

DRILLBITS

THE NEWSLETTER FOR DRILL GRANGE ROAD WEST



INTRODUCTION....

Welcome to the September edition of Drill Bits. Loads of things have happened since the last newsletter, new people and activities arriving, loads of achievements, and lots of happy, smiley faces. We hope you enjoy the read!

FUNDRAISING

NEIGHBOURHOOD FORUM VOTES

We have been successful in getting through the first round of the Wirral Council Neighbourhood Forum Grants. This is a grant that the council will award to community groups to help improve local neighbourhoods. We have applied to three different neighbourhoods; Birkenhead/Tranmere/Rock Ferry, Oxton/Prenton, Bidston/Claughton. All three of them have put us through to the next round. It is now up to the people in those neighbourhoods to comment and vote on the different projects and we need your help.

From the 3rd September for 2 weeks the Wirral Council website will be taking comments and votes, please visit www.wirral.gov.uk/neighbourhood and cast your vote, make your comments and help support us in making Drill a better place for the future.

BCDC "GYM RATS"

Birkenhead Community Development Committee (BCDC) is the community group that owns and runs drill. Our grants manager, Jodie Stott, recently set up a group to facilitate young people who train at drill to provide ideas and feedback as to how the centre is being run. The "gym rats" first meeting was held at Jodie's house on 24th August to help write a Youth Opportunities grant. Charlie Sims, Jacob Chan, Becky Naylor and Jenna Humphreys worked together to develop ideas for improvement and write a grant document applying for money to buy equipment and pay for coach training.

Gym Rats is open to anyone from 12 to 20 years old. Please email jstott.bcdc@gmail.com if you would like to be involved.

GENERAL GRANTS NEWS

We are in the process of applying for three large grants (including the Big Lottery) to help develop the building, employ staff and buy equipment for the centre. This is a long and laborious process for which we will not see any immediate effect but hopefully, if we are successful, this could make a real and noticeable difference to Drill.

CAKE STALL AT THE TRAMPOLINE GALA IN LIVERPOOL

We raised £156 at the Liverpool Gala selling cakes – thanks to all those who baked and those who bought and especially to Anna and Sarah and their mothers who stood all day selling them! Thanks also to those who helped pack the equipment away into the containers after gala.

VOLUNTEERING

Drill only exists because of our volunteers. We also understand that people have busy lives and cannot get drawn into endless hours of commitment. There are many ways that you can become involved without feeling overwhelmed. Please read on to find out how you can help make Drill a better place.

VOLUNTEERING

Our volunteers can volunteer for a set time each week (e.g. 1 hour) or just for a single event. We also want to offer things that people like doing or would like to try their hands at.

E.g. Josie (11) has volunteered to take over the care and attention (they need it!) of our plants. Her grandmother is providing the knowledge and Josie is getting her hands dirty! Mark (44) is a qualified plumber and has offered 20 hours of his time to help with relevant projects. Plamen (38) is 6'6" tall and weighs 19 stone (of muscle). He has offered to help us lift heavy things when we need it!

22nd SEPTEMBER – GRAND OPEN DAY (11am-4pm)

The next main event opportunity for volunteering is in the preparation for and the organisation/running of our Grand Opening Day.

We need people who can help with:

- Housekeeping (our team that cleans the building) We need a team of about 10-15 people to help clean the building before the event and tidy up afterwards.
- Facilities (a team that does the main construction, maintenance work)
- We need anyone who has building skills (electricians, plumbers, painters, fitters etc)
- Welcome team (the people who will meet and greet people as they arrive)
- Non main hall (a team that will run stalls/activities that aren't in the main hall)

Please email Andy andymcginn68@gmail.com if you can help with this.

Drill had been open for over a year, can you believe it! Our Grand Open Day is to celebrate that achievement and also to invite the public to come and see how we are transforming the place.

Invite your friends, families, neighbours, postman and come on down to enjoy a day filled with fun ☺

EVENTS (SUMMER 2012)

BARBEQUE

The rain held off and about 80-100 folk turned up for the annual barbeque at Thurstaston. Thanks to all who helped cook and brought food

HOLIDAY CLUBS

For our summer holiday club we ran gymnastics, trampolining and Crafty Chameleon (arts and crafts workshops).

