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Club Newsletter

Volume 5, Issue 2



December 2015

Welcome

Welcome to the second newsletter of the year, 2015—2016.

Thank you for all those who have supported Enigma GC so far.

So much has happened since we term 2 started in October.

For those who are new to the Club, our newsletter is to keep you updated with what we are doing at present and our plans for the future.

The Club produces 4 newsletters, one per term, articles are written by gymnasts, young helpers and coaches and collated by our Club Chair.

Enjoy reading our latest news.

Annual General Meeting

Linda Cameron reports: "Our Annual General Meeting took place on Wednesday 28th October seeing those who attended hear reports from our Chair, Secretary and Treasurer. Our new committee was also elected seeing a few new parents joining us and taking on roles within the club. Many thanks to those who put themselves forward, this will make running the club that little bit easier with more hands on deck.

Our committee for 2015 - 2016 consists of Jennifer Mann, Linda Cameron, June Cumming, Sheena Cameron, Angela Cunningham, Kathy Hogg, Gill Low, Susan Berry, Paula Ryce, Julie Brown, Gemma Allan and Lee Duffy.

Minutes of the meeting were emailed to all parents/carers. Please inform us if you did not receive the minutes when your child attends their next class"

Did you know?

- Lyn Fyfe, (Jordan Hogg's Gran) donated £300 from the Thrift shop she ran over a week in November. Many thanks to her for choosing our club as a worthy cause and for the many hours of hard work she put into running the shop. Thank you to our gymnasts who kindly donated items for Lyn to stock the shop with.
- Club Merchandise can be bought from us: t-shirts cost £6, Hoodies cost £15 and Back packs cost £10. If you are interested in purchasing please get in touch with Jenn or Linda in class.
- Our 50/50 fundraising activity winners for the first 3 month block of 2015-2016 are Eva Thomson, Erin Nicoll, Beth Wilson, Anna Laws and Kayleigh Bayne and their families who won £109.20 each. Thank you to all who donate into this fund. By paying an extra £4 per month you are helping our club fundraise as well as giving you the opportunity to win a share of the donated money. If you wish to support this please contact our Treasurer.

Guess the Sweeties in a Jar Fundraiser

Over the last month we have been holding a wee fundraiser during our classes.

Ashley Cameron tells us:

“It was a “Guess how many sweets in the jar” contest to aid club funds.

We had two glass jars filled to the top, one with a blue lid that had a mixture of chewits and the other had a pink lid that has a variety of sweets in it.

We made a total of £45.50 raised by gym-

nasts and friends donating 50p per guess, lots of people had a few shots each and we are most thankful for this.

Our winners were Leah Chalmers and Zoe Kerrigan, both from the Sunday Beginners class, guessing closest to the amount in each jar”



Perth Gymfest



Ashley Cameron, Grace Harrison, Mirren Bell and Melissa Small tell us about their experiences at Perth Gymfest:

“On the 22nd November our display team took part in Perth Gymfest at Bells Sports Centre. This was the last time this year (and ever) we would display our summer themed routine. All bar one member of our team had performed at a festival before, so we were well versed in what we had to do.

It was, however, a sad occasion as one of our original members of our team, Linzi, was leaving us, meaning it was her last ever performance with us. We did a really good performance, enjoying the fact that we change it around every time we perform it. We also shortened it a bit and that gave us more energy.

Before and after we performed we got to watch other teams. It was great watching them perform lots of different themed routines such as Hunger Games, Super Heroes, Hercules, Pirates and Shrek.

We have now started to think of our theme for our next display and we will start working on it as soon as it is confirmed. This involves discussing our ideas, thinking about what we have done before and the types of music we wish to use. It is then our coaches who help facilitate the discussion and have the overall say on our theme. We will have our new music picked and edited during the Christmas holidays ready for us to start when we return”

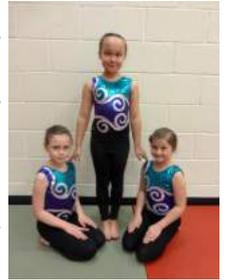


Fife Gymnastics Network Floor & Vault Comp

Kelsey Paterson, Erin Nicol, Mirren Bell and Grace Harrison tell us about their latest opportunity to compete for the Club: "On the 8th November, Duloch Leisure Centre in Dunfermline, gymnasts from Enigma took part in Fife Networks' Floor & Vault competition. We had teams and individuals competing in all girls' categories, u8, u10, u12, u14 and 14+ years. We also had some boys competing which is great to see them getting involved outside of training, taking part in the u10 and u12 age categories.

