

DRILLBITS

THE NEWSLETTER FOR DRILL GRANGE ROAD WEST



NOVEMBER/DECEMBER

Welcome to the joint NOVEMBER/DECEMBER edition of Drill Bits. We wish all our Drill families a happy and festive Christmas break. Please note that Drill will be closed during the holiday period. The centre will shut on Saturday 22nd after training and re-open on Wednesday 2nd January.

HAPPY HOLIDAYS from all of us at Drill!

SUCCESS!

We normally put our competition results in the coaches' reports but we've had such an amazing set of results all in one weekend that we wanted to highlight them here.

27TH/28TH OCTOBER

GYMNASTICS – Sian and her team had another excellent day for Drill and left the competition boasting 4 county champions and a haul of medals. All the athletes medalled and many got two to three medals each (not counting the four trophies). The judges and organisers all commented on the high standard of gymnastics that our athletes displayed

TRAMPOLINING – At the North West finals we had hoped to get into the NW team final. The challenge for Charlie Simms was that she had to get in the top 2 of the 4 NW team. Not only did she do this but she also came first and won the U17 English Title. For other individual athletes results please see the trampoline coaches report.

CHEERLEADING – The junior cheerleading squad entered their first ever competition and blew all the judges and spectators away with their highly polished routine. Due to last minute rule changes, the squad had to completely re-choreograph their pyramid section (where all the stunt groups are joined together) of the routine. The first time they performed the pyramid in the routine was on the competition mat! They came first in their division and received the second highest score of the whole day!

HOLIDAY CLUB

In October we completed a week of half term holiday courses over four days. We had up to 45 children each day having a brilliant time of fun and games, trampolining, gymnastics and some cheerleading. Quite a lot of talent was on show and we hope they will develop into high-level athletes.

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.

NEW COACHES

Charlie Simms, Adam Bond, Sean Carroll, and Jacob Chan have all completed the Level 1 Trampoline coach course – their exam is later in the year. Good luck to all of you!

If there is anyone who would like to give coaching a try, please speak to one of the coaching staff. It might be that you would like to help whilst your child is training, maybe you have some free time in the day to help with our schools activities, perhaps you have always had a secret burning desire to coach. If so please come and speak to us.

NEW ACTIVITIES

We have had enquiries about the following and would be interested in your feedback to info@drillgrangeroadwest.com

- Ballet
- Tai Chi
- Singing lessons
- Pilates
- Yoga
- Over 55's keep fit
- Adult Gymnastic conditioning

XTREME DANCE UK

All our Xtreme dancers recently performed at the Liverpool marathon in October! Based outside the Birkenhead town hall supporting all the runners & the Make-A-Wish children's charity. They all danced their hearts out making our supporting charity, family friends and all the runners very proud!

Xtreme dancers are currently working on and rehearsing for our upcoming show 'Dance Like Nobody's Watching 2013' a mix of old school hip hop, break dance, commercial dance and more...Held at the Carlton Little Theatre on Saturday 12th January 2013 - Tickets on sale now!!

Various classes currently being held at Drill on Wednesday evenings. Please contact Nicola for more detail: Xtremedanceu.k@hotmail.co.uk, 07850427792

GRANTS AND FUNDRAISING

A lot of work is being done at the moment on a number of large grants, which will hopefully help us to refurbish the changing rooms and toilets, as well as purchasing more equipment and mats.

If anyone would like to help out with any grants or fundraising ideas, please do not hesitate to contact us. Drill is run by the community, for the local community and all input is welcomed.

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

TRAMPOLINING REPORT

DAVID WARD HUNT CUP (3RD/4TH NOVEMBER) This was a club International with competitors from USA, Canada, Belgium, Germany, Portugal and Denmark. Bethan Williams competing on Double Mini (DMT) for Wales and won the Under 15 girls title, she also achieved a personal best score in the final.

- Charlie Simms consistently landing well, finished 4th in the Under 18s amongst a whole lot of Belgian competitors.
- Amy Catherall (Under 18s) just missed out on a finals place (but had the same score as the girl who made it) so finished 9th.
- Fiona Sinnott making up the team in the Under 18s competed and landed both passes well and finished 15th
- The team finished 2nd
- Jacob Chan finished 6th in the Under 18 mens. Trying out new passes in the final he slipped from 3rd to 6th but he now knows he can compete with 4 different double somersault dismounts.
- Bethan Williams not at her best in the set, but having the third highest vol total finished 9th just outside the final
- Chloe Farthing jumping really well but at present unable to feature high up due to the newly introduced time of flight, finished 41st
- Sian Foster also completed both set and vol and finished 58th.
- Charlie Simms competed well in a very competitive group finishing 26th,
- Amy Catherall jumping very well finished 33rd
- Fiona Sinnott missing one move in her set still did well to finish 57th and the team were 8th
- Jacob competing in the U18 boys competing 2 double somersaults for the first time finished 23rd having landed his final move of his set routine on the mat so marked out of 9.

DEVELOPMENT SQUAD We have started up another Development squad night on Tuesday evening from 6-8pm. (There is already one on Friday night for Under10s from 4.30 to 6pm). A number of trampolinists have been selected to join this squad. Some of them competed in their first competition in the North West Gradings. As it was their first competition it was expected that most would not score highly enough to move up a grade but some did which was excellent in a first 'competitive' event. Gradings are not competitions as such until level D. They are to check that the performer has got the right sort of style and ability to move up gradually into competitive events.

