



Visit our website:

[www.enimagymnasticsclub.co.uk](http://www.enimagymnasticsclub.co.uk)

Contact us by email:

[clubclub@enimagymnasticsclub.co.uk](mailto:clubclub@enimagymnasticsclub.co.uk)

## Inside this issue:

Stratheden Hospital Gala Day	2
Kirkland HS Closure	2
Jump Up and Down Gymn opps	3
Leven Rose Queen Day	3
Volunteering Abroad	4
Gordon's Fightback fundraising activities	5
Fife GC's development comp	6
Gymfest Irvine	6
British National Grade Finals	7
Schools Gymfest	7
Meet the Committee	8
Noticeboard	8
International Handstand Day	8

## Welcome

Welcome to the fourth 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 4 started in April.

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 termly news. For daily updates please consult our posts of our facebook page.

## Race for Life

Sunday 26<sup>th</sup> June saw 15 gymnasts and their mums or coaches represent Team Enigma GC at the Race for Life 5k event at Beveridge Park in Kirkcaldy.

Whilst fundraising for Cancer Research, our team walked, ran or jogged round the route.

## Did you know?

- \* We collected 94kg from those who donated items of wearable clothing, paired shoes, handbags and belts for our rag-bag collection. In total we received a donation of £37.60 to add to our fundraising;
- Our club members collected 3, 289 active kids vouchers. Many thanks to all of you who donated vouchers earned by your shopping by Sainsburys over the past months. We have ordered balls, skipping ropes, kick-flick, bean bags, cones, foam dice, quoits and interlocked hoops. We can't wait for the order to arrive and use in our classes after the summer holidays.;
- \* Our 50/50 fundraising activity winners for the third and final 3 month block of 2015-2016 are Macey Davidson, Louise Brooks, Kayla Wallace, Blake Delorey-Smith, Freya Leitch and Katie Cunningham and their families who all receive £108.00 share from our 50/50 fundraising activity fund.
- Thank you to our parents and families who came to watch our gymnasts in action. We hoped you enjoyed watching your sons and daughters taking part in their training sessions. We certainly enjoyed having you in the hall and it was a good opportunity for Jenn to update you with Club developments and in particular our move to the new school.



## Stratheden Hospital Gala Day

Our display team was invited to Stratheden Hospital's gala day to commemorate the hospital's 150<sup>th</sup> anniversary.

The team of 14 were privileged to have been asked by the organisers of the event to perform a new version of their Scottish inspired team in between bright sunshine and showers.

Well done to the organisers and our display team who had a fantastic day.



## Kirkland High School closure

The end of June saw our Club close its doors at Kirkland HS Community Use. After 51 years Kirkland HS closed to pupils, staff and members of the public.

After 5 years at Kirkland HS using the girls gym hall on a weekly basis, boys gym for a few hours a week and the gameshall once a year, we have so much to thank the school and community use for.

To ensure our club continues to grow and develop, our committee have been very busy over the past year securing a new training facility for our Club. It's not been an easy process but after many meetings and discussions we are able to announce Enigma GC will be homed in the Annexe building of Levenmouth Academy.



For the first time in a few years all of our classes will use the same training venue having use of our specialised equipment.

We must thank Parkhill PS and Mrs Susan Harper (Headteacher) for allowing our club to store floor matting and for letting our display team train from the main school hall on a Friday evening. Thanks must also go to Mrs Julie Brown (DHT) for her support with our booking. Julie did a lot of the behind the scenes work for us at Parkhill PS as a member of our committee and supporter of our club.

Over the summer holidays we will be in touch with all gymnasts and their families about the structure of our classes at Levenmouth Academy. In order to secure our booking we have had to restructure our club to accommodate facility requirements. This will mean there are some changes to the programme we will be offering. We hope this will not cause too many inconveniences and we look forward to you joining us after the holiday period.

## Jump Up and Down Gymnastics opportunities

Jenn, our head coach, has helped to bring new section to our Club. In a report Jenn was asked to write for DSF she tells us more:

Five young people since March 2016 have taken up the opportunity to participate in gymnastics with Enigma Gymnastics Club.

All 5 applied to British Gymnastics to request participation in gymnastics and have been approved having completed the Atlanto Axial Approval request form with tests undertaken by medical profession.

One gymnast, Myles (7 years) was already a member of the Club and with the help of his Mum, Paula, a committee member helped to promote the new opportunity alongside Meg Buchanan, sports development team. The other four were referred to Enigma GC by Richard and Norma from Disability Sport Fife who have incorporated this opportunity alongside other activities created by DSF. Myles obtained the BG Pre School 2<sup>nd</sup> reward certificate and has also achieved Gymnast of the Week over the past term.

