



**40<sup>TH</sup>**  
1976 - 2016  
ANNIVERSARY YEAR

# Leatherhead and Dorking Gymnastics Club Newsletter Winter/Spring Edition 2016

Welcome to the 1<sup>st</sup> edition of our 2016 newsletter.

Happy New Year to all our members. 2016 is a very special year for the Club as it is our 40<sup>th</sup> Anniversary year. We are planning to celebrate this wonderful achievement throughout the year.

What a great start to our celebrations we have had with receiving the news that the Team Gym Youth group have won the International Cup.

The efforts of Sophie Scott and our Team Gym Youth Gymnasts were rewarded being runners up at the ESSN evening with both being runners up in their respective categories.

We have had fantastic feedback on the success of the Squad Christmas Show "Twelve Days of Christmas" and have set the dates for this year's displays so please make a note of them in your diaries. Well done to all our gymnast, their coaches and volunteers who made it so special. We have a shortened version of the film footage on our website and Facebook page. For anyone who would like to order the full version there are order forms at reception.

We have just appointed Sadie Makinson (Herbert) as Women's Artistic Head Coach, Lisa-Marie Winteridge has also been employed to assist with the Regional Women's Artistic coaches.

Charlotte Heelas has been designated as Head Coach for Team Gym.

Alberto remains Club Head Coach with overall responsibility of all activities and will also have a more of a lead, 'hands on' role with Ryan Kittle and Liam O'Brien with Men's Artistic.

In September we introduced Disability Gymnastics with a grant and support from Mole Valley Council and now have two classes from Woodlands School attending on a weekly basis.

In November we held our AGM which was well attended.

In December, 48 of our Intermediate gymnasts took part in their first competition at Guildford Spectrum in the Surrey Floor and Vault competition.

53 of our advanced general gymnasts took part in the Neon Gymnastics Competition at Tolworth. This year the Senior General Gymnasts coaches have more competitions for the general gymnasts to enter.

The extension to provide new changing rooms for the Squad gymnasts is now completed.

Margaret & Paul  
Joint Directors

## Squad Christmas Show Performers



### POLITE REMINDER

Please observe the double yellow lines and the hatched area where there should be **NO PARKING OR STOPPING** at any time.

**We insist that all children are collected from inside the building and that you do not expect them to meet you in the car park. This is for their safety.**

### Forthcoming Dates for your diary

Little Stars Leotard Sale – 18<sup>th</sup> & 19<sup>th</sup>  
March 2016

Gym Clean – Sunday 22<sup>nd</sup> May 2016

Bike Ride Closure – 31<sup>st</sup> July 2016

Olympics 2016 – Gymnastics coverage  
6<sup>th</sup> -19<sup>th</sup> August

Club Championship Competition –  
Sunday 4<sup>th</sup> September 2016

Squad Christmas Displays – Friday 9<sup>th</sup>,  
Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> December  
5 Shows

### Competition Schedule until April 2016

Here are the competition dates for your diaries. Please make sure that you make all the training sessions.

#### Women's Artistic

21<sup>st</sup> February – NDGA Pre-Grades

13<sup>th</sup> March Club Grades 6 & 5

7-10<sup>th</sup> April – British

Championships Liverpool

16-17<sup>th</sup> April -

National/Compulsory &  
Regional Grades 4, 3, 2 & 1  
Guildford Spectrum

#### Men's Artistic

6<sup>th</sup> March – Regional

Championships at K2 Hawth  
Crawley (Closing date 29/1)

#### Team Gym

6-7<sup>th</sup> February – BG Zonal  
Training (8 gymnasts)

12-13<sup>th</sup> March – Southern

Qualifiers Bracknell

19-20<sup>th</sup> March – BG Zonal  
Training (8 Gymnasts)

#### GfA

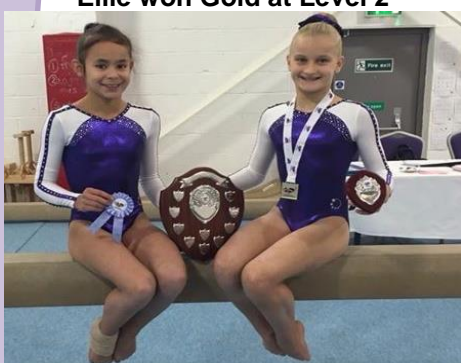
24<sup>th</sup> April – Surrey Teams  
Spectrum Guildford

## Women's Artistic

In October the Regional Women's artistic gymnast had a good competition with Jemima coming 2<sup>nd</sup> in Modified 5.



