

# DRILLBITS

THE NEWSLETTER FOR DRILL GRANGE ROAD WEST



## INTRODUCTION....

Welcome to the OCTOBER 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!

## GRAND OPEN DAY (22<sup>ND</sup> SEPTEMBER 2012)

The community group (BCDC) that took over the running of The Grange Road West Sports Centre (now called Drill), moved into the building on 4<sup>th</sup> August 2011.

We decided that we would celebrate a year of running the place and give ourselves a goal to have Drill looking "ship shape". Partly to avoid the summer holiday season and getting back to school, we chose 22<sup>nd</sup> September. What we didn't know by choosing that random date was that we had chosen the 39<sup>th</sup> anniversary of when the British Army handed over the centre to the local council.

The mayor and mayoress, local councillors Steve Foulkes and George Davies, and Mike Withy the head of the Sports Development Unit at Wirral Borough Council, attended the day, which was officially opened by our very own Cathy Page.



Over 400 people celebrated with us and were treated to displays by:

- Trampolining
- Gymnastics
- Kung Fu
- Cheerleading
- Judo
- Capoeira
- Free running and Street Dance

Special thanks to the people who made it all possible (if we have missed your name from this list please email me and I'll rectify the situation in November)

Carrie Humphreys (housekeeping team lead) – headed the group that spring-cleaned Drill (well several springs worth of cleaning were required!). Carrie worked so hard and long on some of the jobs that she couldn't lift her arms up properly anymore. She was assisted by many of you but everyone had spoken of the wonderful contribution from Yvonne. Carrie was at Drill before 0900 on the 22<sup>nd</sup> to make sure the place was gleaming.

# 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 enquire on how you can help to make Drill a better place.

Howard Garde (facilities team lead) – headed the group that prepared the building work, painting, glazing, electrical, plumbing etc). Howard is not one to shout about his contribution but he was spotted with fetching woollen hat putting the finishing touches to the windows an hour before the public arrived.



Lynn McGinn (Children's activities and raffle) – Thank you to Lynn for raising money for Drill making and selling badges, sorting out all the details needed for the raffle and generally helping out throughout the day

Sallie Sinnott (Welcome team lead) – headed the group that welcomed visitors, put together the information packs, made the notice boards, interior displays etc look amazing and set up and manned the "gazebo". All this was done with Sallie's usual wit and aplomb. She did all this preparation, knowing that she had a pre-

arranged event elsewhere and wouldn't be able to see the results of her work. Sallie was aided and abetted by Dame Sarah Madge (ok she doesn't have the title yet but it cant be far off!).

Carl Sinnott (Odd jobs team lead) - has spent the last 4 weeks moving kit, relocating boards, re-housing our many chairs and generally filling in the gaps between the other groups. Special section - Sarah Madge and her mum – The fact that Sarah won Wirral sports volunteer of the year gives you an idea of the level of contribution she has made to many of the toughest jobs at drill. Sarah's mum did a wonderful job on the day greeting our guests in the drill "gazebo".

Jodie Stott (Main Hall Team) – Thank you for pulling together displays from 7 groups, organising all the sound equipment and being there right from the start of the planning to help in all the essential, but often un-noticed, behind the scenes work.

Oh, and running the cheerleaders slots and reminding the MC what he was supposed to be doing when he lost the plot etc etc...

Cathy Page – Thank you for your tireless efforts in everything from scrubbing floors (literally) to making sure the till balances.



Steve Wilson (VIP team lead) – Thank you to Steve for inviting and looking after the Mayor and mayoress, a number of local councillors and the head of the council SDU.

Andy McGinn (Master of Ceremonies) - Thank you to Andy for owning the whole event, organising the planning of all the teams and swapping between announcing displays, doing some kung fu and failing to be as funny as Mike Withy!

Others – Mel and Jane from Chilli and Chive caterers

And of course – a huge thanks to all of our gymnasts, dancers, martial artists and coaches

## 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, Trampolining or Cheerleading, then please let us know at reception.

## DRILL IN THE NEWS

Drill has been recognised in the annual Wirral Sports Forum awards for best sports club. Drill won the coveted club of the year award. The shield and engraved plate will be on view in our display case from October onwards. Congratulations to all those who made this possible.

At the same awards, our very own Sarah Madge won volunteer of the year for her tireless efforts at Drill. Sarah is a trampolinist, coach and has been compared to Michelangelo with her recent works "Union Flag on Sliding Door" and "The Transformed Banister".

We were also mentioned in the Wirral Globe and the Birkenhead News relating to the £48k Sports England award for building renovations and to our re-opening event (held 22<sup>nd</sup> September).

## FUNDRAISING

### NEIGHBOURHOOD FORUM VOTES

Last month we reported to you that we had been successful in getting through the first round of this grant in the three neighbourhoods we applied to. Unfortunately we found out soon afterwards that the grant has been suspended until the council has their budget under control. We hope that after the review it will be reinstated as it will buy us a lot of much needed equipment and enable us to expand further.

