing overseas. All seven gymnasts did very well. A huge congrats to Ruby, Katie, Shane, Pierce, Conor, Oleg and Illya on their performances. After the competition gymnasts, coaches and judges had a few hours to explore the Christmas markets in Krakow. Thanks to Rory, Wayne and Ash who travelled as coaches and to Hugo, Ciaran and Tom who travelled as judges.

##### 2016 Level 2-4 National Apparatus Championships

At the Level 2-4 apparatus championships in November the club won a very impressive haul of 45 medals. This included 2 National Champions and a total of 6 National Medals. This was a fantastic achievement for the girls with all showing massive improvement from the equivalent event in 2015. Our national medallists were Neva, Brooke, Chloe, Emily & Alana. Well done to all our gymnasts who competed at the event. A big thanks to their coaches (Ash, Fionn and Clare).

##### GymStart

At the GymStart event, also held in November, we had almost 140 gymnasts from our intermediate and recreational classes take part. Phoenix had one of the largest representations at the event with all our gymnasts successfully completing their routines and receiving the GymStart grading. Well done all!

##### Other Recent Competitions

Two of our boys took part in the gymnastics competition in the Dublin Community Games. Congratulations to Tadgh Mills who won gold and to Zack Fitzpatrick who won silver. Additionally, Brooke Taafe recently won national gold at Karate proving gymnasts can do any sport!!

## 2017 Competitions

In May we will have over 60 of our members take part in various competitions across three separate weekends. On the boys' side we have the Under 18 Team and Individual National Championships while our younger boys will compete in various set-routine competitions such as Elite Grades, Club Grades and Levels. It is equally busy on the girls' side with our Level 2-4 girls taking part in their all-around national championships. We will also have a gymnast in the National Tumbling Championships. Good luck to all competing. **Note the club needs to provide volunteers for all competitions otherwise we incur a large fine. We are largely dependent on a small number of parents who volunteer for every event their child competes in and we are asking other parents to help spread the volunteering load.**

## National Squad

The new National Squad structures have the highest and most stringent selection policies ever implemented by Gymnastics Ireland and are based on World Class Level selection. Three Phoenix gymnasts were recently named on the new squads. Chloe Nicholson and Comhghall Guerrine were selected on the women's and men's NDS squads respectively, whilst Shane Lyndon was selected on the national tumbling squad. Chloe is the first ever girl from the club to be selected on National Squad. Both Comhghall and Chloe have recently attended their first national squad sessions. Congratulations to the gymnasts and their coaches on their selection. Further national squads are to be announced in May.

## Training Camps

In November two of our elite Gymnasts travelled to the Leeds for a three-day training camp. This is the gym where Nile Wilson (Olympic medallist) and Ashley Watson (European finalist) train. Additionally over Christmas some of our squad boys and girls took part in training camps with Carragaline GC in Cork. Our boys travelled with coaches Wayne and Rory to Cork whilst the Carragaline girls came to Phoenix to train with our squad girls.

Our two Easter camps were a great success with over 50 gymnasts taking part over the two weeks in what were fun packed weeks with many participants learning new skills.

Further camps are planned across the Summer. In August over 30 of our competitive gymnasts will attend a training camp in Barcelona in one of the top gymnastic facilities in the world. We will also be holding a number of in-house club camps which will be open to all members. We will communicate dates as soon as they are finalised.

## Phoenix Badges Program

We recently introduced a new badges program for our recreational classes. This allows gymnasts to measure their progress as they move through the badges. Our first round of grading was done before Easter. Badges have been ordered and gymnasts will receive them as soon as they arrive. Our badges program will run alongside events such as GymStart.

## New On-line booking system

We have recently implemented a new on-line booking system which can be accessed from both our Facebook page and our club website. This will make it much easier for parents to see what places are available in our classes and our camps. It also makes it easier to do on-line payments.

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## Facility Update

In the recent months we have made some significant changes to the gym following the purchase of over €12k of new equipment including beams, pommel horse, etc. With the incorporation of the old waiting room into the gym we have been able to provide new beam and pommel areas to the benefit of all.

We have recently applied for a sports capitation grant for new equipment including a full floor area. We will know the outcome of the application in July/August when grants are announced

By far the most important initiative that we are currently working on is securing a new facility. This will allow us to have a full floor area and to install pits. This will give us scope to continue to develop and grow the club. We are currently looking at a facility in Parkwest and will keep people updated as we move through planning applications etc. Exciting times ahead!! A 3D representation of the proposed gym layout can be viewed on our Instagram page.

