



SUKI JUNE NEWSLETTER

Heathrow Open Championships —written by Natalie

The Heathrow Competition took place at Bracknell Leisure Centre over 3 days (11th-13th May) and was hosted by Heathrow AGC. The competition was split into two events;

1. The regional and national teams compete in the club competition where all aerobic clubs across the UK can enter,
2. The international teams compete in the international section, where countries across the world are invited to enter a delegation.

Over the weekend we saw 31 routines performed from Suki and came away with four medals (listed below).

Friday was a long day with medals scheduled for 19.40 but it was still a very exciting day for everyone including our competitors. For some of our gymnasts it was the first time they had competed in this event and the day saw gymnasts picking up personal best scores and medals (listed below). Saturday was a shorter day due to qualifications for the international gymnasts and Sunday was another long day due to international finals and our national team competing.

In the RAC National Development category Cloe Travers competed for the second time in Aerobics and finished 1st overall in her category with a score of 16.55. Amanda Ebbutt also took to the floor picking up another excellent score of 13.925 along with the silver medal.

Amiee Dalglish, Immie Hamid and Keira Buick are our Foundation (9 years) trio, they picked up the bronze medal even after a few errors at the beginning of their routine. The foundation category is neither NAC or FIG, at the end of the year the Aerobic Technical Committee will inform Suki what level each of these gymnasts will compete in the following year (either NAC or FIG).

In the NAC Group 2 Pair category our juicy wiggle pair Tyesha Kirton and Freya Meachen took to the floor to compete. They scored a respectful 15.6 and finished with the Gold Medal.

Thank you to our coaches and judges who assisted the gymnasts throughout the day and to all the supporters who travelled to cheer us on.

Medals

Cloe Travers	Gold
Tyesha Kirton & Freya Meachen	Gold
Amanda Ebbutt	Silver
Amiee Dalglish, Immie Hamid & Keira Buick	Bronze

Personal Bests

Sophie Emmett	Harmony Hamid
Maya Trickett	Bella Santos
Katie Sutton	Freya Meachen
Kacey Arkley	Eleanor Meachen
Abigail Webber	Immie Hamid
Amiee Dalglish	Kacey & Naeesha Santos

Jasmine Welsh – Highest Score out of all Suki Gymnasts over the weekend.





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BREAKING NEWS

Dreams are coming true at SUKI AGC with some gymnasts moving up levels. For a gymnast to move up a level they have to show that they can achieve the skills required for that level and then Suki AGC must apply to the Technical Committee for Aerobics (and them approve) along with the highest qualified judge to request the move.



Cloe Travers is new to Aerobics and has competed in two Competitions this year. In the Southern Region Cloe finished 2nd in the open event and 1st in the closed event and in the Heathrow finished 1st. It is with great pleasure to announce Cloe has moved into the squad team and will continue 2018 as a NAC National Development gymnast.

Jasmine Welsh has started the year strong with her new routine to Cher. Jasmines goal for 2018 was to be a FIG gymnast. Once returning from the Heathrow Open Championships where Jasmine scored a whopping 17.00, the highest score in Suki, it was confirmed she will be moving to FIG for the British Championships. We understand this is a big ask for Jasmine especially for the British, but she is mature and understand the expectations and is hungry to achieve more.



We wish both gymnasts the best of luck for the rest of 2018. We can't wait to have more gymnasts move from RAC to NAC or NAC to FIG.

MEET THE TEAM - Lisa Arkley - Fundraising Lead

I'm Lisa and I am lead fundraiser for the club.

I'm married to Sam and we have 2 children; Kacey age 10 and AJ age 4. Kacey has been with suki since she was 5, starting with just an hour a week general gym and slowly increasing over the years, she is now part of the RAC team.



I got involved with the fundraising in 2016 after attending my first AGM and realising just how much help SUKI needed with fundraising. I decided I would like to get involved and help to try and increase fundraising to hopefully help suki achieve their dream of owning their own premises one day!

If anyone has any fundraising ideas or can offer their help/support for events it would be greatly appreciated and look out for our next fundraising meetings and events!

