

DRILL BITS NEWSLETTER

DRILL Grange
Rd West

SUMMER 2014

Welcome to the Summer Edition of DRILL BITS 2014 containing all the fantastic news/results over the last few months.

NEW!!!

Preschool Gymnastics

Preschool sessions are running on Tuesday morning in our new preschool room (the old dance studio). Our preschool classes will be run in two sessions. Our 9.30 start is for children 18 months up to 3 years and our 10.30 start session is for children between the ages of 3 to school age. We anticipate that the preschool courses will be extremely popular so please book your child on ASAP

DANCE STUDIO

We now have a newly matted gymnastics area in the dance studio at the side of the hall which gives us more space to work in.

GYMNASTICS- Phil Tighe

On the 28th of June 2014, some of our Women's and Men's Artistic Squad travelled down to Manchester to take part in the Phil Tighe, 2 piece floor and Vault competition. For some this was their first competition and for all our lady's it was the first time that they had been able to compete floor with a full floor routine to music. We walked away with a few titles and a lot of medals for such a big competition. "It was a wonderful day I was so proud of them" Coach Adlard commented.

Our medal and title winners are listed below and a big well done to everyone that took part;

Olivia T – 1st Overall Novice Over 13s Champion, 2st Floor, 1nd Vault

Holly N – 2nd Overall Novice Over 13's, 1st Floor, 2nd Vault

Phoebe H – 3rd Overall Novice Over 13s, 3rd Floor, 3rd Vault

Jessica W – 3rd Overall 9 Girls, 3rd Floor

Jack S – Overall Boys under 10's Champion, 1st Floor, 2nd Vault

William B – 2nd Overall, 1st Vault

Rowan B – 3rd Overall Under 10s, 3rd Floor, 3rd Vault

Harry L – Under 10s, 2nd Vault

Kyle M – Under 10's, 3 Vault

Finn B- Under 10's, 2 Floor

Sophia B – Girls 8's, 2nd Overall, 1st Floor

Leah M – Girls U12, 3rd Floor



GYMNASTICS -NESTON SETS

On the 6th of July 2014, 40 squad and advanced recreational gymnasts competed at the annual Neston Sets Competition in Neston Recreational Centre. The local 2 floor and vault competition is one of the biggest in the area and for the majority of our gymnasts it was the first time that they had ever competed. We didn't win the overall club trophy this year but we did finish in a respectable 2nd place after a great day.

Thank you to all our coaches, gymnasts and parents for all their hard work. Our medal winners of the day were as follows:

Leah M 3rd Vault

Olivia T 3rd Vault, 2nd Floor, 2nd Overall

Ruby A 2nd Floor, 2nd Vault, 1st Overall

Evie S 3rd Vault, 3rd Overall

Carlo 3rd Vault

Sophia B 2nd Vault, 2nd Overall

Jack H 1st Vault

James W 2nd Vault, 2nd Floor, 3rd Overall

Jacob R 1st Floor, 1st Overall

William B 3rd Vault, 2nd Floor, 2nd Overall

Jess S 2nd Vault, 3rd Floor, 2nd Overall

Oliva H 2nd Vault

Alexis S 3rd Vault

Rosie w 2nd Floor, 3rd Overall,

Finn B 1st Vault

Jack S 2nd Vault, 1st Floor, 2nd Overall

Rowan B 3rd Floor, 3rd Overall

Harry L 3rd Floor 3rd Overall

Jessica W 3rd Floor

Olivia K 2nd Vault

Joe H 2nd Vault

Kyle M 1st Vault

Emilia A 2nd Vault



WELL DONE EVERYONE

TRAMPOLINING

NDP NATIONAL FINALS

Congratulations to all gymnasts that took part in the NDP finals in July. The event was held in Telford and was the results of qualifying in four previous competitions so well done everyone.

Results

CHLOE – National Champion on DMT

Lucy-5th on DMT

Anna- 7th on DMT



British Championships

Congratulations to Lauren, Beth and Ella who competed at the British last month

Lauren and Beth were crown British Champions

Ella came 3rd.

WORLD SELECTIONS

Ella and Beth have been selected for the GB team to compete in Daytona Beach Florida in November Congratulations.

Also Congratulations to Lauren as she was supposed to be trialling but after a mistake by British Gymnastics she couldn't but we want to congratulate her on all her hard work this year .



NATIONAL LEAGUE

The National league is a new competition brought out by the clubs to allow elite trampolinists at any age and level to compete within a well structured competition. The league has four competitions each with 4 level: league 3, league 2, league 1 and open. There are 4 competitions with competitors gaining points towards league finals in December.

On the weekend of 30th, 31st we travelled to Cardiff to compete: Saturday

DMT :

Anna won her age group after some brilliant passes and landed her new pass barani, double full

Matt won his Age group

Lucy won her age group after landed all her passes

Amy also won her age group

Yes 4 GOLD MEDALS well done everyone

Trampoline

Anna came 16th after an unfortunate end to her vol which was looking really nice but still gained some point towards finals

Phil competed 3 routines to earn him 2nd place after not competing for 4 years and gained points for finals

Sarah came back to compete after 2 and half years out due to injury to her knee and came 7th in her group gaining the second highest form scores in her group in the finals . She also gained points for finals

Sunday saw **Amy** and **Lucy** take to the trampoline. Amy came 8th after completing her routine. Lucy won her group after some great routines. Both girls got points towards finals.



JUMP NATION

Recently we took a trip to jump nation in Manchester we had a great 2 hours jumping around 145 trampolines. Thank you to everyone involved for a great day and those who drove there.



OTHER NEWS

QUALIFICATIONS

Congratulations to these coaches on passing these qualifications:

Congratulations to **Diane Rich** for passing her level 2 PreSchool gymnastics

Congratulations to all our GSCE and AS/A levels students who have all done amazing in their results

Congratulations to Hazel on passing her Level 2 trampolining exam and big thank you to her guinea pigs that helped her



Congratulations to Sue Freeman who has been awarded a British gymnastics award for her services to Judging over many years .

LYNSEYS BABY BOY

Congratulations to Coach Lynsey and Stu who had a beautiful baby boy Thomas in July . I'm sure we will see him bouncing around the gym soon 😊

Bonfire Night at Drill

ON November 5th we will be having a Bonfire and Fireworks in the garden behind the sports centre all are welcome. There will be some hot food available.

There will be a list to let us know you will be attending in reception soon!!

You may have noticed some new equipment slowly arriving in the gym. Over the next month we will see a complete move around of the gym and a lot more new equipment coming in. This is all thanks to a Big lottery grant gained by the autism mobility that has recently been started with our link with Wirral Autistic Society. Big thank you to Sarah, Phil, Cathy and Ryan for all the hard work over the last year to help get this running and also the staff from Wirral Autistic Society

Some of you that watched the commonwealth games may have notice 2 of our trampolining squad and coaches at the games. Sarah and Becca gave up there time to volunteer at the games. Both of the girls had a fantastic time and had the opportunity to lead out team like the GB girls, Boys Pommel finals and NZ girls for competition .We would like to congratulate the girls on their hard work.

