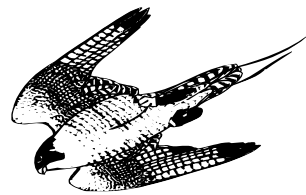


# Falcons Gymnastic Academy

## Newsletter May 2009



### Farewell



After Being with Falcons Gym from the very start, we have to say a very sad goodbye to two of the Gym's most respected coaches, Lisa and Tracey. It will be a great loss to the Gym and both will be sorely missed. On behalf of all the Gymnasts, Coaches and parents, we would all like to wish them well and hope they pop in from time to time to see us. Thank you both for your valuable contribution over the years.

### Club Competition– 6th 7th June.

Please make sure you've returned your entry form with the relevant fee.

On the day there will be Hot food, snacks, sweets, cakes and refreshments. A Professional Photographer will be taking and selling Photos. and "A" Star Leotards will be bringing along gym clothing. Over the two days we are hoping to raise enough money to buy a tumble track to benefit all gymnasts at all levels. So if you can donate any Raffle Prizes, Cakes or suitable items that could be used, it would be most appreciated.

### Newly Elected Falcons Committee Members from the 2009 A.G.M

Chairman:- Ian Owen. (See His Report). Vice Chairperson:- Wendy Lea.

Treasurer:- Debbie Beagley, Secretary:- Maureen Wheatley "Mo".

Parents Representatives:- Alison Dunn/Michelle Jago. (If you can't approach a Coach, speak to them).

Child Protection & Welfare Officer:- Helen Feltham. Health & Safety Officer:- Richard Fletcher.

Boys & Girls Coaches Representative:- Selina Platt (An ear for the Coaches to use).

Competition Secretary:- Mo, Publicity Officer:- Mark Dorman. Fundraising Officer:- Leisa Cohen

Newsletter Editor:- Simon Jago (Please Pass on or email any information you want included).

### NEXT COMMITTEE MEETING

1st June 2009, 20:30 @ Barum Gate (Now Table Table).

### Girls High Performance Coach.

We at Falcons would all like to welcome Mr Derek Potter. After a lot of effort from Mike, we can now confirm that Derek has agreed to join the Coaching team. This is a major coup for Falcons, to get such a high level of Coach. He will be working with many Gymnasts and Coaches, so that all at the Gym will benefit from his expertise. Special thanks to **Table Table**, who have kindly sponsored his accommodation.

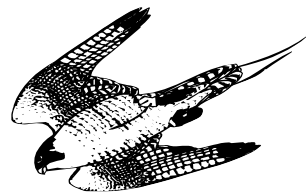
### Forthcoming Events

1. Awards Night– The intention is to arrange a separate awards night following the Annual Club Competition Date to be confirmed June/July 2009.
2. 1st August 2009. Sponsored Walk up Mt Snowden. Please sponsor one of the walkers from the Gym.
3. Club Camping Trip. 14/16 August. This is a fun Trip for all. Simply look at the notice board and ring up.

### Important Issues

- **Tea Cups, If you use a tea cup, please make sure you wash and dry it.**
- **Please make sure if you drop any litter or food it is cleaned up.**
- **No food to be eaten in the changing area.**
- Inline with the British Gymnastics Association Rules, No piercings are allowed during gym sessions and if the piercing cannot be removed, then the gymnast will be unable to take part in the session.
- Gym Fees– Could you please ensure that the fees are paid on time.
- All members are required to pay a £5 annual nominal membership fee in line with our CASC status.
- If you have any issues or concerns please feel free to contact the club's welfare officer Helen Feltham on 01769572620 or 07814533254.
- For issues outside the clubs control, Mike has an official complaints procedure form. where British Gymnastics procedures will be implemented.
- An appointment to the post of Regional and County Welfare Officer will be announced soon.

# Falcons Gymnastic Academy Club/Competition News May 2009



## NEW WEBSITE (coming very soon).

Soon all results and the latest information will be on the new and improved website. This is currently under construction buy our Publicity Officer Mark Dorman.

### Your Coaches

Congratulations to the following Coaches who have Passed their exams.

Nicola Dixon, Wendy Mathews and Karen Simick all passed Level 2 General Gymnastics

Nikki Rostock and Debbie Beagley both passed Level 2 Woman's Artistic.

Good Luck to the following Coaches who are taking their exams very soon.

Helen Feltham and Lisa Inledon Level 3 Woman's Artistic.

Good News for Selina who will definitely be doing a Special Needs Coaching course (GMPD). Just waiting for the Regional coaching coordinator to set the date.

### COMPETITION ROUND UP

#### Girls,

#### Exeter Buddies Team Competition in February

**U11, Winning A-Team** of Saskia Woollam-Rees 1st overall, Caitlin Richardson 3rd, Megan Deans 6th, Millie Puckey 11th, Erin Rostock 12th.

**U11 B-Team** 4th (Anaya Evans 10th, Bea Issac 14th, Alex Pells 16th, Liberty May 16th and Lily Dunkley 20th)

**U13 Team** 5th (Gabby Wallis 9th, Zoe Townsend 12th, Kalena Tucker 15th and Mellisa Hyde 23rd).

**U15 Team** 4th (Clare Sanders 6th, Emma Fitzgerald 9th, Farren Dunham 14th, and Laurel Bromfield 15th).

**O15 Team** 4th (Lauren Dunham 7th, Alice O'Grady 11th, Heather Smart 17th and Edie Dunkley 18th)

#### Westcountry League Round 1 Fromeside Wilts March 22nd,

**A League.** Team of (Amber Oreshko, Jamie Plummer, Erin Rostock, Millie Puckey and Saskia Woolam-Rees). Came a very credible 4th.

**B League** At this higher level with a Team of just 4 gymnasts (All scores to count) the team claimed the

**Bronze medal.** Megan Dunn 2nd overall (1st Beam, 3rd Bars), Holly Jago 3rd overall (1st Bars, 3rd Beam), Katie Beagley 10th and Hannah Francis 14th. For the next round at the Forrest of Dean we welcome back Katie Harris.

#### Devon Novice in March at Plymouth,

**U 9:-** Taylor Langmead: **1st Overall** (1st Vault, 1st Bars and 1st Beam).

Olivia Sayer 10th overall (4th Vault), Charlotte Feltham 10th overall, (8th Beam).

**U11:-** Hannah Francis 5th Overall (1st Beam, 5th Vault), Jamie Plummer 8th (2nd Beam), Katie Harris 13th, Saskia Woollam-Rees 14th, Erin Rostock 15th, Amber Oreshko 19th, Millie Puckey 21st, Bea Issac 27th and Josie Sumners 28th.

#### Devon U11/U15 Intermediate/Open Competition.

Well Done to **Holly Jago** and **Megan Dunn**. After competing with the best gymnasts from the County, both have qualified for the Inter Counties Apparatus Finals to be held in June. Both finished in 4th place in their respective age groups. Good Luck Girls.

### Boys

#### South West Performance and Regional O14 Qualification March 14th.

**Level 1 Under Age**, Adam Tobin **Silver Medal**. Too young to compete at the Nationals.

**Level 2**, Byron Day Rogers 6th Overall and **Qualification for the National Set Work Finals**.

**Level 3**, Ryan Owen **Silver Medal** and **Qualification for the National Set Work Finals**.

#### National Set Work Championships

Well done to Ryan and Byron who both competed with the best elite gymnasts in the Country at the National Set Work Finals for the South West Squad and both received Silver Medals.

**Good Luck to all the Gymnasts taking part in the Clubs Annual Competition on the 6/7th of June.**