

# DRILL BITS NEWSLETTER

## JULY 2013

Welcome to the July edition of DRILL BITS containing all the fantastic news/results over the last few months.

## CHEERLEADING

It was time to return to the Echo Arena for the Jamfest European competition. This time there were high stakes for both squads - a qualification and bid to the US Finals! The US Finals is the ultimate competition for lower levels in cheerleading. The top level cheerleaders have 'Worlds' competition, all other levels can qualify for the US Finals. This is an invite only competition based on final score and ranking at certain qualifying competitions, Jamfest Europe was a qualifying competition.

The junior squad went first and unfortunately the enormity of the event, as well as their nerves, got the better of them. They did perform a good routine with no falls or mishaps but they didn't get the required score to qualify for the US Finals. The senior team went out onto the competition mat determined not to let the bid slip through their fingers. They performed the most amazing routine we have ever seen them do and not only hit a perfect routine but also qualified for a bid to the US Finals next April in Florida. The squad are now working hard at fundraising to get them to the event.



**CONGRATULATIONS TO ALL THE CHEERLEADERS  
AND THEIR COACHES!!!**

# SEAN, BECCA AND MATT NATIONAL CHAMPIONS

## NATIONAL CHAMPIONSHIPS 2013

After an amazing season at galas (with lots of medals) and lots of hard work in training we had 13 qualifiers for National Championships held in Birmingham on 5,6,7 July 2013 .

On Saturday all our qualifiers competed trying to gain their spot in the finals the next day. We had some fantastic routines and ended up with 11 qualifiers for finals on Sunday. We also had two synchro pairs that got through to finals on the Sunday, they managed to gain these places by scoring points at the galas and the top 8 synchro pairs went on to compete on Sunday morning.

### Saturdays results

**Anna** 12<sup>th</sup> on NAT C DMT performing 2 brilliant passes

**Charlie** completed both her passes in FIG B DMT and finished 17<sup>th</sup> on trampoline

**Jacob** 11<sup>th</sup> on FIG B DMT completing his 2 double double passes

**Amy** 20<sup>th</sup> on Trampoline getting through her vol which was Amy's main aim for herself

**Chloe** 29<sup>th</sup> on Trampoline

**Sean** 24<sup>th</sup> on FIG B DMT

**Becca** 14<sup>th</sup> on Trampoline

### On Sunday our finalist were :

**Jacob and Sean** -Synchro 4<sup>th</sup>

**Matt and Chris**(Dynamo TC) -Synchro 5<sup>th</sup>

**Ella** U15 Nat C DMT- Silver

**Amy** 4<sup>th</sup> and **Sian** 6<sup>th</sup> in U19 Nat C DMT

**Chloe** 5<sup>th</sup> in U15 Nat C DMT after learning a new pass on the day. (Only Carolyn and Chloe could leave nationals early to go sheer their sheep!!)

**Hanna** 4<sup>th</sup> in FIG A ladies narrowly missing out on the bronze medal but produced 4 good passes .

**Sean** after 2 Brilliant routines on Saturday he was in 3<sup>rd</sup> over night and on Sunday morning Sean went into the competition with lots of confidence and pulled out his best routine ever to take gold and the title of **U19 NAT C TRAMPOLINE NATIONAL CHAMPION 2013!!** Well done Sean

Next came BECCA and MATT competing side by side on DMT .

**Matt** after leading over night produced two brilliant passes at his first ever national finals to secure the title of **19+ NAT C DMT CHAMPION 2013!!** Well Done Matt

**Becca** was 3<sup>rd</sup> over night and finally after many years Becca battled through her nerves "im going to be sick" to perform two fantastic passes to secure her with the well deserved title of **NAT C 19+ DMT CHAMPION 2013 !!** Well Done Becca

**CONGRATULATIONS TO ALL COMPETITORS AND THEIR COACHES CATHY, LYNSEY, MICHELLE, SARAH and PHIL!!!**

Also Thank you to Sue Freeman, Peter Heron, Adam Horsfall for judging for us and Phil and Carl for spotting.



