
NEWSLETTER 4

BOOK NOW FOR THE SUMMER CAMP

Monday 27th July - Thursday 30th July 10:00-15:00

We will be running a summer course for gymnasts aged 8 years and above. Gymnasts will need to bring a packed lunch with them. The course will consist of using all apparatus, floor basics, strengthening and games.

The cost of the summer course is £120 for the 4 days. Spaces are first come first served so please book as soon as possible! Places are going fast!



Please keep checking the new website for updates - <http://www.nelgc.org>
We update this regularly.

Reminder - We are closed for Easter - Saturday 28th March will be the last term date. We reopen Monday 13th April.

We hope you all have a lovely Easter.

COMPETITION RESULTS - Level 3

Well done to all the gymnasts who took part in the club competition! Level 3 is the entry level for the club competition so this would have been most of the gymnasts first competition. All the gymnasts worked extremely hard throughout the term towards the competition. Well done everyone!

FRIDAY 20TH MARCH 5:15 - 6:15

		Floor	Position
Gaete	Flora	9	1st
Numo	Alexandra	8.9	2nd
Millar	Seren	8.5	3rd

		Bars	Position
Numo	Alexandra	9.4	1st
Gaete	Flora	7.9	2nd
Gordan	Raia	7.6	3rd

		Vault	Position
Gaete	Flora	8.7	1st
Millar	Seren	8.3	2nd
Scott	Jenay	8.1	3rd
Numo	Alexandra	8.1	3rd

		Body Conditioning	Position
Numo	Alexandra	8.8	1st
Gordan	Raia	8.7	2nd
Robb	Chloe	8.3	3rd

FRIDAY 20TH MARCH - 4:00 - 5:00

		Floor	Position
Robbins	Adam	8.3	1st
Resta	Luciano	8.1	2nd
Jackson	Dylan	8	3rd

		High Bar	Position
Shah	Dylan	8.7	1st
Smith	Louis	8.6	2nd
Hogan - Tricks	Louis	8.4	3rd
Nkoso	Adam	8.4	3rd

		Vault	Position
Robbins	Adam	8.6	1st
Nkoso	Adam	8.4	2nd
Hogan - Tricks	Louis	8.1	3rd
Prokofiev	Dmitri	8.1	3rd

FRIDAY 20TH MARCH 6:30 - 7:30

		Floor	Position
Attanasio Delgado	Laura	9.1	1st
Paker	Loulou	8.6	2nd
Page	Paris	8.4	3rd

		Bars	Position
Paker	Loulou	8	1st
Loveridge	Mollie	7.7	2nd
Bage	Natasha	7.3	3rd
Denis	Taleyah	7.3	3rd

		Vault	Position
Kaur	Preetika	8.5	1st
Samuels Moselle	Thea	8.3	2nd
Bartleet	Cosima	8.2	3rd

		Body Conditioning	Position
Denis	Taleyah	9.1	1st
Kaur	Preetika	8.4	2nd
Samuels Moselle	Thea	8.2	3rd
Clark	Lottie	8.2	3rd

		Body Conditioning	Position
Tingay	Hugh	8.25	1st
Nkoso	Adam	7.95	2nd
Prokofiev	Dmitri	7.95	2nd
Shah	Dylan	7.9	3rd

COMPETITION RESULTS - Level 2

SATURDAY 21ST MARCH 11:00-12:30

		Floor	Position
Levy	Nora	9.2	1st
Davis	Miriam	9.1	2nd
Turner	Isabella	8.7	3rd

		Bars	Position
Bartleet	Isadora	8.2	1st
Peake	Tess	7.7	2nd
Chalmers	Sienna	7.6	3rd
Davis	Miriam	7.6	3rd

		Vault	Position
Morgan	Livia	9.3	1st
Levy	Nora	9.1	2nd
Pothalingham	Alice	9	3rd
Lewis	Rosie	9	3rd

		Body Conditioning	Position
Levy	Nora	8.5	1st
Davis	Miriam	8.4	2nd
Peake	Tess	7.9	3rd
Turner	Isabella	7.9	3rd

		Beam	Position
Levy	Nora	8.6	1st
Davis	Miriam	7.7	2nd
Turner	Isabella	7.6	3rd

The Level two gymnasts had a huge task of having to learn 5 pieces for the competition, all level 2 gymnasts competed on all 5 pieces which is a great achievement for them! This would have been the Level 2's second competition but for a small few would've been the first! Big well done to all the gymnasts!

SATURDAY 21ST MARCH 12:30 - 2

		Floor	Position
Anthony	Maya	8.9	1st
Bielecka	Julia	8.9	1st
Trindade-Morley	Elsie - Mae	8.7	2nd
Hanshaw	Evie	8.6	3rd
Hodge	Maddie	8.6	3rd

		Bar	Position
Hodge	Maddie	8.5	1st
Reid	Sinai	8.4	2nd
Astle	Alice	8.3	3rd

		Vault	Position
Reid	Sinai	9.1	1st
Trindade-Morley	Elsie - Mae	8.9	2nd
Fairs	Millie	8.8	3rd

		Body Conditioning	Position
Trindade-Morley	Elsie - Mae	9	1st
Reid	Sinai	8.2	2nd
Wilson	Amour	8	3rd
Alexander	Tyanne	8	3rd

		Beam	Position
Trindade-Morley	Elsie - Mae	9.8	1st
Bielecka	Julia	9.1	2nd
Reid	Sinai	9.1	2nd
Anthony	Maya	8.4	3rd

SATURDAY 21ST MARCH 11:00-12:30

		Floor	Position
Ingram	Dylan	8.7	1st
Monastiriotis	Dimitrius	8.4	2nd
Israar	Clarke	8.1	3rd

		Bars	Position
Ingram	Dylan	9.2	1st
Rigg	Solomon	7.8	2nd
Smith	Joe	7.2	3rd

		Vault	Position
Smith	Joe	8.1	1st
Ingram	Dylan	8	2nd
Clarke	Israar	7.8	3rd

		Body Conditioning	Position
Ingram	Dylan	7.1	1st
Monastiriotis	Dimitrius	6.8	2nd
Rigg	Solomon	6	3rd

		P-Bars	Position
Ingram	Dylan	8.1	1st
Smith	Joe	7.9	2nd
Rigg	Solomon	7	3rd

COMPETITION RESULTS - LEVEL 1

The Level 1 gymnasts also worked really hard throughout the term leading up to the competition, this year they also had to prepare for 5 pieces which they've never had to do before so well done to them! For many of the Level 1's this would've been their 3rd competition and for a small handful would have been their very first! Congratulations everyone!