GRADES (6TH OCTOBER)

Grade D – Jacob Chan and Lucy Steele qualified up to National C – which means they will travel round the country to competitions next year. Matt Burton got the qualifying score but failed to complete one of his routines and will have to wait till the next grade to qualify to C.

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Grade G – Aimee Foster qualified up to E as she scored very highly Iain St. John, Ella Wilkinson, Hannah Thelwell and Ruby Hearn all qualified to Grade F
Well done to all of them!

NORTHWEST CHAMPIONSHIPS (18TH NOVEMBER) The North West Championships results were amazing –almost everyone had a personal best score either on Mini or trampoline or both. We had 4 team firsts, 2 team seconds and one team 5th; we had 12 medallists and 31 finalists (top 8). The winners were Chloe Farthing and Lucy Steele winning the first competition of the day in the Under 15 girls synchro and Bethan Williams winning the Under 15 Elite Trampoline competition and also the Under 15 Mini. Second places went to Charlie Simms and Amy Catherall in the Ladies synchro, Bethan Williams in the U14 girls, Third places to Chloe Farthing in Under 14 girls, Amy Catherall in Under 16 girls, Charlie Simms in Under 19 girls, Sean Carrol in Under 19 boys, Anna Mackie in Over 19 girls, Monty Ammar in Under 15 boys Mini, and Charlie Simms in Over ladies mini.

NORTHWEST SCHOOLS COMPETITION Charlie Simms (U19 girls) and Bethan Williams (Under 13 girls) won their respective age groups at the North West Schools championships along with Amy Catherall 2nd (Under 15 girls) and Chloe 3rd (Under 13 girls). They all go through to the Zonal round of the National Schools competition. Teams from Wirral Grammar with our competitors and St Mary College also went through to the next round.

NEW MOVES

Bethan Williams is now doing rudi out double somersault followed by back somersault on the trampoline and can now perform 'double double' on the Double mini. This is a double somersault on the mini followed by another double somersault dismounting from the mini.

Chloe Farthing is following ½ in ½ out double somersault with a back somersault. She is also doing a double twisting somersault off the mini.

Jacob Chan now does ½ in ½ out and does a two double routine in his voluntary routine.

Amy Catherall is now doing double bounce roll (a double forward somersault off her back) and mini passes with tucked and piked ½ outs (double somersaults).

Sian Foster is doing ½ out into a back somersault on the trampoline and is doing ½ out off the mini

The next Grade competition has been moved forwards to **Sunday January 20th** at Robin Park, Wigan. Entry fees must be in before Christmas. We will have a little 'pre-competition' sometime in December.

Judges, marshalls and recorders – We are looking for parents who would like to assist at competitions in an official capacity.

Judges sit and mark the style of the competitors and go through a 2 day course to learn about this.

Recorders write down the judges scores or type them into a computer and calculate the score – we are planning a short course to teach people this skill in the near future- possibly on the morning of the next grade competition.

Marshalls – sort out the competitors so that they get on the trampoline/mini in the correct order to compete – we will also run a short session to teach how to marshall

If you think you would to do any of this please speak to Cathy

HELP NEEDED!!!

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CHEERLEADING REPORT – BIRKENHEAD COMETS

The last couple of months has been a very busy time for the Junior Squad of the Cheerleaders, not only did they perform their embryonic routine at the Drill Grand Open Day they then worked tirelessly on it for competition at the end of October. With extra training in the half term holidays and extended normal training they managed to surpass all expectations by delivering a perfect routine with no falls or balance checks (bobbles) even in the newly choreographed pyramid. It wasn't all hard work though, the girls were rewarded with a sleepover in the sports centre during the holidays and lots of fun and games were enjoyed.

NEW MOVES:

The level 2 squad have been busy working on some level 3 skills with a view to moving up at the end of the season. Congratulations to Tilly, Hanna, Jenna and Jen who have successfully mastered a full up mount and full down cradle dismount.

DATES FOR YOUR DIARY

Friday 19th December – Christmas party in the evening

Saturday 19th January – Zonal Schools event in Robin Park Wigan (Trampolining)

Sunday 20th January – Regional grade event at Robin Park Wigan (Trampolining)

January 26/27 – Trampoline and Double Mini gala in Gillingham, Kent (Trampolining)

February 16/17th – 2nd trampoline and mini gala at Bath (Trampolining)

9th March – Jamfest Northern Championships (Cheerleading)

17th March – Flowers cup international competition – Aalsmeer Netherlands (Trampolining)

30/31st March 3rd Gala – Hull (Trampolining)

13/14th April – 4th Gala – Cardiff (Trampolining)

20th April – Regional grades at Robin Park, Wigan (Trampolining)

11/12th May – 5th Gala at Bath (Trampolining)

25th May Regional Grades at Robin Park, Wigan (Trampolining)

1/2nd June – 6th Gala in North East (Trampolining)

22nd/23rd June – Jamfest European Championships (Cheerleading)

6/7th July – National Championships (Trampolining)

July - Thurstaston Drill Barbeque (Date TBA)

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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 10:00-12:00

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

CHRISTMAS CLOSING

Drill will be closing on **SATURDAY 22ND DECEMBER** after training and will reopen on **WEDNESDAY 2ND JANUARY**.

Happy Holidays from all of us at Drill!