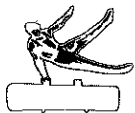


Douglas Gymnastics



Club



Club Newsletter – October 2009



Douglas Gymnasts Take on The World!



Later this week, Sarah Wedel & Aimee O'Driscoll will travel to London to compete in the 2009 Gymnastics World Championships as part of the Irish Team. The O2 in London (formally the Millennium Dome) will play host to the best gymnasts in the world. This is the same venue that will be used for the 2012 Olympics.



Aimee O'Driscoll

Competition day is the 13th October, when Sarah will compete on Beam, Floor and Vault, and Aimee on Floor, Asymmetric Bars and Vault.

Both Men and Women are competing, the 13th is qualifiers for the women, the 14th for the Men, and then finals take place from 15th - 18th. A big group of supporters from Douglas will travel to London to cheer on the girls.

This is the first time that Douglas Gymnasts will compete at the World Championships, after many years attending European, and Youth Olympic events. Also travelling with the team from Douglas are International Judge Mairead O'Callaghan, and Tim O'Donovan as Head of Delegation.

Other team members, are Rebecca Wallace and Luke Carson, both from the Salto Club in Lisburn, and Rohan Sebastian who trains in Michigan, USA.

We're extremely proud of the two girls, and wish them every success in London. Keep an eye on Eurosport and the BBC who'll be showing the competition on TV.

Best of Luck Girls!



Sarah Wedel

No Training

14th, 16th, 17th October (World Champs)

23rd, 24th, 26th October (Bank Holiday)

Welcome Back!

Welcome back to Douglas Gym Club for the 2009/2010 season, and a special welcome to all our new members. Last year, we celebrated our 30th Anniversary, and this year we embark on an ambitious stage of our clubs development.

What's new?

Open to new Members!

In the middle of term last year, we embarked on a reorganisation of our recreational classes to help us cater for the huge demand for gymnastics classes. We have increased members by about 100, and, we are pleased to announce, that for the first time in many many years, we have cleared our waiting list, and are now open to new members. If you know anybody who would like to do gymnastics with us, please pick up an application at the registration desk.

New Grading System

We have begun to introduce a new grading system for gymnasts within the club. We have 14 grades in total, from gymnasts who have just started out with the club, right up to our elite gymnasts. Each grade has about 25 different skills or tasks that the gymnast must complete to progress onto the next grade. This will be a continual assessment grading system, and gymnasts will be presented with a 'graduation' token following successful completion of the grade.

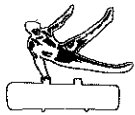
New Tracksuit & Club Kit

Following many years of faithful services, we have signed of on a new tracksuit design for the club, and will be launching it in the coming weeks. In addition, we will have bags, hoodies, t-shirts, and more!

Information Evening

On 11th November, we are holding an information evening for parents, to discuss these and other developments within the club, including progress on securing a full time dedicated gymnastics facility for the club. Stay tuned for more information.

Douglas Gymnastics



Club



A busy summer!

Our last newsletter was in April, so here's a quick run-through some of the events since then.

Youth Olympic Games – Finland

Chris O'Connor was selected to represent Ireland at the 2009 Youth Olympics Festival in Tampere, Finland. This multi sport event is organised by the Olympic Council, and with the gymnastics team were Swimmers, Athletes, and Cyclists. Tim O'Donovan also travelled to Finland as coach for the Irish Team.

Chris was competing on Floor, Pommel, Rings, Vault, Parallel Bars, and Horizontal Bar, and performed very well, including a new personal best on the Parallel Bars.

National Championships 2009

Douglas played host to the 2009 National Championships on the 9th & 10th May. This was the first time the National Championships had travelled to Cork.

In the girls All Around Event, Sarah Wedel was placed first, and awarded the National Senior All-Around Championships, Emma Rumley was placed 2nd in Ireland in the minor age category, and Niamh Rana and Sarah Buckley placed 6th and 7th respectively in the Junior Age group. On Sunday, Niamh placed 6th on Beam, and 8th on Bars, Sarah Buckley placed 5th on Bars, Emma received two bronze medals for Beam and Bars, and Sarah Wedel added to the medal haul with 3rd place on Bars.