At South East Region Levels  
Ellie won Gold at Level 2



The same weekend Sophie represented Great Britain competing at the Rosebowl in Rushmour and came 2<sup>nd</sup> overall and won the Gold on Vault & Bars apparatus finals.



Mia Hamill, Hannah Coutts, Isabelle Smith and Madeleine Dodd were selected for South & South East Region Pathway Camps in December, January and February.

## Team Gym

### Leatherhead & Dorking Team Gym Youth Team win International Cup

The International Cup consists of 5 competitions across Europe and the two highest scores over two competitions determines who wins the International Cup. The Team competed in England (Bracknell) and Scotland (Dundee) and have won a week training in Cesenatico in Italy.



The Team have been shortlisted for the Newspaper Sports Awards being held this week at Lingfield.  
The Development, Tumbling boys entered their first competition joining the Regional Squad at the South East Open competition at K2.  
TG Dev L6 Mini Micro – Bronze  
TG Dev L5 Mini Micro – Gold  
TUM L4 Youth Micro – Silver  
TG Regional – 4<sup>th</sup>



At the Bracknell Open/International Cup  
TG Nat Juniors – Gold  
TG Nat Youth – Silver  
TG Regional Youth - Gold





## Men's Artistic

The boys competed well at Regional Grades held at Pegasus. Owen Courtney, Matthew Bennett and Finlay Glasgow all competed at Guest level. Owen and Matthew finished in 2<sup>nd</sup> and 3<sup>rd</sup> place respectively. Alex Taylor took the gold at L4 and qualified to the National at Birmingham for the 4<sup>th</sup> year running. Jared Field was the first ever MAG gymnasts for L&DGC to enter the L1 Elite Grades and finished 6<sup>th</sup> qualifying for the Nationals finals for the first time.



At the London Open in Redbridge Alex Taylor won gold on High Bar and finished 4<sup>th</sup> overall. Matthew and Owen did very well at Guest level with Owen taking two Gold medals for Parallel Bars and Pommel Horse.

At the National grade finals in Birmingham Alex Taylor did well finishing 13<sup>th</sup> overall at Level 4.

Jared Field was part of the South East Team who won the Silver medal at Elite L1.



## Sadie Makinson (Herbert) Head of Women's Artistic Profile

Sadie is an International Coach and International Judge. She has coached the England team at the Commonwealth Games and the GB Team at the European Championships. She has judged at the World Championships and 2012 Olympic Games.

Sadie holds an IPC in Women's Artistic gymnastics and previously worked at Leatherhead & Dorking Gymnastics Club 1990 to 2001 with Vladimir.

## Fund Raising

Please continue to support us through

**easyfundraising**  
.org.uk



Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be raising a free donation for Leatherhead and Dorking Gymnastics Club? There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, The trainline and Sainsbury's, who will donate a percentage of the amount you spend to Leatherhead and Dorking Gymnastics Club to say thank you for shopping with them.

It's really simple, and doesn't cost you anything.

All you have to do is:

1. Go to <http://www.easyfundraising.org.uk/causes/ldgc>
2. Sign up for free
3. Get shopping - your donations will be collected by easyfundraising and automatically sent to Leatherhead and Dorking Gymnastics Club. It couldn't be easier!

There are no catches or hidden charges and Leatherhead and Dorking Gymnastics Club will be really grateful for your donations.

Thank you for your support.

Nadia Darcy and Tina Abbas.  
Fund Raising Committee