



# Phoenix Gymnastics Club

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## Club Newsletter – September 2017

### Welcome / Welcome Back!!

Welcome to all our members to the new season of Gymnastics here in Phoenix GC. We would like to extend a very special welcome to all our new members. After a very successful 2016/2017 season we are looking forward to an exciting year ahead. We have recently restructured many of our classes to ensure our gymnasts receive the best possible coaching and attention. September is a busy month for the club, but with registration nearing completion and groups set-up for the term, we can now fully focus on a packed gymnastics year ahead!

### GymStart

**By far our biggest event in Term 1 is GymStart which will be in the National Indoor Arena (NIA) on November 18<sup>th</sup> & 19<sup>th</sup>.** Last year 140 members of the club took part in GymStart and this year we hope to have upwards of 200 taking part. This is open to everyone in our recreational and intermediate classes! GymStart is Gymnastics Ireland's flagship Recreational Event and is designed for gymnasts who are in recreational classes or who are just starting to do competitions. GymStart has 9 separate levels – there is a level for all abilities and involves gymnasts doing a short floor routine as part of a grading. Gymnasts will receive a medal and cert for the grade passed. However, the event is about much more than just the grading, it's a fun event with audience participation etc. It will also allow gymnasts to see the new NIA in Blanchardstown. More details to follow but we will be looking to finalise entries by October 13<sup>th</sup>. The entry fee will be approx. €20 which we will collect and forward to Gymnastics Ireland.

### Competition Preview

We are entering another busy period of competitions for many of our gymnasts. On the Girls side we will have gymnasts compete in three separate events namely the Level 6-9 Apparatus Finals, Levels 3-5 and 3-5+ Apparatus Finals and the Level 2 Apparatus Finals. On the Boys side we have the Minor National Championships, Level 0-2 Club and Elite Grades Apparatus Competition and the Level 0-2 Three Piece Competition. Additionally, we have five boys travelling to the Barborka Cup in Poland. Over the coming weeks we will hold selections for these events. Good luck to all competing!

### Halloween Camp

Watch out for details our Halloween camp which will run from October 31 – November 3. The camp will run from 10am – 2pm daily. Like last year it promises to be an activity packed few days with gymnastics, games and, of course, fancy dress. The camp, which will be open to members and non-members, will be available to book on-line over the coming days. Places are limited and will be on a 'first come first served' basis.

### Phoenix Badges Program

Last term we introduced our club badges program. This allows gymnasts to measure their progress as they move through the badges. Our first round of grading was done before Easter. We will continue to work our badges program which will run alongside events such as GymStart.

## Latest News

### Competition Review May-July

Since our last newsletter in April we had almost 80 gymnasts compete in four separate competitions including The Super Series. In May several of our girls competed in the Level 2-4 National Championships which, for most, was their very first competition. The girls won one gold and two silver medals. May was also busy for the boys with the Men's National Championships. The boys won a total of 58 medals (28 gold, 15 silver and 15 bronze medals). This included National team bronze in the FIG level competition with Pierce Lowe also taking all-around bronze. In Tumbling Shane Lyndon took the Men's Senior Title!

**The Super Series was held in July.** This was billed as the best of the best competing at every level. Phoenix GC had twenty gymnasts take part in what was an excellent showpiece of gymnastics in Ireland. It was a very successful weekend for the club. We won 42 medals in all - 20 gold, 10 silver and 12 bronze medals. This was the largest haul of medals won by any club at the event. In the FIG Masters Shane, Conor, Aaron, Illya, and Oleg all brought home medals. There were also standout performances from Comhghall (clean sweep at Elite 0) and Oisin (clean sweep in Grade 5). In the Boys Grades our other medallists were Tadgh, Darragh, Aaron, Christopher, Rian, Noah, Zak, and Sam. Whilst on the Girls side there were also some great performances with Chloe winning the Asymmetric Bar Title at Level 3+ and Brooke winning bronze on vault at Level 2C. Well done all!