Another young person, Sophie, had previously taken part in gymnastics but with another Club travelling a lot of miles to take part in the sport on a weekly basis. Her mother got in touch asking if the club could support Sophie and her love for the sport. Sophie, 16 years, now attends a weekly one hour session with us. She has been working through BG proficiency awards and has recently passed Award 4. She was so happy to have received this award, the Club was sent a picture of her having taken the award to school to show her school teachers.

The other three young people, Charlie (7 years), Eve (8 years) and Kya (9 years), are new to the sport and are taking to learning skills well. All 3, like Sophie and Myles, have been introduced to BG proficiency awards programme and have passed Awards 8 and 7. All attend a weekly 45 minute session in the girl's gymnasium at Kirkland HS.

All of the young people work one to one with Club helpers under the instruction of myself as Head Coach. The girls and boys work skills on floor, vault and bench work. Both large and small apparatus is used to help aid skills the gymnasts are learning.

All have been given complimentary Club t-shirts, hoodies and backpacks and are members of Enigma Gymnastics Club. With the support of grant funding DSF sought from Kirkcaldy and Central Fife Sports Council, all 5 gymnasts have had their British Gymnastics memberships paid.



## Leven Rose Queen Day

Our team supported Leven Rose Queen Day by performing at the Rose Queen Concert in front of Carberry Hose in Leven.

Our team of 16 gymnasts performed an adapted version of their current Scottish inspired routine on grass. A super performance saw a mixture of balances, skills and dance choreography.

After the performance our gymnasts took part in the street parade with some dressing up as mascots and their guides. Many thanks must go to the organising committee especially Sheena, Linda, Aimee, Ashley and Amber who worked so hard that day to make it a wonderful memorable day for the local community of Leven.



## Volunteering abroad



Amber, one of our assistant coaches, tells us about her recent volunteer placement and experience of a lifetime. Its super her love for the sport of gymnastics spills over into her schooling:

"I am an Active Schools Platinum Ambassador who flew to Sweden for the two week period of the Easter Holidays. I was one of six young people across Fife to be selected. The trip was fully funded by the ERASMUS programme enabling me to participate in sports coaching placements. I was responsible for the organisation of my placement, travel and my spending money.

I was lucky to be placed in a gymnastics setting in a Club which suited me well, being a pupil who has represented Kirkland HS at many schools gymnastics competitions and events throughout my schooling at Kirkland HS and at Mountfleurie PS.

The trip allowed me to expand my coaching knowledge/skills and see how a sport works in a different country with a different culture. To my surprise I was given the opportunity to coach elite Swedish gymnasts. This was an incredible experience to watch professional full time athletes in action. I have used ideas from the sessions back in my own club, teaching others new warm up ideas. They have a very different culture which I think our country should learn from.

Overall it was a fantastic experience and I hope to be making links with my club, Enigma GC, and Hammarby Gymnasterna in the near future"

## Gordon's Fightback fundraising activities

We are proud to say we have raised a total of £1,616.67 for MND Scotland through championing a campaign set up by fellow gymnast, Gordon Aikman.

Gordon was a keen gymnast at neighbouring Kirkcaldy Gymnastics Club, competing for Scotland and later becoming a coach in both men's artistic and pre-school gymnastics. In 2014, at the age of just 29, he was diagnosed with Motor Neurone Disease (MND). The aim of Gordon's campaign, "Gordon's Fightback", is to raise money for MND Scotland, a charity which funds research in to the disease and provides support to people affected by Motor Neurone Disease.

A charity close to the hearts of gymnasts, coaches, committee members, family and friends at Enigma Gymnastics Club, we decided to start a month's worth of fundraising events from raffles and copper buckets to jamerry nail wraps sales as well as turning a well-known dance into a conditioning exercise.

Jenn tells us more:

"Our main fundraiser was in the form of a sponsored Cha, Cha, Slide Plank Challenge. Every gymnast, from the age of 3 – 18 years old, took part in the challenge along with coaches, parents and carers joining in on the action. This challenge replicated something our gymnasts do during their training sessions. Gymnasts require to take part in a set of exercises which condition the body in preparation for the skills they wish to learn. By using the Cha, Cha, Slide Plank Challenge and its actions helped our Club to turn difficult circuit exercises into a fun way of raising money. It was wonderful to see so many people support our chosen charity, we are overwhelmed by the amount of money we have raised for MND Scotland, we really can't believe it and thank everyone who helped us raised this fantastic amount"

In May, our Display team were lucky enough to meet Gordon Aikman as they performed at Scottish Gymnastics Gymfest festival in Irvine. Gordon thanked our club for helping him raise awareness of MND and for helping to raise money to provide research and support to those who require it.



