



# Phoenix Gymnastics Club

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## Club Newsletter – September 2018

### 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 2017/2018 season we are looking forward to an exciting year ahead. We are excited to have opened our Brand-New training centre in Park West and we hope our Park West gymnasts are enjoying the new facility. 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!

### Important Dates for Term 1

Term Start Date: Saturday 1<sup>st</sup> September

Mid Term Break: Saturday 27<sup>th</sup> October – Friday 2<sup>nd</sup> November

Term End Date: Friday 21<sup>st</sup> December

### GymStart

By far our biggest event in Term 1 is GymStart which will be in the National Indoor Arena (NIA) on November 24<sup>th</sup> & 25<sup>th</sup>. Last year over 200 members of the club took part in GymStart and this year we hope to have upwards of 300 taking part. This is open to everyone in our recreational and advanced 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. €25 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 the Level 3-10 Apparatus Finals, and the Level 2 Apparatus Finals. On the Boys side we have the Elite, Club and new General Grades Apparatus Competition. Internationally, we also have 6 of our gymnasts travelling to the Wase Cup in Belgium and some of our Junior boys travelling to the Notts Open in the UK. Good luck to all competing!

## Halloween Camp

Watch out for details our Halloween camp which will run from October 30 – November 2. 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.

## Club Kit

We now have Phoenix Club Kit now available to order. We have a choice of T-shirts, Hoodies and Leotards for training and Competition Jackets available. If you would like to make an order, please email your order form to [info@phoenixgymnastics.ie](mailto:info@phoenixgymnastics.ie) with the Gymnasts name, Items and Sizes you would like to order by Monday 8th October. Payment can be made by cash or bank transfer but payments must be received in full before the deadline. Leotards can take up to 6 weeks for delivery with the other items taking 2-3 weeks.

## 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 Advanced gymnasts are in **purple**

Date	Event	Venue
<b>October</b>		
<b>Fri, Oct 12</b>	<b>Final Entry Date for GymStart</b>	<b>Phoenix GC</b>
Sat, Sun, Oct 13,14	WAG National Levels 3-10 & 3-9 Plus Apparatus Finals MAG Club and Elite Level 0-2 Apparatus Competition	NIA
Fri-Sun, Oct 26-28	WASE Cup	Belgium
Sat, Sun, Oct 27-28	Notts Open	Nottingham, UK
<b>Sat-Fri, Oct 27-Nov 02</b>	<b>Gym Closed for mid-term break</b>	<b>Phoenix GC</b>
<b>Tue-Fri, Oct 30-Nov-02</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>
<b>Sat, Sun, Nov 24,25</b>	<b>GymStart Challenge</b>	<b>NIA</b>
<b>December</b>		
Sat, Sun, Dec 01,02	Women's Artistic National Levels 2 Apparatus Finals	NIA
<b>Fri, Dec 21</b>	<b>End of Term 1</b> <b>Gym Closes for Christmas Holidays</b>	<b>Phoenix GC</b>

## 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. Ava picked up a fantastic 3<sup>rd</sup> Place in Level 2C. For the boys, we took part in the FIG, Elite and Club levels National Championships. Oisín took the FIG Minors title. Our Junior FIG Team were 2<sup>nd</sup> place. In Elite Level 1, Comhghall won gold and Tadhg bronze. In the Club levels, Zack and Nathan took 1<sup>st</sup> place in Club L2 and OOA Club Level 2. Daragh, Aron and Frankie placed 2<sup>nd</sup> in OOA Club 2, OOA Club 3 and OOA U14 Club 2 respectively. In bronze position we had Feilim in Club L1 and Zak in OOA Club 3. Well Done to all our gymnasts!

**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. We had 30 gymnasts qualify for the championships and Phoenix came away with a massive 61 medals! For the girls, we had Ruby take gold on every piece in L10, with Katie taking silver. Elena took 1<sup>st</sup> on Floor and Vault, and 2<sup>nd</sup> on Bars and Beam in L7. Anna won a silver on Vault in L5. Eimear gained a 2<sup>nd</sup> place on Beam in L4. In Level 2, Sarah won the Vault, and Ava picked up 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> on Beam, Floor and Vault respectively. For our boys, in FIG juniors, Aaron was High bar champion and Illya Pbar champion, along with Aaron 2<sup>nd</sup> Rings, Illya 3<sup>rd</sup> Rings, Oleg 2<sup>nd</sup> PBars, 3<sup>rd</sup> Vault and Jake 2<sup>nd</sup> Vault. In the Minors category, Oisín took 4 medals, 2<sup>nd</sup> on Floor, Vault and High Bar and a 3<sup>rd</sup> place on PBars. Comhghall won every event in Elite level 1 picking up 6 gold medals with Tadhg taking Silver on Floor and 3<sup>rd</sup> on Pommel, Rings, Vault, PBars and HBar in the same category. In the club levels, Zack picked up 6 golds in Club L2. Nathan, Frankie and Daragh also picked up several medals each in the Club L2. Feilim won bronze medals on Vault and PBars in Club L1. In Club L3, Zak won Rings and came 2<sup>nd</sup> on Floor and Vault, while Aron won the Vault and Floor titles and a silver on Rings. Congratulations to all our gymnasts!

**The Phoenix Shield.** This July saw our first club competition for all our members. We had over 300 of our gymnasts take part from our recreational to international level gymnasts. Congratulations to all our gymnasts who participated and big congratulations to 'Team Flame' who were the winners of the showcase Phoenix Teams event. We will be running this event again in 2019 and we can't wait to see you all there showing off your new skills!

**The London Open.** A huge well done to Comhghall, Zack and Tadhg this weekend at their first International against some of the best Juniors in the World at the Prestigious London Open. Comhghall took a Silver medal turning in some great performances including a 9.7 on pbars for his Silver Medal, 9.2 on Pommel, 9.55 on Vault and 9.25 on highbar and was only 4.2 away from All Around Gold. Tadhg smashed his competition hitting some new Personal Bests including 8.25 on floor, 8.25 on pommel 8.85 on pbars and 8.05 on highbar getting his new highest All Around score of the year 45.95 Zack did himself and his club proud finishing an amazing 13th All Around. Zack had some brilliant scores including 8.23 on Floor, 8.1 on Pommel and 9.35 on Vault with some top 10 finishes for a total of 46.43

### International Training Camps

In August, we held an International Training Camp for 23 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 the aquarium. There are several videos on both our Facebook and Instagram pages.

## National Squad

Comhghall, Oisin, Tadgh and Zack have recently attended several national squad training sessions in the NGTC. 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

We are thrilled to have opened our second Training Centre in Park West. This brand new, world class facility opened in September and we hope our Park West gymnasts are enjoying their classes. A big thank you to our Coaches, Parents and Gymnasts who helped get the facility up and running!

We are continuing to invest in both of our Training Centres over the next few months with more equipment on the way to our Tallaght Training Centre in early October.

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

### Coach Education

As part of our commitment to providing top coaches a number of our team have upgraded their coaching qualifications. Craig, Ruby and Caroline recently attended coaching courses with others to attend further courses in the coming weeks.

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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.
- Gymnastics Ireland 'Competitive Club of the Year 2017'
- Our club ethos is to get the best out of each child within Phoenix. 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.
- All 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.
- 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.

