



## Milton Keynes Gymnastics 2008

**Can I remind everybody that insurance for their club or BG membership should have been paid by now. Without insurance the gymnasts are NOT allowed to train. If relevant to you, please make your way to reception AS SOON AS POSSIBLE!! Many thanks.**

A special well done to Lewis Dean and Lewis Buckingham, both winning medals at the Men's Artistic Southern Region competition. We are all very proud of you!

# December News

## A Round of Applause....

We would like to applaud and thank everybody that has helped and contributed to achieve a very successful couple of years fundraising. With your help we have managed to raise just under £10,000 in house! That in itself is an amazing achievement! Well Done.

The money has been spent very wisely. As you know the building and equipment has been in much need of a re-vamp. We are pleased to announce that our targeted needs either have already been fulfilled or are in the process and will be finished shortly. These include:

New flooring has been installed for the hall, stairs, landing, canteen and bar area. Good ridance to that grubby, green carpet and HELLO to our new red and silver MK colours.

Lots of new equipment including, a new metal bar, new asymmetric bars, new rings AND several new landing modules have been placed in the centre. A solid new pit area has also been ordered and will be implemented over January / February. I'm sure your observation of the jumping gymnasts in the canteen windows, has bought to your awareness that we have 6 brand new trampolines. In total costing £25,000.

And finally....(drum roll)...our much desired new floor area has been

purchased. A very exciting Christmas present for all participants to use in the new year.

To put this in perspective, the new floor and foam pit alone, has cost over £17,000 so that our total spend on new equipment is over £50,000. Therefore a huge congrats and thanks is in order not only for all those who raised money towards this sum, but also to the coaches, management and participants who made the fundraising events possible.

We look to forward to replacing our Large Foam Pit as well with new foam blocks next year. We will continue raising funds for this and other new equipment over the coming year.. Any ideas and contributions will be greatly appreciated.

## GO MK GO!!!

We have had some great news regarding the women's artistic gymnastics. 4 members of our developing squad performed well at the latest Regional event, coming top 10 and qualifying for Regional trials. 'The girls did fantastic at the trials making MK very proud', A huge congrats to both Naomi Hammett and Liberty Taverner who attended the trials



as well as to their coach Charlotte Atkinson.

We also had a fantastic response for the Tom Willson Competition (in memory of our beloved Tom), with a turn out of 160 participants from clubs all over England, and as far as



Austria and the Isle of Man.



This was a very high level competition and so was very proud to see a number of our boys squad compete. It was a fantastic experience for those younger. A huge smile came across our face as winning the overall title for over 18s. Well done Kirill!

A special thanks to Loraine, Glynn and Valery for coaching and preparing the boys. Also a great thanks to all those who helped during the day.

## Ho Ho Ho-Ray for the Christmas Gala...

Yet again, we witnessed a very successful festive gala which included all our various groups of gymnasts. Our lovely little preschoolers, ballerinas, general gymnasts, squad gymnasts and trampolinists performed throughout the day bringing a Christmas spirit to the club.

The coaches and gymnasts have all been working very hard for this event over the

last few weeks and end result was fabulous. The finale, choreographed by Helen Winder was a great closure for the show. Well done to all who participated and all effort implemented by the coaches to make it a fun and festive day.

Our squad presentation evening is to follow this event and will take place this Friday 12th December. Look forward to seeing you there.

## Feedback

Your feedback is very important to us regarding all areas of the gymnastics centre. If you haven't already, please fill out a questionnaire sheet which can be found on reception. All comments are very valuable and will be viewed constructively.



## Changes to the system...

Firstly can we wish Glynn (boys coach) a speedy recovery following a fractured Achilles.

Hopefully we will see Valery return by the end of the week as he has been suffering with the flu. Get well soon!

It has now come to time that we have to say goodbye to our treasured trophy Loraine Willson as she retires in the new year. Her input into Milton Keynes gymnastics over the last 20 years has been indescribable in terms of its size and quality, becoming the back bone of our club. We will all miss Loraine terribly as we know she is irreplaceable but no doubt will see her in the future as she visits from time to time. I am sure we will still hear her voice and motivation at competitions. We wish you all the very best Lorraine and a very happy retirement. Thank you is just not enough you will always be in our hearts and memories.

I, Debbie Jackson will be stepping down as general manager on the 12th December 2008 due to ill health. May I take this opportunity to thank everyone over my years spent here, for being so supportive, making my job such a pleasure. My biggest thanks goes to the gymnasts that always managed to put a smile on my face. Their dedication, hard work and commitment made me very proud to be part of Milton Keynes Gymnastics. I would also like to thank my coaches and most of all my finance manager Julie, that has worked by my side throughout thick and thin. I will miss you all and will be popping in to watch you in competitions over next year, so make sure you continue to work hard! Hope you have a merry Christmas and a 'giant' new year :) xxx

## Dates for your diary...

- Women's Artistic County Training - 18th January 2009
- Milton Keynes Floor and Vault (Men's and Womens) - 1st February 2009
- Women's Artistic Bucks Regional Grades 14 - 9 - 22nd February 2009
- Women's Artistic Bucks General County competition - 22nd March 2009
- Women's Artistic Southern Region Grades - 19th April 2009
- Austrian Gymnastics Trip - 25th April 2009
- Our gymnasts will be visiting a number of countries this year including the Isle of Man and Austria. Watch this space, dates to follow.

**Boys and Tumbling dates to follow in January Issue, still awaiting dates.**



