

DRILL BITS NEWSLETTER

SEPTEMBER 2013

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

'JOIN IN' DAY

'Join in' day were you can bring your family and friends along to try the sports available at Drill on **Sunday 8th September 2013** .

The centre will be open from 10am -4pm for you to try Trampolining, Cheerleading, Gymnastics, Capoeira, Judo and Dance.

There will also be some small stalls with cakes and books for sale to raise money. If anyone has any old books they would like to donate please bring them to the gym this week.

TELL YOUR FRIENDS AND COME ALONG AN WATCH SOME FANTASTIC DISPLAYS!!!

GYMNASTS SET FOR LONDON OPEN CHAMPIONSHIPS

Big Good luck to all the boys Squad who will be travelling down to London for the weekend of 7/8th September for the London open Championships . Well done to all the Gymnasts and coaches who have worked extremely hard to get the boys ready for the competition.



NEW MOVES

Congratulations to **Jack** from boys squad, **Lucy** and **Madison** from girls squad who all got flics for the first time this week.

Sad News that the girls coach **Ciara Mckenna** will be leaving us at the end of September to return home to Ireland. It has been fantastic having you Ciara and we wish you all the luck in whatever you choose to do.

TRAMPOLINING

Amy, Cara, Chloe and Ella all Spent 4 days at Edgbarrow Summer Camp where they enjoyed Trampolining, DMT, Pit work, Wall Trampolining, Diving and Bowling. Thank you to Cathy and Sarah for taking them and Carolyn for the loan of her 7 Seater to fit us all in !!

NEW MOVES

Cara can now do Full, followed by rudi and is getting near to 1/2 out

Chloe has performed 4 consecutive double somersaults

Amy now has 4 double in her voluntary routine

Anna has linked 1/2 out and double back

Ella has 1/2 out on trampoline and mini

Jacob has done both rudi out (double somersault with 1 1/2 twist in the second somersault) and Full in 1/2 out which is double somersault with 1 1/2 twists spread between both somersaults

Lucy has done 1/2 out on the trampoline.

Sarah is starting to bounce again after her knee injury and is hoping to get the all clear to return back to training soon.

NORTH WEST CLOSED and TARIFF COMPETITIONS

NW Closed and Tariff Competition entry money needs to be in by **13th September** along with BG membership renewal.

DMT and synchro preliminary routines on Saturday 12th,

Individual and finals for all on Sunday 13th.

NW tariff competition (for those not ready for NW closed) is on Saturday October 12th

CHEERLEADING

The cheerleaders, and their supporters, are very busy trying to raise a portion of the money to help them go and compete in America. On Saturday 24th August the cheerleaders (and some of their parents) went to B&Q in Bidston to do a collection. Whilst they were there, they put up stunts in the shop and showed off some of their skills. They were so well received that the managers invited them back on the bank Holiday Monday to do the same again. During the weekend they raised £950, which added to the £1000 they raised bag packing at Asda Bidston the weekend prior, has given them a big boost in their totals.

- ★ Future events include a Race Night at Birkenhead Rugby Club on **27th September**, all races are 50p.
- ★ Pamper beauty day at Aspirations Holistic Therapies on **Sunday 6th October**, all treatments from a selected list are £5. Everyone is welcome to these events, for further details please see any of the cheerleaders or their coaches.

★GOOD LUCK WITH THE REST OF YOU FUNDRAISING★

FREESTYLE GYMASTICS

We run Freestyle gymnastics on a Friday evening from 7-8pm (11-13yrs) and 8-9pm(14+). We currently have some spaces available on our first session which is a block booking session of 4 weeks at £16 and second hour is pay as you go at £4 per hour.

NEW MOVES

Congratulations to the boys who are **ALL** working really hard on new moves.

Louis, Sam and **George** on getting their Flics.

Sam and **Leo** getting Round off Tuck Backs on Air track and nearly ready to do on floor.

Luke and **Ethan** getting their Tuck Back on trampoline.

QUALIFICATIONS

Congratulations to these coaches on passing these qualifications:

Hazel Farthing Level 1 Trampoline

Carl Sinnott on passing his Regional Judge exam

EXAMS RESULTS and Other News

Congratulation to all in the centre who got their GCSE and ALEVEL Results

Fiona Sinnott got 3 x A*s , 5 x As and 1B .Good luck to fiona who has started her new Apprentiship

Hazel Farthing got 4 x A*s and 6 x As and is Staying on to study her A levels at Wirral grammar. Good luck Hazell!

Mollie Neil also got fantastic GCSE results Well Done

Charlotte Simms got 4 x As in her AS levels. Good luck with your A levels

Jacob Chan also got fantastic results in his AS levels with an A in his Art. Good luck with your A levels.

Also a Big Good luck to our Fantastic coach **Lynsey Steen** with her new business.

Thank you to **Helen Evans** (Adult Trampolinist) who has come on board to help the funding team with grants and fundraising.

DATES FOR THE DIARY

JOIN IN Day 8th September 2013

North West trampoline Championships October 12th/13th 2013

North West Tariff Competition October 12th

HOPE YOU ALL HAD A FANTASTIC SUMMER HOLIDAY !!!

Memberships Prices for 2013/2014

- ★ All members partaking in any of the Main Hall Disciplines require insurance through their governing bodies. See below for all membership prices for 2013/2014. All memberships can be paid at reception and let us do the rest.
- ★ Recreational Gymnasts, Development Gymnasts, Recreational Trampolinists, Adult Trampolinists and Free Style Gymnasts all require a Bronze BG Membership £17.00 + £5.00 Club Membership per annum
- ★ Squad Gymnasts and Trampolinists require a Silver Membership £41.00 + £2.00 for North West Membership + £5.00 club membership per annum (Check with your coach)
- ★ Preschool classes require a Bronze Kindergym Membership £11.00 + £5.00 Club Membership per annum
- ★ Cheerleaders require £5.00 Club Membership per annum
- ★ Temporary Bronze Memberships from British Gymnastics can be obtained but only last for 6 weeks £7 and 17 weeks £11