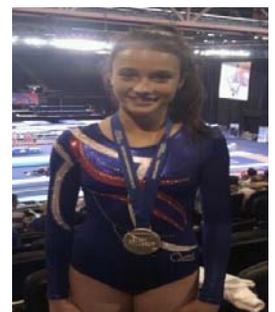
**NAT C 19+ DMT  
NATIONAL CHAMPION**



**NAT C U19 TRAMPOLINE  
NATIONAL CHAMPION**



**NAT C 19+ DMT  
NATIONAL CHAMPION**



**NAT C U15 DMT  
SILVER**

# NESTON SETS

Sunday 6<sup>th</sup> July saw 35 gymnasts from the club go to Neston recreation centre to compete in the yearly Neston sets competition. This is the first year Birkenhead have taken such a large amount of Gymnasts to this competition.

Neston set is a friendly competition between local clubs and the main aim of all clubs is to have fun, complete the routines, win some medals and bring home the club trophy

All gymnasts at Neston sets get a participation medal which is lovely especially for those who are entering a competition for the first time and maybe haven't been in the sport long.

The Birkenhead Medallists were:

## PRE SET 1:

James Armstrong 3<sup>rd</sup> Vault

Ashley Body 1<sup>st</sup> Vault

Emilia Ashfield- 2<sup>nd</sup> Vault

Ethan Billington- 1<sup>st</sup> Floor 2<sup>nd</sup> vault

Josh Paisley- 1<sup>st</sup> Floor

## SET :

Harry Lewis- 2<sup>nd</sup> Vault

Jack Shepard- 1<sup>st</sup> Vault

Fynn Bennett- 2<sup>nd</sup> Vault

Jacob Ryan- 2<sup>nd</sup> Vault

Rowan Body - 3<sup>rd</sup> Vault

## SET 2:

Ethan Houghton- 3<sup>rd</sup> Floor 1<sup>st</sup> Vault

Charlie-John Jones- 3<sup>rd</sup> floor 1<sup>st</sup> Vault

Amy fortune- 2<sup>nd</sup> Vault

Olivia Tasker- 1<sup>st</sup> floor 2<sup>nd</sup> Vault

Sam Schorder- 1<sup>st</sup> Vault

Jack Harper 1<sup>st</sup> Floor 1<sup>st</sup> Vault

Ella D'arcy- 1<sup>st</sup> floor

James Woolfall- 1<sup>st</sup> Vault

Lillie Parr- 1<sup>st</sup> Floor 2<sup>nd</sup> Vault

## SET 3:

Indie Cory Kennedy- 2<sup>nd</sup> Vault

## SET 4:

Robert Armstrong- 1<sup>st</sup> Floor 1<sup>st</sup> Vault



**BIRKENHEAD ALSO WON THE CLUB TROPHY FOR NETSON SETS  
2013**

**Well Done to all Gymnasts and Coaches!!!**

## QUALIFICATIONS

Congratulations to all these coaches on passing these qualifications

**Sarah Madge** level 3 Freestyle Gymnastics

**Fiona Sinnott** Level 1 Trampoline

**Phil O Sullivan** has passed his county judge and level 3 module 2 in trampolining

**Adam Horsfall** passed his regional judge with flying colours and judged for us at National championships. Adam has also qualified as a teacher and starts his new job in September in a primary school. Well done Adam

**Donna Adlard** passed her level 2 gymnastics exam

We also have a new coach **Ciara Mckenna** who is looking after our girls' gymnastics squad and looking at starting some new classes in September

## EXAMS RESULTS and UNIVERSITY

GOOD LUCK to all at Drill who are waiting for their GSCE and A-LEVELS results

Well Done to **ANNA MACKIE** who is now a qualified P.E TEACHER after 4 years of hard work at Liverpool University. WELL DONE ANNA

Well Done to **MATT BURTON** who got a first in his second year at Manchester Uni keep up the hard work

Congratulations to **HANNA MOSES** who also graduated from UNIVERSITY with a degree in sports and exercise science. WELL DONE HANNA

**CARL SINNOTT** has a teaching job at St Marys starting in September. Well done Carl after lots of hard work.

## DATES FOR THE DIARY

'Join in' day were you can bring your family and friends along to try the sports available at drill on **Sunday 8<sup>th</sup> September 2013**. There will also be some displays for you to enjoy!

North West trampoline Championships **October 13<sup>th</sup>/14<sup>th</sup> 2013** keep it free

Summer Holiday Course will be running throughout the summer please see Jess at reception to book on.

**HOPE YOU ALL HAVE A FANTASTIC SUMMER HOLIDAY !!!**