



# 2019 CLUB GRANTS REPORTS





All I can say is a massive huge thank you!!!

Aspire are so extremely thankful for the £1000 grant that you awarded us. We brought an air track for our club at Central Park Leisure Centre and the gymnasts were completely thrilled.

The picture shows a few of our younger gymnasts enjoying themselves on the track, however it's our older gymnasts that are finally being able to learn, practice and perform their tumbling skills. Their reactions were priceless and now do not feel the need to seek elsewhere. This was the aim and it was very much succeeded.

We had a lot of trouble with the purchasing of the track, a lot of messing around on the tracks company behalf however it is finally up and working successfully. Apologies for not sharing the great news any sooner!

The track really has given our club a new lease of life of which we are once again so grateful for.

Thank you London Gymnastics!





## Bromley Trampoline Academy

Bromley Trampolining Academy was extremely surprised and grateful to be one of the 2018 London Gymnastics Grant's recipients. Alongside some fundraising the club did, the grant was put towards a second hand Gymnova trampolining, allowing us to increase the number of spaces in our sessions; competitive, recreational and special needs. The special needs participants have thoroughly enjoyed using the new trampoline, and we have seen an increase in the amount of users attending the special needs session.

Bromley Trampolining Academy was also able to add another 10 spaces in our competitive sessions from October 2018 once the new trampoline had been purchased. One of the new members who we were able to offer a space to recently qualified to represent the London squad in NDP level 3, showing that both the club and region has already benefitted and we look forward to enhancing the impact that we have in the near future.

Thank you once again to London Gymnastics for this opportunity.

I have attached a picture of Iliana Ali, who was one of our new members able to join the club after purchasing the trampoline, and represent London at the recent regional team finals at Birmingham in June 2019.





The £1,000 funding has been used to support our Leadership Academy..

At our Club we run a very successful Leadership Academy, which has been linked to our club for ten years. Through the leadership academy we work with young people (both from our club and also the local schools and colleges in the areas near to our venues.)

We have used the grant to allow an additional 15 young leaders to gain the British Gymnastics Proficiency Coach Award. This is the first stage on their coaching journey and allows them (from age 14) to coach a small group of gymnasts. The qualification is not just about coaching it allows the young leaders to develop a sense of responsibility and commitment and develops a sense of pride within them.

Before we select young leaders to attend their first coaching qualification they have to volunteer within the club working alongside the trained coaches. This way we are able to assess their commitment and reliability. As a reward for their commitment we then assist them when taking their qualification. Due to the difficulties in some of their home situations we often have to arrange transport for them to attend the course as they do not always have support from home. Our established coaches work with them prior to the course to ensure they have a good understanding of what to expect when attending the course.

We recently had 5 young leaders attending the proficiency course using some of the money.

Below is an account from Katie

Today I have been to Zodiac Gymnastics Club to do a coaching proficiency course. My instructor Lucy was really nice. I have learnt lots of ways to support and to make the gym session fun and engaging. Now I am looking forward to take what I have learnt into Catleaps Gymnastics Club.

Karic also wrote

I am writing to say thank you for funding me to complete my proficiency course. I have learned a lot and will be using this experience to further develop my skills and ability in coaching at Catleaps Gymnastics Club in Upminster.

Because of this course, I can now coach and support a jump-on and jump-off vault, along with many floor moves such as cartwheels, forward roll, back roll and handstands. I also learned how to differentiate between perfect technique and poorly executed shapes, along with an efficient and effective warm-up routine that my gymnasts will use to minimise the chance of injury whilst training. Thank you very much for this opportunity,  
Karic Cullen



# CROYDON ACRO GYMNASTICS CLUB

Thank you for the generous grant awarded to Croydon Acro.

We were able to purchase an air pit and foam.