## Fife GC's development competition

Congratulations to Maisie Turley who competed in Fife GC's Development competition in April at Bruce Street, Dunfermline.

Maisie is a hard working gymnast who practices her skills with confidence.

Maisie won bronze on vault and silver on bars and beam. Well done Maisie and thanks to the coaches she trains with at Fife GC.



## Gymfest Irvine

Our display team travelled to Irvine and the Magnum Leisure Centre to take part in the last ever Gymfest to be held at the venue.

Our team travelled by a coach hired from Anderson Coaches and met Jenn there. Jenn was volunteering for Scottish Gymnastics in the warm up hall over the whole weekend.

This event saw our team of 15 female gymnasts perform a Scottish inspired routine. The team wore our Club's new leotard with costume made by Linda. The costume was inspired by Scottish thistles. This complimented parts of our performance with a Nessesie balance, Saltire formation and carefully chosen music.



Our performance went very well and we had great fun. To top our day we were asked by Scottish Gymnastics to represent our Club in a publicity photograph for their charity partner, MND Scotland and Gordon's Fightback.

We were honoured to do this on behalf of all our members in Enigma GC.

## British National Grade Finals at Stoke on Trent

Well done to Bella Ryce who showed great effort, attitude and determination at the recent British National Grade Finals over a weekend in May at Stoke on Trent, England.

Bella competed as part of the Scottish team having earned her place representing her country.

The youngest in the competition Bella did extremely well for her first time at such a prestigious event.

Many thanks must go to her coaches, Norris, Doris, Wendy and Gina, at Fife GC for guiding her through the long hours in the gym preparing for her competitions.

We must also thank her family for supporting for. Without her Mum and Dad's support she would not be able to attend her training sessions or competitions.



## Schools Gymfest

On Saturday 14<sup>th</sup> May pupils from Kirkland (with the support of pupils from Buckhaven High School), Markinch PS, Mountfluerie PS and Parkhill PS joined together to perform gymnastics routines at the Scottish Schools Gymfest at Bells Sports Centre in Perth.

All routines were a huge success with pupils, their volunteer coaches and parents having a super day.

Well done to everyone who took part and a massive thank you to all the volunteers who help run extra-curricular clubs at the schools from our Club.



Contact the Management Committee:

#### Chairperson/Head Coach

Jennifer Mann

[clubcoach@enigmagymnasticsclub.co.uk](mailto:clubcoach@enigmagymnasticsclub.co.uk)

#### Vice Chairperson

Linda Cameron

[clubvicechair@enigmagymnasticsclub.co.uk](mailto:clubvicechair@enigmagymnasticsclub.co.uk)

#### Secretary (Shared position)

Kathy Hogg/Gill Low/Gemma Allan

[clubsecretary@enigmagymnasticsclub.co.uk](mailto:clubsecretary@enigmagymnasticsclub.co.uk)

#### Treasurer (Shared position)

Paul Noble/June Cumming/Susan Berry

[clubtreasurer@enigmagymnasticsclub.co.uk](mailto:clubtreasurer@enigmagymnasticsclub.co.uk)

#### Child Protection Co-ordinators (Shared Position)

Sheena Cameron/Julie Brown

[clubcpc@enigmagymnasticsclub.co.uk](mailto:clubcpc@enigmagymnasticsclub.co.uk)

## Noticeboard

### New Term Dates

Just a reminder our gymnastics classes finish on Sunday 3rd July 2016.

Have a super summer holiday, keep safe and we will see you all when we return after our summer break.

### New Training Facilities

Please remember all of our classes will run from the PE annexe of Levenmouth Academy, Methilhaven Road, Buckhaven, KY8 1EA

To get to the annexe drive past the new academy building on the left hand side to the mini roundabout, turn right and park in the mono blocked car park, walk round the building (clockwise), enter through the front doors and proceed to the gymnasium and sports hall.

A sign in/out procedure will be in operation. Please note there are no waiting areas in this facility. Waiting areas are available in the main Academy Building via the Community Use entrance to the rear of the building (entrance nearest the mini roundabout).

## International Handstand Day



Saturday 25<sup>th</sup> June saw our Club taking part in International handstand day.

Through our facebook page we asked our gymnasts to take photographs of them doing handstands on their own, with a partner or as part of a group

One of our gymnasts, Melissa was caught on camera doing a stag handstand on the Forth Road bridge and Keirra-Dawn was found doing handstands in her living room.

Please remember if practicing skills in your house or outdoors please stay safe.