The response was brilliant. Our only "problem" was that we had so many children turn up on a few occasions that we nearly had to turn people away.

HELP NEEDED!!!

We are always looking for help from willing volunteers, whether it is decorating, cleaning, looking after the café, working in reception, delivering flyers, general maintenance and lifting and shifting or any other help you think you can give us, or if you know anybody looking to coach any of our activities, but in particular Artistic Gymnastics, Trampoline or Cheerleading, then please let us know at reception.

NEW ACTIVITIES

KUNG FU TIGERS (KIDS KUNG FU)

In ye olden days, to be taught by a Chinese kung fu master you would have taken 2 or 3 plane trips to get to China, then travelled by train to a remote village to ask where the master was. You would then need to trek out up a mountain and sit outside his house until he noticed you. If you passed several days of difficult exercises he "might" take you on as a student.

At Drill we are lucky to have our own Chinese Kung Fu master and as well as running the adults class on a Thursday (7-9) and Sunday (2-4) Master Ho has started teaching "Kung Fu Tigers", our kids kung fu class for 6 to 13 year olds. Email gho2701@hotmail.com for more information.

FREE RUNNING (PARKOUR)

Freerunning is a variant of parkour. Both practices involve getting from one place to another. However, freerunning is more focused on self-expression and creativity, as opposed to the speed and efficiency stressed in parkour. Freerunning is a relaxed version of parkour in the sense that one may take their time to think through and plan out their course to express one's creativity in an organized manner.

The founder and creator of free running, Sébastien Foucan, defines it as a discipline to self-development, to "follow your own way", which he developed because he felt that parkour lacked creativity and self-expression as a definition for each free runner to follow your own way.

At Drill, we run the British Gymnastics variation called Freestyle Gymnastics. Classes started on Friday May 11th (11yrs+), 7-9pm.

CAPOEIRA

Capoeira is a dance, a martial art and a form of Brazilian cultural expression, but above all it is a game! It was developed in Brazil by African slaves, Capoeira today includes dance, acrobatics, music, singing and aspects of martial arts. Capoeira is a very physical activity, but one where each individual can find their own place, style and expression.

A fun and interactive art form, Capoeira can help in improving self-esteem, creativity and communication skills; all of this alongside the obvious physical health benefits and those which come from working closely with others which means that Capoeira often fosters lifelong friendships.

Through Capoeira classes children will develop strength, flexibility, rhythm, co-ordination, musicality and confidence and have a lot of fun doing it!

Please see our website: www.rastrosnoar.co.uk for more information about Brazilian teacher, Contra Mestre Piolho and Capoeira. To see Capoeira in action, check out the following short video: <http://bit.ly/NTzYeO>

Classes for ages 6 + start on 6th September at Drill, 6-7pm.

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REPORTS AND RESULTS

GYMNASTICS SQUAD REPORT

Boys Squad

Each month the boys squad competes daily to become next month's team captain. Each session the boys have to demonstrate to their coaches good listening skills, continued improvement and maximum effort in order to gain a gymnast of the session award. The gymnast with the most awards at the end of the month then becomes the squad's new team captain. This month's team captain has been awarded to Charlie Rafferty (age 10). Good Job Charlie, thank you for all your hard work!

The past few months the boys have been focusing on consolidating existing skills and working on bettering their techniques and body form. The process is slow but all the boys are showing great improvement and applying great personal effort to reach their goals.

On the 1st of June the boys alongside the other disciplines of Drill took part in the Olympic Torch Display at Birkenhead Park. They did a fantastic job and finally they saw some results from all their hard work. They thrilled the crowd with a display of flexibility, strength and tumbling skills. Thank you to all the boys that took part, you did an awesome job!

On the 1st of July the boys squad competed at the Neston Sets 2 piece Competition which was held at Neston Sports Centre alongside some of the girls from the newly formed girls squad. They were required to perform a set floor routine and 2 vaults. Our club scored second highest overall and Aled, Matthew and Charlie had the highest combined scores of the day, which is a fantastic result from only 13 gymnasts (compared to the winning club with near to the maximum 40 gymnasts!)

Finally, we are pleased to announce that a clear development path has been formed for the Mens Artistic Group all thanks to our dedicated team of coaches. The new structure will allow gymnasts to progress from beginner to junior gymnast with a dedicated coach at each stage of their learning.