SATURDAY 21ST MARCH 2:30-4:00

		Floor	Position
De Silva	Isla	9.1	1st
Voulgari-Cleare	Elektra	9	2nd
Chambers	Alice	8.8	3rd

		Bars	Position
Cherkoff	Maggie	7.2	1st
Williamson	Isla	6.2	2nd
Roland Thea		5.9	3rd

		Vault	Position
Holloway	Persephone	9.2	1st
Chambers	Alice	9	2nd
Piperger	Lalita	8.8	3rd

		Body Conditioning	Position
Williamson	Isla	8.6	1st
Chambers	Alice	8.5	2nd
Norman	Petra	8.4	3rd
De Silva	Isla	8.4	3rd

		Beam	Position
Chambers	Alice	9.7	1st
Norman	Petra	9.6	2nd

SATURDAY 21ST MARCH 4:00-5:30

BOYS - OVERALL POSITION

Luke Westgate	1st
Arda Yeldiz	2nd

SATURDAY 21ST MARCH 4:00-5:30

		Floor	Position
Louvakamba	Lorraine	8.6	1st
Lyngnes	Freya	8.5	2nd
Spice	Kitty	8.3	3rd

		Bars	Position
Lyngnes	Freya	6.9	1st
Speirs	Shona	6.3	2nd

		Vault	Position
Louvakamba	Lorraine	8.9	1st
Armes	Rachel	8.7	2nd
Jordan	Eliza	8.5	3rd

		Body Conditioning	Position
Lyngnes	Freya	7.9	1st
Njenga	Roshelle	7.7	2nd
Armes	Rachel	7.4	3rd

		Beam	Position
Armes	Rachel	9.1	1st
Lyngnes	Freya	8.7	2nd
Njenga	Roshelle	8.6	3rd

SQUAD COMPETITION RESULTS

GIRLS SQUAD

This was the first internal competition for the girls being part of the squad. The girls have been working extremely hard throughout the term and have all improved throughout the term. Hopefully the next competition the girls will be competing externally. Well done girls!

In age -		Out of Age	
Olivia Roberts	1st	Lilly Wright	1st
Genvieve McDermott	2nd	Jasmine Nkoso	1st
Sophia Franklyn	3rd	Astrid Braybrooks	2nd
		Maija Sterling	3rd

Last term the bronze squad all worked on the fitness and aerobic side of their bronze badge. This term they were working towards the floor section and all competed in the competition performing the floor sequence required. Well done to all the bronze gymnasts

BRONZE SQUAD

		Body Conditioning	Position	
Years 3-5				
Lassalle	Zoe	8.8	1st	
Benson Anaya		8.4	2nd	
Cullinane	Joy	8.15	3rd	
		Floor	Position	
Gilchrist Miller	Eve	8.9	1st	
Lassalle	Zoe	8.6	2nd	
Nuki	Litzi	8.4	3rd	
		Body Conditioning	Position	
Year 6	El Mrabet	Aya	8.65	1st
	Walkington	Grace	7.9	2nd
	Pankhurst	Ella	7.65	3rd
		Floor	Position	
	El Mrabet	Aya	8.4	1st
	Pankhurst	Ella	7.8	2nd
	Walkington	Grace	7.6	3rd

SQUAD COMPETITION RESULTS

BRONZE RESULTS - Continued

		Body Conditioning	Position
Years 3-5			
Lassalle	Zoe	8.8	1st
Benson Anaya		8.4	2nd
Cullinane	Joy	8.15	3rd

		Floor	Position
Gilchrist Miller	Eve	8.9	1st
Lassalle	Zoe	8.6	2nd
Nuki	Litzi	8.4	3rd

		Body Conditioning	Position
Year 6			
El Mrabet	Aya	8.65	1st
Walkington	Grace	7.9	2nd
Pankhurst	Ella	7.65	3rd

		Floor	Position
El Mrabet	Aya	8.4	1st
Pankhurst	Ella	7.8	2nd
Walkington	Grace	7.6	3rd

		Body Conditioning	Position
Boys			
Waplinton Haine	Louis	7.15	1st
Voulgaris Cleare	Leon	6.6	2nd
Davey	Henry	6.3	3rd

		Floor	Position
Waplinton Haine	Louis	8.2	1st
Voulgaris Cleare	Leon	7.4	2nd
Davey	Henry	6.6	3rd

		Body Conditioning	Position
Years 7 - 9			
Dyer	Shianne	9.2	1st
Julien	Abigail	8.2	2nd
Dawe	Eva	7.55	3rd

		Floor	Position
Gilchrist -Miller	Isabel	8.6	1st
Dyer	Shianne	8.4	2nd
Julien	Abigail	8.1	3rd

A BIG WELL DONE TO SHIANNE DYER WHO RECEIVED THE HIGHEST BODY CONDITIONING SCORE THROUGHOUT THE ENTIRE COMPETITION! WELL DONE SHIANNE!