The Boys were competing also. Chris O'Conner, Adam Dalton, Daniel Fox, Ryan Gettings, Liam McKenna, Craig O'Byrne, Sean Emerson, Michael McGuane, Harry O'Byrne and Damien Feller competed on Floor, Pommel and Rings on Saturday, and Vault, Parallel Bars and Horizontal Bar on Sunday.

Chris O'Connor was awarded the National Level 7 Championships, with Adam placing 4th. Daniel placed 2nd, and Ryan 4th in the level 6 competition. Liam McKenna was awarded the National Level 5 Over 12 championship. Our junior boys were taking part in their first major competition, and did themselves proud.

Coaching Courses

Douglas hosted a number of Irish Gymnastics Coaching Courses over the summer, and many of our coaches took part.

Pegasus Open – London

In June, Sarah Buckley & Daniel Fox travelled to London to compete at the 2009 Pegasus Open. This large invitational competition sees some of the best junior gymnasts in Europe take part, and is an important developmental competition. Sarah Wedel was due to compete also, but an ankle injury forced her out, so got a job judging the event instead! Also travelling was Judge Chloe Hegarty, and coach Tim O'Donovan.

European Training Camp

Douglas Gymnast Emma Rumley, travelled to Tirrenia, Italy for a 10 day training camp in July. The annual camp is open to each country in Europe to send their best Junior Gymnasts. Emma was chosen to represent Ireland at the camp. A total of 34 gymnasts, and 31 coaches from 18 European countries were at the camp which was run by the European Gymnastics Union (UEG).

National Level 1-10 Finals

Keana Neirink, Millie O'Sullivan, Orla Kearney, Ciara Walsh, Clodagh O'Driscoll, Fiona Buckley, and Caoilfhionn Collins traveled to Dublin on 23rd May to compete in the National Levels 1 to 10 finals. The girls were part of the Southern Region Team, which performed excellently. Congratulations to Fiona Buckley, who brought the bronze medal back to Douglas in the Level 5 category!

Northern European Championships - Wales

The 2009 Northern European Championships takes place in Wales from 7th-9th November. This annual competition sees 11 nations from North and Western Europe fight it out for Team, All-Around, and Apparatus titles. Teams have yet to be finalised, but Douglas expects to continue our record of Irish representation at the event.

Intermediate Team Championships

On 15th November, Douglas will compete at the National Intermediate Team Championships. The event, being held in Skerries, Co.Dublin, will see our girls fight it out for the title in this tough competition. Training is continuing, and the Douglas Team will be announced soon.

Important - Club Annual General Meeting

The annual general meeting of Douglas Gymnastics Club will take place in Douglas Community School on Wednesday 11th November following the Information Evening. Douglas Gymnastics Club is run by a committee of volunteer parents. If you would like to help the club, or have any thoughts or comments that would be useful, please make every effort to come along.

Douglas Gymnastics Club Rules – Reminder

- All children must be on time for their session and check in at desk. No child will be admitted to session once warm-up has started.
- All children must be picked up on time from sessions. The Club is only responsible for gymnasts during sessions or organised trips.
- Full club uniform must be worn at each session. These items should be labelled. Each child must have a tidy appearance.
- A bag with child's name on it should be brought to hold clothes, shoes, etc. All bags must be left on the balcony.
- Jewellery, money, valuables etc. should not be brought to any session. The Club is not responsible for lost property.
- The committee must be notified, if a child is absent for more than two consecutive weeks.
- The Committee will insist on a high standard of behaviour and decorum at all times from gymnasts and those accompanying them. The Club reserves the right to take such steps as may be deemed necessary against any gymnasts or other person who does not comply with this requirement.
- All parents and visitors attending gymnastics session may only view the session from the balcony and not from the sports floor.
- The Committee accept no responsibility for any property lost or damaged during or at any gymnastics session or any other club activity
- Photography & Recording of gymnastics classes is prohibited without prior authorisation from the committee.

Upcoming Events

October

9th – 19th World Championships London

14th, 16th, 17th No Gymnastics Classes

(Many of our coaches and committee will be in London at the World Championships)

23rd, 24th, 26th No Gymnastics Classes

(October Bank Holiday Weekend)

November

7th-9th Northern European Championships
11th Parents Information Evening & AGM
15th Intermediate Team Championships Dublin

21st & 27th/28th No Gymnastics Classes

(Hall in use for School Play)

December

19th Christmas Party & Charity Toy Appeal