Everyone performed a floor routine and a vault which was dictated by their age category. Our team of 3 boys did very well to achieve 1st place and our team of 4 girls competing in the 14+ years were also awarded 1st, with Amy Paterson winning 1st and Amber Strachan winning 2nd overall. This was Amy's last competition before she retires so it was nice for her to go with a bang. Erin really enjoyed competing, she knew what to expect as it was her 2nd time at this event. Both Grace and Mirren competed for the first time and thoroughly enjoyed it although they found it a bit nerve racking. We are so proud of everyone who took part, our gymnasts' goals were to compete to the best of their ability, and as far as we are concerned everyone did.

The organisers awarded gymnasts throughout the day, Kelsey was given a bag of Percy Pigs for her energetic and positive attitude. This competition is a friendly event and it finished with the Cha, Cha slide during medal presentations. It's fair to say our younger gymnasts were embarrassed when our older gymnasts, Jenn, Linda and Lee got up to dance.



Mary's Meals Back Pack Challenge

Abby Lloyd, Charlie Murray and Rachael Brown are please to say we have collected a fantastic 37 rucksacks for the Mary's Meals back pack challenge. This challenge was started before the Summer holidays and has taken us until now to complete.

We must thank Abby Forgan for her help in sorting through the bags and items handed in by our gymnasts over the past few months. Abby wrote a list for Jenn to purchase a few extra items to complete a number of the bags.

Jenn had to contact Mary's Meals head office to organise the collection. This involved being sent large white sacks, putting 5 bags in each, labelling and packing a box of extra items. On the 11th December a delivery man came to collect the boxes and Jenn handed them over.

Many thanks to all our gymnasts and parents/carers who took the time to donate to this cause. We are super proud of everyone and we are really happy to have had this opportunity to help others in need.



Parents Week

To help all our gymnasts and coaches celebrate the World Championships, we decided as a Club to host parent's days to show how hard the gymnasts had been working over the past term. All gymnasts combined a series of skills to make individual floor routines as well as vault preparations to demonstrate to parents, carers, family and friends.

All gymnasts were given feedback by our coaches or from fellow gymnasts. Gymnasts also showed other skills they had been practising in order to obtain their next badge, certificate and medal under the British Gymnastics proficiency award

scheme. At the end of the sessions, all gymnasts were presented with their "Two Stars and A Wish" feedback sheet and given memorabilia from the 2015 World Gymnastics Championships.

Many thanks to all those parents who attended and supported our sessions during the parent's week.



BSGA Scottish Heats Floor & Vault Competition



At one stage, our school club link at Kirkland HS was going to have to miss out on this competition this year. A few pupils decided they did not wish to continue to participate in the regional qualifiers of the British Schools competition. However, it was decided the remaining team members of Ashley Cameron, Amber Strachan and Alex Rhinds would actively seek out boys who may be interested and compete for the first time in the u19 mixed category. After a few weeks, Jay Hogg and Andrew Eaves joined the girls to make up the 5 strong team.

On 6th December and at the start of the Forth Road Bridge closures, the team set out on a long trip to Haddington to compete at the Aubigny Leisure Centre. The pupils tell us more:

Alex Rhinds: It was the first time I have competed in the u19 mixed category, it was scary to say the least. We had to compete against teams who were at such a high standard and it was amazing to watch. We placed 3rd overall. It was such a great experience. Having boys on the team didn't make a huge difference it just created a new experience which I am grateful for.

Jay Hogg on speaking about his training to become a gymnast "It was a real privilege to represent the school and especially as I'm part of the first ever u19 mixed team for Kirkland HS. Both training and competition was enjoyable and fun, vault was my favourite as I had never done that before.

Andrew Eaves: "I was so surprised that everyone in the team helped the new recruits (Jay and me) so much, creating our floor routines and making us feel comfortable enough to perform in front of judges, other schools and an audience of spectators.

