



# SUKI SPRING NEWSLETTER

## Gymnast of the Year 2017—written by Natalie

Gymnast of the year and runner up goes to a Gymnast who is competing in Aerobics. Every year the standard increases massively through all levels of Aerobic Gymnastics!!

As normal the coaches must submit a valid reason as to why they are voting for their gymnasts! This years nominations have come in and the reasons have been incredible.

I can definitely say gymnastics is not easy, it comes with its fair share of ups and downs, but we must remember without hard work and discipline it is difficult to be a top professional. At Suki we are extremely lucky to have gymnasts who are hardworking, committed to training and understand to be strong because it will get better, it maybe stormy now but it never rains forever, our team of IAV (Introductory), RAC (Regional), NAC (National) and FIG (International) gymnasts inspire each other to be better than they were yesterday.

So, I would like to start with runner up of the year -

As someone who is new to the aerobic team we feel that this year this gymnast has caught up with her other team members within her category. She picked up the routines well and it showed, especially leading up to gala. She is never shy to try new skills and what impresses us more is that she understands the breakdown of harder skills which will help her a great deal as she progresses through the categories, levels and years. For a gymnast to understand how to simplify a skill then build it back up to the full skill at such a young age is an incredible ability to have.

Her confidence has tripled over the time she has been with us and is no longer shy to give opinions and a penny of her thoughts! - in a nice way of course! She has also bonded really well with other team members in her trio and is definitely a popular young gymnast amongst her older team members too. We hope this gymnast will continue to develop her self-confidence and do well next year!



## **The Gold Trophy of the term & Runner up of the year for 2017 goes to Aimee Dagleish**

Moving onto our gymnast of the year. As a team of coaches, it wasn't hard for this nomination. We have observed her this year and the end of last year was a tough start but a fabulous finish, which was shown in our PowerPoint presentation at gala. There is no doubt that she was the most successful competitor for Suki this year and well done to her! She is actively involved with the young leadership programme which has been introduced this year to the club. She assists in our general gymnastic lessons and recently started senior school where leaving at 7.15am and travelling on two buses is completely normal, to then return and train for 1 – 3hrs a night. It's a very long day for an adult and even longer for a child of 12.



Now if that hasn't given it away this will, moving up an age category is not always an easy job, let alone competing against gymnasts two years older than you! However, this gymnast took it in her stride. She competed in her first competition picking up the gold medal and the highest score across all national categories, she then went on to winning the bronze medal in our first national event and finished the year as the silver medallist in the British Championships and NAC Cup.

## 2018 Competitions

This years competition dates:

Southern Region	14th-15th April
Heathrow	11th-13th May
British	22nd-24th June
Suki IAC/RAC	14th July
Welsh	1st-2nd September
Suki NAC/FIG	20th-21st October
Gala	1st December

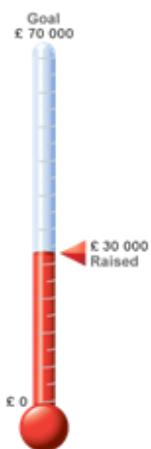
If your gymnast isn't competing please feel free to come along to support the club and those that are. It is also a great opportunity for you and your gymnast to see what the future could hold.

## FUNDRAISING

As a club we are aiming to raise £70,000 to enable us to get our own premises and equipment. Current total is £30,000.

Next fundraising event is bag packing at Asda Gosport on 25th February. We would really like to see some of our younger gymnasts at this event as they find it the most rewarding, they have to be age 8 or older.

If you aren't sure what's involved please ask and then pop your name down on the board in gym or via email to Natalie/Lisa.



## MEET THE TEAM - Sara Tabb - Parent Liaison

Sara is a mum of 4, soon to be 5 and a self employed cake maker/artist. Her daughter Lucy has been at gym for approximately 4 years.

Sara got involved to help the club and to be part of her daughters interest and hopes her role as parent liaison helps new parents feel at ease and makes the club/gymnastics easier to understand (it can be quite daunting).

So what is a parent liaison?

Sara is there to answer any non-coaching/club related questions which any new (or existing) parents have; from where is the best place to buy competition trainers? to how do you get the hair into such a sturdy bun? (quite the challenge!).

Catch Sara in gym or pop her an email to [cupcaketabb@gmail.com](mailto:cupcaketabb@gmail.com).





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## Completed Team Card

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

Tyesha	Kirton	10/01/18
Cloe	Travers	11/01/18
Kacey	Arkley	04/01/18
Hannah	Emmett	16/01/18
Eleanor	Meachen	16/01/18
Freyia	Price	24/01/18

WELL DONE!

## Silver Floor Passes

Cloe Travers  
Annis Buick

## Bronze Floor Passes

Kacey Arkley  
Annis Buick

## Badge 1 Passes

Madeline Rigby  
Kiera Buick  
Melody Atkinson  
Laney Tiebal

## Badge 5 Passes

Grace Robinson  
Amelia Pettitt  
Chloe Dyke  
Evie-Mae Sangster

## Badge 2 Passes

Kiera Buick

## Badge 6 Passes

Amelia Roberts  
Ruby Watkin  
Lucy Tiebal  
Chloe Dyke  
Tilly Donachie

## Badge 3 Passes

Bethany Mckelvey  
Demi Trowern

## Badge 4 Passes

Charlene Green  
Leah Sutton  
Abigail Webber

## Badge 7 Passes

Emilia Shields  
Ruby Watkin  
Sophie Dagleish

## Badge 8 Passes

Zachary Price



## DATES FOR YOUR DIARY

### Badge/Viewing Weeks

for IAC/RAC/NAC/FIG gymnasts

Week Commencing:

19<sup>th</sup> March,  
14<sup>th</sup> May,  
2<sup>nd</sup> July

### Term dates:

End of term date Thursday 29<sup>th</sup> March  
Start of Term date Monday 16<sup>th</sup> April.  
End of Term date Friday 27<sup>th</sup> July.

NO GYM ON BANK HOLIDAYS.

### Training Outside of Term:

Tuesday 3rd April—Invited RAC gymnasts  
Wednesday 4th April - Squad gymnasts

## 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)

**Matthew Downing - 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 - Club Admin Assistance** – Contact Natalie/Su.  
Newspaper Articles / Advertisement

### Contact Times

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

### Winter Term Trophies

Aimee	Dagleish	Gold
Sophie	Emmett	Silver
Evie-Mae	Sangster	Silver



**British Gymnastics**  
More than a sport