### International Training Camps

In July we held an International Training Camp for 32 our Competitive gymnasts in CAR Barcelona. This year Douglas GC from Cork joined us for the trip. It was a great week with all gymnasts learning new skills in what is one of the best facilities in the world. Outside the gym we had pool time and a trip to a local waterpark. There are several videos on both our Facebook and Instagram pages.

### National Squad

Comhghall, Chloe and Shane have recently attended several national squad training sessions in the new NIA. When the new squads are announced in the New Year we hope to have further gymnasts added to National Squads with many having already hit selection scores.

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## Facility Update

Over the summer we re-arranged the gym which saw the return of the trampoline. The improved layout is already being enjoyed by all our gymnasts. 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 as soon grants are announced by the department of sport. Additionally we will be purchasing some new equipment from the €5k raised from our fundraising drive.

By far the most important initiative that we are currently working on is securing a second 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.

# Planning for the Future

## New Disciplines

We have recently added Tumbling, Trampolining and Display to our program and we hope to take part in Gymnastics Ireland events in all three disciplines in early 2018. Its great to see how well people have already progressed in these new classes

## 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. A number of squad trials were held over the summer with further trials to follow.

## Coach Education

As part of our commitment to providing top coaches a number of our team have upgraded their coaching qualifications. Tamara, Shane, Conor and Pierce recently attended a coaching course with others to attend further courses as soon as they come on-line from Gymnastics Ireland.

## Judge Education

In the coming weeks Mia and Caroline will be attending their first judging courses and joining our judging team. Good luck to both.

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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.
- All our coaches attend regular coach education courses. Many are ex international gymnasts.
- **Most of our members were given the opportunity to take part in a Gymnastics Ireland event last season!!!**
- We are primarily voluntary run and are a not for profit club
- 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.

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## Club Communications

- **All key communications are sent by email from [info@phoenixgymnastics.ie](mailto:info@phoenixgymnastics.ie).** If you did not receive this newsletter via email please let us know in case we have an invalid email address for you. Sometimes mails go to Junk or Spam folders. If this has happened please add our email address to your 'safe list'.
- **Our latest calendar is maintained on our website at [www.phoenixgymnastics.ie/club\\_calendar.htm](http://www.phoenixgymnastics.ie/club_calendar.htm)**
- **We post details of some key items on our club notice board** in the waiting and visible positions throughout the building.
- **We are very active on social media** so visit our Facebook and Instagram pages for all the latest news, photos and videos

## Club Calendar

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

- Dates on which the gym is closed, gym reopens after holidays, term start and term end dates are in **red**
- Key events for Recreational and Intermediate gymnasts are in **purple**

Date	Event	Venue
<b>October</b>		
<b>Fri, Oct 13</b>	<b>Final Entry Date for GymStart</b>	<b>Phoenix GC</b>
Sat, Sun, Oct 14,15	WAG National Levels 6-9 & 6-9 Plus Apparatus Finals MAG National Under 12 & Under 14 Voluntary Championships MAG Club and Elite Level 0-2 Apparatus Competition	NIA
<b>Sat-Fri, Oct 28-Nov 03</b>	<b>Gym Closed for mid-term break</b>	<b>Phoenix GC</b>
<b>Tue-Fri, Oct 31-Nov-03</b>	<b>Halloween Camp</b>	<b>Phoenix GC</b>
<b>November</b>		
<b>Sat, Nov-04</b>	<b>Gym Reopens after mid-term break</b>	<b>Phoenix GC</b>
Sat, Sun Nov 04,05	Women's Artistic National Levels 2 Apparatus Finals	NIA
Sat, Sun Nov 11,12	WAG National Levels 3-5 & 3-5 Plus Apparatus Finals	NIA
<b>Sat, Sun, Nov 18,19</b>	<b>GymStart Challenge</b> Gymnastics Ireland National Awards	<b>NIA</b>
Fri-Sun, Nov 24-26	Barborka Cup	Zabrze, Poland
<b>December</b>		
Sat, Sun, Dec 02,03	MAG Level 1-3 Floor, Vault & PPP Competition	NIA
<b>Fri, Dec 22</b>	<b>End of Term 1</b> <b>Gym Closes for Christmas Holidays</b>	<b>Phoenix GC</b>