Amber Strachan: "My job was to create the boys routines, I did a lot of work on this at home on the PC (working on floor patterns) and in the gym with Jay and Andrew once we had selected their skills. It was a great experience learning how to make boys routines up which was new to me"

Ashley Cameron: "Hard work and determination secured 3rd place for the Kirkland team, well done everyone. We must have had the luck of Alex's lucky socks gifted to her in 2011 by Craigmount HS gymnastics team when she was at Mountfleurie PS, I can't believe she still has these, but I'm glad she does"

How to Coach Disabled People in Sport

Recently a number of our coaches attended a coach education workshop at the Michael Woods Leisure Centre delivered by Richard Brickley from Disability Sport Fife. Amber Strachan tells us more: “On Monday 23rd November, Ashley, Aimee, Ross, Linda, Jenn and I all signed up for a workshop to gain more knowledge on coaching and helping those who are disabled. This workshop has shown us how to help disabled children and adults feel involved and equal to everyone else when participating in sport and physical activity. I feel I can coach and prepare to coach those who need extra support and have the correct plan and questions to do this. It has shown me how important it is to encourage those who are disabled to join in and to perhaps help with their condition and most of all to have fun and make friends through sport”

FIG presentation to our Head Coach



During the final day of the World Championships, our Chair and Head Coach was nominated to receive an award from the Federation International De Gymnastique (the world gymnastics governing body).

Jenn was awarded “La FIG Reconnaissance” for her services to gymnastics volunteering and services to the sport locally, nationally and internationally.

Jenn tells us “I can’t thank all those I’ve volunteered with enough over the past few weeks at the 46th Artistic Gymnastics World Championships but also since I was introduced to the sport and volunteering, some 25 years ago. I’ve learned so much and will continue to do so. I still can’t believe I was nominated to receive an award and be part of the closing handover ceremony

of the Championships and to stand on the stage in front of a sold out Hydro arena was amazing. I’m speechless. Volunteering is what my life is about”. Congratulations Jenn, very well deserved

Sock Snowman Challenge

Social media is a wonderful way to get new ideas. Jenn and Linda watched a utube clip on making sock snowmen and thought it was a great challenge for our gymnasts to create and bring into classes for our last week of term.

Ashley Cameron tells us more: “All classes were given the chance to create sock snowman and decorate it however they wanted. All creations were handed in and displayed at each of our classes during the week of the 7th December. The snowmen were judged by coaches and community use staff (Shug and Jacquie) and won prizes for different categories such as the ‘coldest looking snowman’, ‘best dressed’, ‘best male and best female snowman’. I enjoyed making my snowman, I think it’s very cute, it is a snowman on skies. Anna Laws advises she made a snowman out of a sock, I filled the sock with rice, got a bit of string and tied it round the top of the sock and decorated it with tinsel. I named it Bobby Joe. Kelsey Paterson says she had a blast making her twin snowmen, she thinks they are adorable. Beth Wilson made her snowman at her Mum’s work at a family night”.



Contact the Management Committee:

Chairperson/Head Coach

Jennifer Mann

clubcoach@enigmagymnasticsclub.co.uk

Vice Chairperson

Linda Cameron

clubvicechair@enigmagymnasticsclub.co.uk

Secretary (Shared position)

Kathy Hogg/Gill Low/Gemma Allan

clubsecretary@enigmagymnasticsclub.co.uk

Treasurer (Shared position)

Paul Noble/June Cumming/Susan Berry

clubtreasurer@enigmagymnasticsclub.co.uk

Child Protection Co-ordinators (Shared Position)

Sheena Cameron/Julie Brown

clubcpc@enigmagymnasticsclub.co.uk



Noticeboard

New Term Dates

Just a reminder our gymnastics classes finish on Sunday 13th December and return week commencing Monday 11th January.

Have a Merry Christmas and a Happy New Year.

Keep safe everyone.



2015 World Gymnastics Championships



Glasgow was host to the 2015 World Gymnastics Championships, the best of the best were competing in our home country. What an amazing experience for a few of our gymnasts who were lucky enough to travel to the Hydro arena.