GIRLS SQUAD

The newly established girls squad is attracting a lot of attention and already has 16 members and 3 dedicated coaches. They still lack equipment but at this early stage of development mats and basic equipment will provide them with a good foundation to excel later in their gymnastics path.

Alongside the boys they competed for the first time at the Neston Sets and became the first girls to compete under club name Birkenhead Gymnastics Club. We wish them all luck as they blaze the trail into the unknown!

CONGRATULATIONS!

Simon and myself, as well as the rest of the coaching staff, would like to congratulate Donna and Dianne on recently passing their level 1 coaching exam in Mens Artistic Gymnastics. Well done ladies!

HELP NEEDED!!!

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NESTON SETS RESULTS 2012

Aled : 1st on Vault, 2nd on Floor
Charlie : 2nd on Vault, 1st on Floor
Matthew : 1st on Floor, 1st on Vault
Morgan : 3rd on Floor, 3rd on Vault
Harry : 1st on Vault
Robert : 2nd on Vault
Lilly : 1st on Vault, 2nd on Floor
Francesca : 2nd on Vault
Ellen : 1st on Vault
Sophie: 1st on Floor
Lucy: 3rd on Floor
Abbie R: 3rd on Floor
Abbie B: 3rd on Floor

TRAMPOLINING REPORT

LIVERPOOL GALA

Trampolining – Sophie Thompson who has not been able to train much this year managed to qualify for National finals finishing 8th. Other finalists - Rebecca Blacklock finished 3rd in the 19+ ladies Nat C, Bethan 5th in U13 girls Fig B, Chloe 8th in U13 Nat C;

DMT - Bethan Williams – did amazingly in winning the U15 DMT by landing all four of her passes without any steps – the only one of the day to do that. She also included a new pass with double back piked. Other finalists – Charlie (competing with 2 x ½ out and a double back for the first time)finished 3rd in Fig B; Rebecca Finished 4th with Anna Mackie 6th and Amy Catherall (competed ½ out for the first time) 7th all in Nat C Over 15. Chloe competed 2 x ½ out for the first time.

NATIONAL CHAMPIONSHIPS – JULY 7/8TH BIRMINGHAM

This was an amazing weekend, one of the best in the history of the club. We had 8 trampoline entries and 9 DMT entries and of those 9 made the top 8 of their age group. We ended up 6th on the list of clubs with finalists. Great thanks are due to all the coaches and to the new centre!

Top marks go to Bethan Williams winning the Under 15 Fig B DMT title with again 4 faultless landings. And to the girls Over 15 DMT team of Amy Catherall, Anna Mackie, and Rebecca Blacklock who won against several other teams. We also had 19 personal best scores.

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Trampoline

Fig B U13– Bethan Williams 3rd;
Nat C U13 – Chloe Farthing 4th;
U17 Boys – Adam Bond 3rd;
U17 Girls – Charlie Simms 18th, Amy Catherall 35th;
U19 Boys – Sean Carroll 7th;
U19 Girls – Sophie Thompson 22nd;
O19 Girls – Rebecca Blacklock 21st

DMT

Fig B U13 Girls – Bethan 1st;
O15 Girls – Charlie 6th,
O15 Boys – Sean 18th
Nat C U15 Girls – Sian Foster 5th, Chloe 12th;
O15 Girls – Rebecca 7th, Anna 12th, Amy 20th
O15 Boys – Jacob Chan 6th

NEW MOVES

Bethan Williams and Chloe Farthing have both got ½ in ½ out double somersault. Bethan also has rudi out on trampoline and off mini. Amy Catherall and Chloe also have ½ outs and double backs off mini. Sean Carroll has now got triffs (Triple somersault with twist). Lucy Steel has got rudi off the mini. Well done to all of you!

CONGRATULATIONS

Sarah Madge passed her Level 2 Women's Artistic coach award. Sadly Sarah injured her knee in training and missed the opportunity to qualify for this year's National Championships.

CHEERLEADING REPORT – BIRKENHEAD COMETS

For the past year we have had a cheerleading squad training at Drill, they have been focussing on basic technique and building up from there. Recently we have split them into two different squads; a Junior Level 1 (age 6-12) and a Senior Level 2 (age 10-20). Both squads came together to perform for the first time at the Olympic Torch Display at Birkenhead Park. It was an intimidating event with the audience sitting right at the edge of the mat, but the girls did us proud performing their routine twice.