As we train in a school hall and have to carry our equipment in and out every session we do not have the facilities for a pit. This piece of equipment has made a huge difference when learning new moves and performing repetitions, we use it for our squad gymnasts right through to pre-school classes. Our boys throw themselves off of the stage into the pit and it is used for tumbling as well as for Acro. Our display team have managed to upskill many moves and even invent a few of their own.

Thank you London Gymnastics for giving Croydon Acro gymnasts a safe landing area.





In 2018 London Gymnastics awarded grants of £1,000.00 to 17 affiliated clubs for the development of their club.

There was no set criteria – the choice was theirs. All they needed to do was tell us how the money would be spent.

The application forms were assessed and marked anonymously by a panel of independent judges.

Here is the report from **Croydon Gymnastics Club** on how the grant benefited their club.



The purchase of our new air floor from Gymnova was a watershed moment for our club. All of the benefits that we set out to derive from the acquisition have happened; our membership is up, the size of the club has nearly doubled. We have more boys in the club now than ever before. Our squads are able to finally practice their floor routines in a space that is safe, reacts in a similar manner and has the same dimensions as a competition floor.

Unexpected benefits have also been reaped, attracting coaches is always a problem in any club but the upgrade in our facility largely enabled by the new floor has helped us bring new talent into the club. The Grant that we received from London Gymnastics has played a pivotal role in the renaissance of our club and has resulted in more children taking part in our sport, in a better facility with broader horizons. Thank You London Gymnastics for making a difference.



To London Gymnastics

Thanks to the generosity of London Gymnastics we Elite Gymnastics Academy were able to benefit greatly. We were able to purchase a portable foam pit.

This has helped our coaches teach our gymnasts skills with much greater difficulty than before. We have used the pit to start learning double somersaults forwards and back along with double twists, we also use it during dismounts on bars and beam. It has helped our gymnasts improve on vault and we are now able to push our gymnasts towards tsukaras etc.

Thanks to the grant we can now enter our gymnasts for a wider range of competitions.







Ennis Gymnastics Academy received a grant of £1000 from London Gymnastics in July 2018. The money was put towards a rhythmic gymnastics carpet. Before this we did not have a suitable floor area and receiving this grant has enabled our club to grow from strength to strength.

We now have more space and a much safer space for recreational gymnasts. We are able to hold more classes, which has enabled more children in North-West London to get into gymnastics.

Additionally, our squad is finally able to practice their routines on a carpet which has the same dimensions and texture as a competition floor. This has been so important for their development and has been pivotal in enabling our girls to compete at national level competitions.

We have been able to produce six London Champions within one year which shows just how important having proper equipment is. Below are some pictures of Ennis Gymnastics Academy's amazing results of which, without the carpet, none of this would have been possible.

THANK YOU LONDON GYMNASTICS FOR THIS AMAZING GIFT THAT KEEPS ON GIVING!





## **Greenwich Royals Club Grant 2018**

As a club we spent much of 2017 and 2018 fundraising in order to allow us to upgrade our equipment.

We are very fortunate to have a purpose built and dedicated gymnastics facility, however the equipment was continental and not up to competition standards. Our desire to replace the Continental vaulting table, with a Gym Nova Montreal table was given a boost by the London Gymnastics Club Grants.

The £1,000 awarded to Greenwich Royals by London Gymnastics, helped us to purchase the vault a lot sooner than we had anticipated, as the results since having our new vault have been immeasurable!

Having an additional vault, gave all of our participants' additional opportunities to use apparatus, and gave our squad gymnasts a better training experience, being that they now use the same vault that they compete on.

We have even had our first 'full twisting Yurchenko' being trained

Thank you London Gymnastics for awarding the grant to us.



Gym Club – Gymnastics is a small but fast growing club both in numbers and also the age and abilities of the children we teach. To support our developing children and growing numbers we require more equipment. It was key that any equipment purchased must benefit members throughout our club whether this be at a purely recreational level, to maintain & improve fitness, or for those who are now taking part in regional grading & competitions.