Charlie Murray, Abby Cameron and Rachael Brown tell us about their experience:

“At the start of November, we attended the Championships, one of the Finals days. Before we even got in the arena we met Beth Tweddle and saw lots of other gymnasts walk past us before they entered the training hall to start their final podium warm up session before the apparatus finals. Beth was commentating for the BBC. Once in the arena, which was so big, we watched Simone Biles who had an amazing floor and vault routine. We really admire her commitment and hard work she must put in to be such a talented gymnast.

Eva Thomson tells us she went with her Mum to watch the Qualifiers. She loved the experience and couldn't believe the amount of countries involved in the Championships. The session she attended was almost 7 hours in length, finishing very late into the evening. She said the arena was amazing. She had no idea that it would be so colourful.

Fife Schools Regional Heats



Alex Rhinds tells us about an event she was involved in: "On the 27th November schools across Fife competed at the Fife Schools Regional Heats at the Michael Woods Leisure Centre in Glenrothes. All gymnasts did an individual floor and vault routine. The scores the gymnasts gained contributed to the team overall score. It was a team competition.

Our club assisted many schools to take part. Some our younger gymnasts represented Markinch, Parkhill and Buckhaven primaries and our older ones represented Kirkland and Buckhaven High Schools.

One of Kirkland's Secondary Level 2 teams came first place meaning that they will go onto compete at the Scottish Schools Floor and Vault Championship Finals in March 2016 representing Fife and Kirkland HS. This is extra special for Amber, Ashley, Alex (me) and Jordan who retained the title for Kirkland 4 years in a row.

Our club is very proud of all of the school club links we have with local schools and we must thank those volunteers from our club who help the gymnasts create, practise and learn their routines.

Aimee Cameron tells us how she is involved with this: "In the run up to the Fife Schools competition, extra practices were run at lunch times at Parkhill PS and afterschool at Buckhaven PS. This was to help the children to learn and practise their routines. All of the children seemed to enjoy practising and making up their routines. For many of them this was the first time at a competition. I really enjoyed helping them to practice their routines, it was good to see them progressing with their skills and getting better at remembering their routines.

Over the past term, Parkhill PS has hosted two gymnastics clubs and Amber Strachan tells us more: "On a Thursday during my free period and lunch time I go down to Parkhill to coach gymnastics under Jenn's guidance. At this Club we work on skills, links and balances to help prepare for participation in Fife Schools' competition. Eight out of the fifteen who attend have recently been working towards the Primary Level 2 competition. All have been creating routines to show to their teachers celebrating what they have been working on. It is great working with the pupils and teaching them what I know about the sport and watching those who have not done the sport previously grow and progress"

Eva Thomson, Anna Laws and Beth Wilson tell us about their experiences of promoting gymnastics in Parkhill Primary. "As Primary 7 pupils at the school we help Amber to run the lunchtime club for P5, P6 and P7 pupils. As well as doing this we helped with the club on Tuesday lunchtimes for Primary 2 pupils under the watchful eyes of Aimee assisted by Jenn. We helped the little ones learn their routines and talked them through it. At the competition we helped everyone take part that were representing our school and some of our parents helped to look after us on the Competition Floor. We loved the competition, having a fun, fun day"



Christmas Parties and Santa

During the week of 7th December, all gymnasts were invited to attend their classes and take part in a Christmas party. Each session has been different due to the age of the children attending but generally lots of games were played, music blared and gifts/cards exchanged. A buffet was given to our gymnasts who attend our Club over a number of hours per week and Santa visited our gymnasts who come to our Sunday classes. Awards were also given out to gymnasts for their creativity in their Christmas themed costumes.



Gymnastics Breakfast Club



Alex Rhinds tells us about how her love for the sport is being passed on through a project she is involved in at school:

“Amber and I both help to run a gymnastics breakfast club for Primary 5 pupils at Aberhill Primary School. This gives pupils the chance to learn new skills or develop them further.

We work on floor skills consisting of rolls, jumps and balances. We have also started recently working on vault. We will be helping the pupils to progress through the SG Proficiency awards starting on Level 1 working towards Level 8.

We started to run this club because we are part of the Active Schools Ambassador team at Kirkland HS and we want to get as many people active as possible. We love running this club as it helps us become better coaches and gives us a chance to help the young people in our community whilst promoting our club, Enigma GC”.

Amber and Aimee Cameron also help to deliver a lunchtime gymnastics club at Parkhill PS.