JAMFEST EUROPEANS 10TH JULY 2012

Our Senior Level 2 squad had their first ever competition at the Echo Arena in Liverpool and performed extremely well. They went out and hit a near flawless routine; all their stunts (some of which had been problematic in training) hit and, apart from a small fall and timing issue in the pyramid, the whole routine was performed to an amazing standard. They were entered into the most difficult and largest of divisions unfortunately, and came out with a score of

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79.23 (out of 100). This score put them in 12th place (out of 16) with only 6.2 points between them and second place (85.41) that is how close the competition was! A special mention to Kate McGinn who stepped in 6 weeks before the competition and was a superb addition to the squad!

We at Drill are extremely proud of our cheerleaders. To go out at their first ever competition, a European one no less, and hit the routine they did, we can only imagine the successes they will have in the future. Well done girls!

As part of the competition a cheerleading squad from America; Cheer Extreme's Co-Ed Elite, were over to perform.

We extended an invitation out to them to come and train in our gym prior to the competition, which they did on the Sunday morning. A number of our trampolinists and gymnasts came to watch and were wowed by the skills they were throwing on our floor. The Cheer Extreme coaches were also kind enough to share their expertise with our cheerleaders and helped with their final



preparations before the competition. They even asked to see the routine, which was the first completely flawless routine they had ever performed!

The whole weekend; the master class with Cheer Extreme on the Saturday evening, training with Cheer Extreme on the Sunday and competing for the first time, in the Echo Arena, was such an amazing experience. I am so proud of all of the girls, the hard work they put in really paid off. Onwards and upwards now 😊

NEW MOVES:

Matilda Lloyd has (literally) flown in the skill level that she is achieving! She is now able to perform twist cradle baskets and extension full downs, all of which are level 3 skills! Other mentions go to Jenna Humphreys and the rest of the level 1 squad who have worked tirelessly in getting their back walk overs, well done girls!

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DATES FOR YOUR DIARY

Saturday 22nd September – Drill Open Day

Saturday 6th October – Trampoline and DMT Regional Grades at Robin Park, Wigan

Saturday 27th October – English Trampoline Championships in Newcastle upon Tyne

27th/28th October – Future Cheer Northern Regionals Competition (both level 1's and 2's)

Saturday/Sunday 3/4th November – Dave Ward-Hunt Trampoline Competition in Gillingham

Saturday or Sunday 17th or 18th November – North West Trampoline Championships

TIMETABLE

GYMNASTICS

MONDAY

Recreational age 5-12 4:30-5:30

TUESDAY

Recreational age 5-12 4:30-5:30

THURSDAY

Recreational age 5-12 4:30-5:30

FRIDAY

Freestyle Gymnastics 7:00-9:00

SATURDAY

Recreational 11:00-12:00

TRAMPOLINING

MONDAY

Recreational 4:30-6:00 & 6:00-7:30

Adult 16+ 7:30-9:00

TUESDAY

Recreational 4:30-6:00

WEDNESDAY

Disabilities 5:00-6:00

Recreational 6:00-7:30

Adult 16+ 7:30-9:00

THURSDAY

Recreational 4:30-6:00 & 6:00-7:30

Adult 16+ 7:30-9:00

SATURDAY

Recreational 10:30-12

SUNDAY

Open Session 2-4

CHEERLEADING

MONDAY

Beginner Level 1 5:30-7:00

Intermediate Level 2/3 6:30-7:30

WEDNESDAY

Beginner Level 1 4:30-6:00

Intermediate Level 2/3 4:30-7:00

FRIDAY

Intermediate Level 2/3 4:30-7:00

KUNG FU

MONDAY

Children 7+ 4:30-5:30

THURSDAY

Adults 7:00-9:00

SUNDAY

Adults 2:00-4:00

STREET DANCE - WEDNESDAY

Minis AGE 4-6 4:00-5:00

Juniors 7-13 5:00-6:00

Seniors 14-21 6:00-7:30

JUDO – MONDAY 6:30-8:30

CAPOERIA – THURSDAY 6:00-7:00