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# Planning for the Future

## Squad Programs

We continue to expand our squads program through testing and monitoring of gymnasts in our various classes. This has resulted in a much expanded program on both the girls' and the boys' sides. Our new badges structure will also help provide a pathway into our intermediate and squad programs. Trials dates for our men's and women's squads are almost finalised and will be communicated over the coming weeks.

## Coaching Team

In January we said goodbye to Clare who has recently moved overseas. Niamh Gibbons and Niamh Rogers recently joined the coaching team. Both Niamh's have vast coaching experience with Niamh Rogers being an former Irish team member who competed at both European and North European Championships

## Coach Education

As part of our commitment to providing top coaches a number of our team have upgraded their coaching qualifications. Wayne is just back from the UK having done his Level 3 coaching award (an award not yet currently available in Ireland). He has already started work on obtaining his Level 4 qualification. Ash, Craig and others have also upgraded their coaching awards. Over the coming weeks Tamara, Shane, Conor and Pierce will attend coach education courses. We hope to have more people attend courses as soon as they come on-line from Gymnastics Ireland.

## Judge Education

At the start of each Olympic Cycle all judges must revalidate their judging qualifications. A big congrats to Niamh Rogers who recently moved up to a higher judging category and to Conor, Pierce and Shane who have joined the judging ranks. Additionally Hugo, Ciaran and Tom successfully passed their revalidation exams. Over the coming months we hope to have a few more of our coaching team qualify as judges.

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## Fundraising

The coming months will prove very expensive for the club. Conservatively the move to Parkwest will cost in the region of €80K-€100K. This includes legal and planning costs, installation of pits and of a heating system. Spieth have quoted over €50K for the pit installation. A full floor (if we don't receive a sports capitation grant) will cost a further €30K

We will be holding a number of fundraising events in the near future including a handstand walk. Last year's handstand walk brought in almost €5K. We will be looking to all our members to help with the fundraising drive

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## Club Background

A little bit of background on the club for all our new members.

- We are one of the most successful and largest clubs in Ireland.
- Our club ethos is to get the best out of each child within our limited resources. We are always trying to upgrade and improve the facilities and programs we offer.
- We are primarily voluntary run
- Most of our coaches have fulltime jobs outside the gym or are in fulltime education. For example, Dr. Ash juggles her research work with a very hectic gym schedule. Other coaches such as German and Tom also have busy work lives outside the gym.
- All our admin is done in our spare time between gym and work so please bear with us if we are slow to respond to queries.

We are always in need of help. If there is anyone available to volunteer their time to help with the ever-growing management of the club, please let us know.

## Other

### Exam Time

Good luck to all our gymnasts and coaches who are doing Junior Cert, Leaving Cert or College exams the over the coming weeks.

### Wedding Bells

Good luck to Wayne and Ash who are busy preparing for their wedding in May. **As a result, the club will be closed from Saturday May 20 – Friday May 26<sup>th</sup> inclusive.**

### Summer Training

Over the coming weeks we will be outlining summer training times for our squads, competitive groups and recreational classes. We will also provide details of our recreational camps which will run through July and August

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## Club Calendar

Any changes to below will be reflected on our club calendar on our website [www.phoenixgymnastics.ie](http://www.phoenixgymnastics.ie)

Date	Event	Venue
<b>April</b>		
Mon-Sun 10-23 April	Easter Holidays- No gymnastics classes	Phoenix GC
Sat, Sun 22,23 April	WAG Levels 5-9 and 6-9 Plus All Around	NIA
Sat, 22 April	MAG Novice Levels 1-3	NIA
<b>May</b>		
Sat, Sun 13,14 May	MAG Junior & Senior National Championships	NIA
Sat, Sun 13,14 May	MAG Elite Grade, Club Grades & Levels National Championships	NIA
Sat, Sun 20,21 May	WAG Levels 2-4 All Around National Championships	NIA
Sat-Fri 20-26 May	Gym Closed	Phoenix GC
Sat, Sun 27,28 May	Gymnastics Ireland Squad Training	NIA
<b>June</b>		
Sat, Sun 10,11 June	Gymnastics Ireland Squad Training	NIA
Sat, Sun 17,18 June	Gymnastics Ireland Squad Training	NIA
Fri, 30 June	End of Term 2	Phoenix GC
<b>July</b>		
Sat, Sun 1,2 July	Gymnastics Ireland National Series Championships	NIA
Sat, Sun 22,23 July	Gymnastics Ireland Squad Training	NIA
<b>August</b>		
Sun-Fri 13-18 August	Squads International Training camp	Barcelona
Sat, Sun 26,27 August	Gymnastics Ireland Squad Training	NIA