### BCDC 'GYM RATS'

The 'Gym Rats' were extremely successful in their application to the Youth Opportunities fund, and were invited to give a presentation to the panel on what Drill is about, what the grant money will be spent on and how they would benefit from the grant money. They gave an excellent presentation and we heard a few days later that we had been awarded £2244 towards buying some new mats.

### MERSEYSIDE POLICE AWARDS

Following on from our success in applying for a grant to help towards the cost of cheerleading competition uniforms, we submitted another application, this time for competition leotards. We were again successful and received £500 towards the cost of leotards and training kit.

## NEW ACTIVITIES

Having successfully introduced Capoeira, we are also hoping to introduce classes in Yoga Pilates and Tai Chi.

# 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 enquire on how you can help to make Drill a better place.

## SPECIAL FEATURE – BIRKENHEAD TRAMPOLINE CLUB

### HISTORY AND DESCRIPTION

Birkenhead Trampoline Club has been in existence as a competitive trampoline club since 1975 approximately. In all that time it has been situated at Grange Road West Sports Centre, Birkenhead. BTC was started by Dave Rankin and Cathy Page, as a competitive club, Dave also was the lead coach in the sports centre run recreational classes. Those on the classes who wanted to compete joined the club and trained more often. In the late 70's and early 80's it was a NW Sports Council funded Centre for Excellence. Over the years it has produced many Full and youth Internationals (see below).



Over the years members of the club have won many North West (NW) titles and National titles.

Double Mini Tramp - About 15 years ago we started doing Double Mini tramp (DMT) as well as trampolining, and have since won NW and national titles at that as well.

Recreational classes - The coaches have always been involved in the coaching of the sports centre recreational classes until we took over the sports centre. More recently we have set up classes in St. Mary's RC college, in Wallasey, and West Kirby Concourse. We have also always run holiday courses for children.

Competition - We take part in all National Graded competitions, from Grade G up to Grade A, schools competitions, and regional competitions. We also occasionally take teams abroad to compete in International Open competitions. We have also organised regular local competitions as well as being involved in the organisation of National competitions.

Funding - We have received Lottery awards to purchase trampolines and double minis in the past.

National Affiliation - Originally we were affiliated to the British Trampoline Federation, which merged in 2000 with British Gymnastics to which we are now affiliated. - All the coaches and the judges are members and CRB checked.

Gymmark - the club gained Gymmark accreditation in 2004.

### SUCCESSES

Full Internationals - Tony Furlong, Paul Abram, Steve Smith, Neil Brookes, Bobby Dillon, Hanna Moses,

Youth Internationals and reserves- Paul Abram, Steve Smith, Neil Brookes, Trevor Kearon (reserve), David Ford, Sylvia Dillon, Michelle Blaylock, Richard Blaylock, Matthew Southern,

# 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, Trampolining or Cheerleading, then please let us know at reception.

Neil Gregory, Andrew Wild, Philip Mayston, Jayde Beacall (World Age Group U11 and U13 champion). Sarah Littler, Hanna Moses, Tom Jones. Also won medals at World Age Group Championships

National Champions – Jayde Beacall, Neil Gregory and Matthew Southern (Synchro), Tom Jones, Hanna Moses, Bethan Williams. Also many team champions.

## PAST OUTSTANDING MEMBERS OF THE CLUB

Dave Rankin (died 1996) Founded the club and was also on the BTF national committee and an International Judge. He also organised coaching Nationally for many years, and was the NW Secretary for many years.

Ken Todd (died 2009) For many years one of the recreational coaches, and regular judge at most regional events. He was at one time Treasurer and then Chair and then President of the NW committee.



## CURRENT PERSONALITIES

Sue Freeman – Club Coach, Regional Judge – Author of ‘Trampolining – Know the game’. NW judging secretary and committee member and main judge tutor for the NW. Peter Herron – Senior Club Coach; National Judge (formerly International DMT judge); former National and NW Judging Secretary. and Tutor of Judge courses. Cathy Page – High Performance Coach (Tramp and DMT), former Chair of British Gymnastics Trampolining Coach Education Panel, National Judge, Double Mini Tramp. Former Club Secretary/Treasurer. Tutor to all levels of Coach up to High Performance level. NW Treasurer and committee member. Lynsey Steen – formerly a competitor, now awaiting completion of High Performance Coach Tramp and DMT, Also a County judge. Michelle Williams – formerly a competitor now awaiting examination at High Performance Coach Level – County Judge, Senior Club Double Mini tramp Coach.