The generous grant received from the London Region was used to purchase 2 safety mats and we have seen numerous benefits club wide:

- Our general membership is up.
- Our pre-school set up has been much enhanced by the bright and colourful matting.
- Our general classes are now better equipped to give children the confidence to improve & try new skills and to achieve personal goals in a fun and safe environment.
- This year we have also been able to enter a record number of children into the London Region GfA Floor and Vault Gradings and Southern Zone Competitions. We were delighted that the majority of our gymnasts will move on to their next level. Some not only received their Pins, but also medals along with Floor and Vault trophies and 2 of our gymnasts qualified for the finals in November - a fantastic result all round!

From all of the members at Gym Club – Gymnastics we would like to say a very big thank to the London Region for the grant we received.





The grant provided an opportunity and contributed towards 4 individuals completing and passing their level 1 Acrobatic Coaching Course. This has meant they have now been able to complete additional training and qualifications such as first aid and DBS. Three of these coaches were highly experienced gymnasts who now coach regularly and has therefore allowed the club to increase participation in the sport and grow our classes.

Having qualified level 1 Assistant Coaches has meant we have been able to increase our expand in the provision of disability gymnastics. We have been in contact with another club in the region and will be working with them to increase our knowledge in this area. We already have several children within our mainstream classes who have disabilities and we increase our coaching to gymnast ratio to facilitate this where necessary. The grant has enabled us to add additional coaching resource to support these children where appropriate. We intend to fully develop the disability offering across the club and introduce participation across more of our classes as we become more familiar in this area. We are regularly approached by local charities who support children with disabilities asking what provision we have for these children. We see disability gymnastics as a big growth area for the club and are keen to continue down this path to support the local community.

We would like to thank London Gymnastics for awarding us the grant to enable us to upskill our coaches and explore and deliver the sport for children with disabilities. – We are very excited about the future in this area.





## **Kingston Trampoline Academy**

The purchase of our new Catcher from Tumbl Trak has enabled us to double the number of students taking part in double mini trampoline.

We wanted to grow our DMT programme by using our old 6x6mm DMT but we had no storage space for another traditional landing area - this valuable piece of equipment was being unused! With the Catcher its storage space is less than 1m<sup>3</sup> and it enables us to put our older 6x6mm DMT back into operation alongside our newer 6x4mm DMT.

Our lower level athletes and leisure students can now try this discipline resulting in our club putting in our highest entry ever to the London NDP events this year. Thank you London Gymnastics.



## Ladywell Gymnastics Club

Bellingham Leisure and Lifestyle Centre, 5 Randlesdown Road, Bellingham, London SE6 3BT  
Tel: 020 8697 2222 e-mail: ladywellgc@aol.com web site: www.ladywellgym.com

**Firstly we would like to thank London Gymnastics most sincerely for our grant.**

The grant enabled two young women to undertake and pass their level 1 Women's Artistic Coaches Course. It also enabled them to upgrade their British Gymnastics Membership level and assisted them in gaining SPCA Certification and DBS. We are delighted to welcome both these young women onto the club's Coaching Rosta, as they both have a long and distinguished association with the club, having competed at regional and national level. Now they can pass on their hard won knowledge to the next generation of young gymnasts. As people, it would be hard to find more industrious individuals, who throughout their tenure with the club, have consistently displayed the highest standards of behaviour and dedication to their chosen sport.

The club was also able to purchase a much needed safety mat for the gym from the grant.





## LAGAD RHYTHMIC GYMNASTICS

### REPORT FOR LONDON GYMNASTICS

With our new equipment we have been able to enlarge our club membership at recreational level. All children can now use the right size hoops during their lessons. Our recreational classes have become more tempting, including most beginners' favourite apparatus –we now have ribbons for all!



The Bench has been a fantastic addition for jumps balances and stretching. We have a new recreational advanced class as well as more pre-squads than ever.