Committee Election Outcomes

At the recent AGM the following Committee Members were voted in:

- Clive Slaughter—President
- Kate Hedges—Treasurer
- Kerry Meachen—Welfare
- Claire Jones—Health & Safety
- Lisa Arkley—Fundraising
- Sam Mills—Competition Event Manager

Congratulations and thank you too all of you.

If you wish to be involved in the committee or assist with any club development please contact Su/Natalie.

SUKI Family Picnic

21st July 12-4pm

Peel Common Junior School

A chance for all SUKI families to come together and enjoy the sunshine. Bring your own picnic, blankets and sun cream ready to take part in family friendly games such as egg and spoon racing, sack racing and 3 legged runs!

We can't wait to see you there





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Completed Team Card

These gymnasts have all received their £5 gift voucher for completing their team cards!

WELL DONE!

Scarlet	Cohen	25/04/18
Lucy	Tiebal	27/04/18
Katie	Sutton	26/04/18
Chloe	Dyke	16/05/18
Freya	Meachen	22/05/18
Harmony	Hamid	21/05/18

CONTACTS



To ensure the club runs smoothly to the best of its ability any parent/gymnast or other attendee of the club who have any concerns or issues should address them straight away to the correct member of the club:

Kerry Meachen - Welfare Officer - 07989504162
welfare@sukiagc.co.uk

When you are concerned about something and you are unable to speak to one of the coaching team members. Any concerns/suggestions can also be placed in the purple welfare box in gym, this is locked and only accessible by Kerry.

Natalie Porter - Head Coach –
natalie@sukiagc.co.uk - 07929860360

- Competitive Gymnasts and Competitions
- Wishing to get into coaching / parent helper within classes
- 1-2-1 Bookings
- Facebook or Website questions
- Unable to attend a gymnastic lesson
- Monday rota

Su Killeen - Director of Coaching –
su@sukiagc.co.uk - 07905774010

- All payments and Membership
- New Gymnast Enquiry
- Gymnastic Coaching within the Community
- Unable to attend a gymnastic lesson
- 1-2-1 Bookings
- Wishing to get into coaching / parent helper within classes
- Registers / Training Days (excluding the Monday 6pm - 8pm class)

Clive Slaughter - President –
president@sukiagc.co.uk

- Business Support / Sponsorship and Club Development
- Any concerns that you are unable to speak to the coaching team or welfare about.

Lisa Arkley —Head of Fundraising—Contact via the Facebook page.

Fundraising Ideas or Events you wish to run and / or organise

Claire Jones —Health & Safety Officer– Contact Natalie/Su who will contact Claire.
Any concerns for health & safety

Sam Mills - Competition Event Manager –
07984358802
All in-house competition queries.

Contact Times

Please take into consideration when contacting the team.
Monday-Friday 9am—9pm
Saturday 10am—5pm
Sunday No Contact



Badge 8 Passes

Lea Dawkins
Jazmin Ward

Badge 4 Passes

Grace Robinson
Evie-Mae Sangster

Badge 7 Passes

Chloe Groom
Baylie-Rose Fisher
Skye Kennard
Teigan-Rose Hines
Arthur Snook
Talia-Jean Carby

Bronze Floor Passes

Lily Giles
Madeline Rigby



Badge 6 Passes

Scarlet Cohen
Pearl Cohen

Badge 5 Passes

Mariella Smith
Olivia Jones
Scarlet Cohen
Isabel Shields



DATES FOR YOUR DIARY

IAC/RAC/NAC/FIG Badge Viewing Weeks:

Week Commencing
2nd July

Term Date:

End of term Thursday 26th July
Start of term Monday 13th August

NO GYM ON BANK HOLIDAYS

Gala: 1st December

2018 Competitions

This years competition dates:

British	21st-24th June
Suki IAC/RAC	14th July
Welsh	1st-2nd September
Suki NAC/FIG	20th-21st October

If your gymnast isn't competing please feel free to come along to support the club and those that are. It is also a great opportunity for you and your gymnast to see what the future could hold.