## FORMER MEMBERS

Many of our former members continued with trampolining and ran or run their own clubs. Paul Abram – ran a club in Everton Park, Liverpool and trained 3 champions at the world age group championships in one year – Lorraine Lyon the under 11 champion that year went on to be the World senior Synchro Champion. Ian Moscrop – ran a club in Liverpool for many years producing youth Internationals. Trevor Kearon – coached for a while, was last seen on television's Castaways on the Scottish island for a year! Zoe Quarless runs the Aerodynamic trampoline Club at the Oval. Peter Edge who competed at the top level to the age of 50 also coaches with Aerodynamic. Jayne Beacall who trained as a coach with our club then set up classes for those with disabilities. Andy Wild who was a Youth International now runs his own club in Wirral – Momentum Gymnastic Academy

Barbeque - For about the past 30 years we have held an annual club barbeque at the Thurstaston Country Park in July. To date it has never been called off for rain

# 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 enquire on how you can help to make Drill a better place.

## CONGRATULATIONS!

Excellent exam results for Adam Bond, Jacob Chan, Charlie Simms (Trampolinists) Abby Hannah, Hannah Hewitt, Sophie Bunker, Lexi Murrant, Sian Johnson and Louise Dobbing (Cheerleaders) who have all gone on to begin sixth form or an apprenticeship.

Anna Mackie graduated this summer and has secured a place on a PGCE course to become a teacher. Adam Horsfall has also started his teacher training this September.

Cathy Page turned 70 in August and celebrated at Drill with gymnasts and friends.

Congratulations also to Michelle and Steve on their new arrival, Dylan.

## AWARD WINNERS – GRAND OPEN DAY

### TRAMPOLINING

Most Improved Performer (Male) – Jacob Chan  
Most Improved Performer (Female) – Chloe Farthing  
Best Competitive Performer (Trampolining) – Adam Bond  
Best Competitive Performer (DMT) – Bethan Williams  
Most Promising Junior – Hannah Thelwell  
Most Improved Performer (DMT) – Charlie Simms  
Sportsmanship – Sarah Madge  
Best All Around Performer – Anna Mackie

### CHEERLEADING

Biggest Improvement – Emmie Smalley  
Most Effort and Commitment – Jenna Humphreys  
Sportsmanship – Lucy Hannah  
Junior Performer of the Year – Lauren Williams  
Senior Performer of the Year – Becky Naylor  
Positive Attitude Award – Shea Welch-Graham  
Best Newcomer – Hanna Moses  
Coaches Award – Tilly Lloyd

### GYMNASTICS

Biggest improvement – Abbie Ross  
Most effort and commitment - Ellen Armstrong  
Best newcomer - Indie Cory  
Under 6 Star Award – Ruby Aderlard  
Most Improved – Charlie Rafferty  
Sportsmanship – Robert Armstrong  
Performance at Competition – Aled Williams  
Junior Star Award – Harry Lewis



# 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, Trampolining or Cheerleading, then please let us know at reception.

## REPORTS AND RESULTS

### GYMNASTICS SQUAD REPORT



It's been a quiet month with the squads mainly focussing on their displays for the Drill Grand Opening.

Boys Team captain of the month was awarded to Robert Armstrong, well done Robert.

Donna will be attending her level 2 Men's Artistic Coaching course this month.

Sian and Dianne will be attending the level 1 pre school course.

### TRAMPOLINING REPORT

There have been no competitions since the last reports so there are no results to post, however the trampolining squads have been working hard towards upcoming competitions; regional grades, English championships, Dave Ward Hunt cup and the North West closed.

An additional development squad began two weeks ago, on a Tuesday, which has been well attended and provides an opportunity for those who show the potential to begin trampolining competitively.

### CHEERLEADING REPORT – BIRKENHEAD COMETS

September has been an incredibly busy month for the cheerleaders; the junior squad are preparing for their first ever competition at the end of October. They successfully debuted their routine at the open day on Saturday after only 2 weeks of putting it together!

We have had a number of new girls join us this month and they have made fantastic progress going from 0-60 in two weeks.

#### NEW MOVES:

Level 1 girls; Shea, Lauren, Emmie, Katie and Claudia, for getting their extension stunts within one training session.



# 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 enquire on how you can help to make Drill a better place.

## DATES FOR YOUR DIARY

Saturday 6<sup>th</sup> October – Trampoline and DMT Regional Grades at Robin Park, Wigan  
Saturday 27<sup>th</sup> October – English Trampoline Championships in Newcastle upon Tyne  
27<sup>th</sup>/28<sup>th</sup> October – Future Cheer Northern Regional Competition

Saturday/Sunday 3/4<sup>th</sup> November – Dave Ward-Hunt Trampoline Competition in Gillingham  
Saturday or Sunday 17<sup>th</sup> or 18<sup>th</sup> November – North West Trampoline Championships

July 2013 - Thurstaston Drill Barbeque (Date TBA)

## 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