With the help of our new Ballet barres, made possible by the generous grant of London Gymnastics, all our girls have passed their BQT ballet with fantastic grades this year. Even our very young girls have been able to benefit from our height adjustable barres; it has made such a difference to the development of the club.



Thank you so much London Gymnastics, we could not have done it without you.





With this report, we wish to convey our deep gratitude to London Gymnastics for the award of a Club Grant in the year 2018. The funds allowed us to purchase two essential pieces of equipment which in turn helped our gymnasts significantly improve their performances and achieve excellent results.

Firstly, £390 was applied toward the purchase of a **ballet barre** (see attached Invoice). As our club hires and shares the use of a gymnasium not specifically outfitted for ballet, we had previously lacked access to ballet apparatus. This situation was to the detriment of our gymnasts since ballet is essential to rhythmic gymnastics training and performance. Training at the barre develops physical conditioning, enhances flexibility, improves balance and posture, and crucially teaches the balletic elements required for routines. Previously, our gymnasts had to crowd around makeshift barres at the wrong height. With the purchase of the barre, we are now able to regularly hold dedicated and professional ballet training. We use part of the fund (£404) to organise five **ballet workshops** taught by British Gymnastics choreographer and coach Suzanne Haslam (see attached invoices). The training made possible by the purchase of the ballet barre and ballet workshops had an immediate effect on our results: two gymnasts successfully passed the ballet component of the BQT Test in 2019.



£206.10 was used for the purchase of a new **sound system**. Music is indispensable to rhythmic gymnastics as a discipline which features dance steps and the handling of apparatus according to music. Our coaches dedicate much of their time to the selection and digital editing of unique musical pieces for each of our gymnasts. Previously, we had to use the basic audio system owned by the gym, which was not always available when required, and which emitted sound of low quality. At times, coaches have been restricted to playing music out of personal mobile phones; often the gymnasts could



barely hear the music. This purchase has now greatly enhanced the quality of all aspects of our experience, including choreography, training, and performance. The volume and clarity of the sound being played out of our new sound system has meant that gymnasts can learn to respect the music more closely, coordinating their movements to rhythm, tempo, and dynamic, thus improving their musicality and artistry. Our training has become much more consistent due to more reliable audio technology. Perhaps most importantly from the perspective of our young gymnasts, a well-established body of research has demonstrated how music positively affects psychological aspects such as stamina and emotion in athletes, and we have personally observed how a more professional sound system improves their experience in rehearsing and performing their routines. Crucially, the sound system has permitted us to organize regular control training in which competition situations are simulated: music is played at a high volume, gymnasts wear competition leotards, and their performances are judged whilst an audience watches. Such control training acclimatises gymnasts to the feeling of real competitions. Our new sound system also means that we can now organise our own competitions to a higher degree of professionalism: in the summer, we will hold our annual Internal Competition.



The purchases of the ballet barre, ballet workshops and sound system have produced concrete competition results. In 2019, we presented four junior gymnasts to the British Open Championship, and we presented our Espoir Group who, in their very first competition as a group and at their first attempt, qualified to compete at the English Championship. Six individual gymnasts qualified for National Grades Finals, and one further gymnast qualified for the British Open Championships. These achievements are the result of the dedication of our coaches and gymnasts, and importantly, of the financial generosity of London Gymnastics. We thank you very much.

Thank you so much for selecting **Silverline Gymnastics Club** to be awarded with a London Gymnastics grant! We were able to use the funds to buy a vault run for the gymnasts along with an air barrel for them to work on their handstand shapes for core strength and conditioning.



We then used the remaining grant fund to kick start a club fundraiser to buy a second hand tumble track in order to imitate the sprung floor used at the London Regionals.

I am happy to say that the girls have progressed in leaps and bounds and we have had more Regional Finalists this year than ever before, which we believe is largely due to the use of our new training aids!

Kind Regards,

Natasha Green,  
Silverline Gymnastics Club