

DRILL BITS NEWSLETTER

NOVEMBER 2013

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

CHRISTMAS DISPLAY

Christmas Display Sunday 8th December 2-4pm - We really want to show everyone how all our gymnasts are progressing - with new moves and new routines.

So get your tickets a.s.a.p Adults £4 and Children £2 Details from reception.

There will be a cake stall, a raffle, as well as the display. We are welcoming prizes for the raffle.

CHRISTMAS PARTY

The Christmas party will be on Saturday 14th December 2013 at the centre . It will be a great night to celebrate all our achievements over the past year and celebrate christmas within the gym. There will be music, fun, Raffle, FOOD!! and more. Tickets are £3 or Family of 4 for £10 and available from reception. Any prizes (wine,Chocolate,Toys, Teddies) please bring in between Monday 9th - Saturday 14th)

**ALL MONEY RAISED FROM THESE EVENTS WILL GO
TOWARDS NEW EQUIPMENT FOR THE GYM!!**

Christmas Closure

We will be closing over Christmas for 2 weeks - from Sunday 22nd December through till Sunday 5th Jan - The recreational classes will start again on Monday 6th JAN.

For those squads preparing for competitions we will most likely have some extra sessions during the holiday break.

Cleaning Days

After Christmas we will be having some working parties to clean, paint, tidy out cupboards etc. Please put your names down on a sheet for Saturday 28th and Sunday 29th of December.

TRAMPOLINING

NORTH WEST CLOSED and TARIFF COMPETITIONS

Congratulations to all the trampolinists that took part in the tariff and north west championships over the weekend of 12th and 13th October. We had lots of fantastic results here are a few :

CHLOE AND LUCY - U15 GIRLS SYNCHRO CHAMPIONS

CHARLIE AND AMY - U15 LADIES SYNCHRO CHAMPIONS

MATT AND CHRIS - U15 MENS SYNCHRO CHAMPIONS

CHARLIE - 2nd DMT , 3rd U19 Trampoline

AMY- 3rd DMT, 2nd U19 Trampoline

CHLOE- 2nd U15 Trampoline, 3rd Elite Girls Trampoline

ELLA - 2nd DMT

Also huge congratulations to those who competed at the tariff competition with some brilliant routines .

This competition also seen a charity competition take place and we had 3 entries .

Phil Osullivan who managed to pull of a very interesting and crowd pleasing vol routine after nearly falling on the 3rd move.

Adam Horsall who manage to complete 10 moves in his routines

And **CATHY PAGE** who wowed the audience with her routine starting with a tuck back somersault

The trampoline team have also enjoyed a night at the contemporary Circus in liverpool and were all amazed by the skills of the four performers. We are also looking forward to heading to the empire next month to watch Peter Pan as a christmas night out with the team . Thank you to Anna for organising this .

CONGRATULATIONS TO ALL THE TRAMPOLINE TEAM ON A FANTASTIC YEAR AND WE LOOK FORWARD TO ANOTHER SUCCESSFUL YEAR IN 2014 !!!!!

FREESTYLE GYMASTICS

We run Freestyle gymnastics on a Friday evening from 7-8pm (11-13yrs) and 8-9pm(14+ and invited members). We currently have some spaces available on our Second session which is pay as you go at £4 per hour for members 14+.

We would like to welcome Jacob Chan onto our coaching team and also congratulate Sam, George, Ethan, Jack, Ryan on being invited to join our second hour for working hard and starting to develop lots of new skills. Keep it up boys.

CHEERLEADING

The junior and senior cheerleading squads competed at their first competition of the season on Sunday 17th November.

The juniors went first and after a very shaky warm up pulled out an excellent competition routine which placed them second in a field of 8.

The seniors had a very tough division to compete in with an extremely hard routine, however, they went out and performed really well. Unfortunately 2 falls on one small section dropped them from 3rd to 6th in a field of 10.

I am extremely proud of all of the athletes; the juniors stepped up their game across the board with harder stunts and harder tumbling and the seniors got their first experience of competing their USA routine to a panel of judges. It was a great start to the season and shows immense promise for what is to come.

Jodie Stott (Head cheer coach)

GYMNASTICS

Congratulations to **Aled** and **Ethan** who competed as part of the North West Team that won gold this month.

The gymnast also entered the North west 2 Piece competition at Robin Park. 7 boys entered into the Level One under 8s. Results are as follows

We took a clean sweep on Vault

Ethan Billington Gold on Vault

Rowan Body Silver on Vault

Jack Shepard Bronze on Vault

Jack Shepard silver on Floor and with his combined scores placed 2nd overall.

In the Under 10's level 2 **Nathan Thomas** brought home Gold on floor silver on Vault and silver overall.

**WELL DONE TO ALL THE GYMNASTS ON A FANTASTIC
YEAR!!!!**

QUALIFICATIONS

Congratulations to these coaches on passing these qualifications:

Vicky Judge - passed her trampoline level 2

Other News

Jennie Murphy has joined the trampoline coaching team. Jennie was a competitor many years ago and now has her son Lucas doing gymnastics.

Anna Mackie has joined the Girls gymnastic coaching team.

We came second in Asda's tokens for charities- Thanks to all who put tokens into the collecting boxes in Asda

Have you named the teddy yet? £1 to choose a name for the teddy at reception.

DATES FOR THE DIARY

CHRISTMAS DISPLAY : Sunday 8th December - 2 til 4pm

CHRISTMAS PARTY: Saturday 14th December- 7 pm +

CHRISTMAS CLOSURE: Sunday 22nd til Sunday 6th January

CLEANING DAYS : Saturday 28th and Sunday 29th December

**ALL THE TEAM AT DRILL HOPE EVERYONE HAS A
FANTASTIC CHRISTMAS AND LOOK FORWARD TO
ANOTHER YEAR AT DRILL IN 2014!!**