



SAADI NEWS

NEWS – EVENTS – RESULTS - DIARY DATES

Summer Term 2012



☺ New Members ☺

We are delighted to welcome the following new gymnasts this term: Ellie Thomas, Ella Cridland, Ella Horne, Eliora Mack, Charlotte Croxen, Freya Elliott, Maya Elliott, Dominique Smith, Ella Stirrat, Ruby Suss-Francksen, Clara Suss-Francksen, Katie Foster, Katie Grimes, Grace Sands, Amelia Weatherhead, Amber Webster.

NEW BEGINNERS

During the summer holiday any places in the September Beginners' class will be allocated to those already on the waiting list. Please make sure you have any siblings of existing members on the list and tell those at school who might be interested. Although now open to 5 – 8 year olds it is important that they are capable and preferably nearer to 6. Details should be sent to saadi@online.rednet.co.uk or via the website at saadi.org.uk or given to one of the committee members.

AWARDS AND COMPETITION RESULTS

Well done to the following gymnasts who have passed their SAADI Awards:

Star Award	Ruby Award	Amber
Emma Afari Julia Moss Ellie Thomas Olivia Herries Kate Alexander Ella Cridland Amy Heather Anastasia Herries Ella Horne	Gabriella Senner Lucy Dixon Martha Wilkinson Freya Waterworth Natasha Lane Mia Pullan Elizabeth Weatherhead	Katie Cross Lilian Monir Elise Peacock

COMPETITIONS

CLUB CHAMPS

The highlight of our competition year is **Club Champs**, which will be held this year on **Sunday 25th November**. All gymnasts in the 12:00 and 2:00 o'clock classes are expected to take part on this competition, so please make a note in your diary.

The competition for the 4:30 class will take place at on **Saturday 14 July**. Registration will be at 3:45pm and the girls should wear their normal training leotards. Parents are very welcome to stay and watch the competition.

Club Champs enables the coaches to assess the development of each gymnast, as well as their competition temperament and is a key element in class grouping and planning for the coming year.

Date	Month	Event	Venue
Sunday 17 th	June	Level 7 & 6 Teams	Stevenage
Sunday 8 th	July	Herts Grades	Stevenage
Saturday 14 th	July	Beginners (4:30 class) Competition	Redbourn
Sunday 16 th	September	Levels 5,4,3, 2 & FIG Individuals	Stevenage
Sunday 28 th	October	Levels 5,4,3, 2 & FIG Teams	Stevenage
Sunday 25 th	November	Club Champs	Redbourn

SAADI Gymnastics Club Competition Results 2012

11/03/2012 HGA Recreational Grades at Marriotts Gym in Stevenage

The first competition of the year was the Hertfordshire Gymnastics Association (HGA) Grades and for Connie Jenkins-Grieg, Zoe Carroll and Lara Motyczak, it was their very first County competition. Connie achieved the 2nd highest score on the floor, Zoe achieved the 2nd highest score on Vault, 3rd on Beam, 4th on Floor and achieved the 4th highest score overall, out of 41 competitors.

In the HGA 3 competition, Megan Samuel achieved the 3rd highest score on both Vault and Beam. In the HGA 4 competition Georgia Moreland achieved the 2nd highest score on Beam and Erin Breen achieved 1st on Vault and Floor, 2nd on Bars and was awarded a Silver medal for her Overall score.

01/04/2012 Hertfordshire Club Grades at Marriotts

Molly Moreland and Abbie Wilbraham entered their first Club Grade 14 competition and Abbie achieved a Distinction in the 10+ age group.

Amber Carroll entered the harder Club Grade 10 in the 12+ age group. She achieved the highest Vault score and came 3rd Overall, with a Distinction which qualified her for the Regional Competition.

29/04/2012 Regional Club Grades Finals at Ipswich

Despite an ankle injury in the warm-up, Amber Carroll was awarded Bronze medals for the Vault and Bars and came 7th throughout all the counties.

13/05/2012 Level 7 & 6 Individuals at Marriotts

Kasia Motyczak was awarded the Trophy in the Level 7, 13+ age group.

Ellie Galvin and Juliet Colledge entered the Level 6 competition, 9-10 age group and Ellie Galvin was awarded the Bronze medal for her Floor routine.

In the 11-12 age group, Madeline Donaldson was awarded the Silver medal on Beam; Isabella Blakesley won the Silver medal on Vault; Georgia Chang-Evans was awarded the Bronze medal on Vault and Silver medal on Bars; Lauren Moss won Gold on Vault and Bronze on Bars;

Laura Knill-Jones won Gold on Bars and Bronze on Floor and the Bronze All-Round medal and Anina Motyczak won Gold on Beam and the Gold All-Round medal.

4:30 Conditioning Competition – May 2012

This is a competition designed to encourage the younger gymnasts to work at home on their conditioning. It is held once a term and the this term's winners were:

Strength: 1st Emily Harrison, Melonie King & Martha Wilkinson
Flexibility: 1st Emily Harrison & Gabriella Senner
3rd Melonie King, Natasha Lane & Grace Young
Bars: 1st Emma Afari, Kate Alexander, Natasha Lane, Julia Moss, Mia Pullan & Elizabeth Weatherhead
Overall Competition: 1st Natasha Lane 2nd Emma Afari & Kate Alexander



An excellent start to the competition year for the SAADI gymnasts!



Saadi now has a Facebook Page which can be located at:

<http://www.facebook.com/pages/Saadi-St-Albans-District-Gymnastics-Club/293523917346010>

We have taken advice from British Gymnastics about having and operating a Facebook Page, and we will be adopting guidelines provided by them to ensure that the Page is used correctly and is monitored by our Welfare Officer. For example, regarding any photos of Gymnasts, we can only post them to the Page with Parents' consent, and only an Admin person for this Facebook Page (Simon Godley or Petra Carroll) can make such a post to Facebook.

When you are on the page, simply click on the **Like** button to receive news and information alerts as and when they are posted to the page.

Information that you will receive on Saadi via the Facebook page (if you 'Like' it) will be items such as:

- General news and updates on the club
- News about new equipment, changes to equipment and uniform
- Competition news and results
- Alerts / reminders of some of the schemes that Saadi operates e.g. Sainsbury's Active kids vouchers
- Alerts regarding Saadi events e.g. Club Champs, displays
- Info on term dates

The Page can also act as a discussion board, and we would encourage parents to post any queries on the club onto the page if they wish. The Page is set up so anyone can post a comment to the Page, but only Admin people can post photos as mentioned above.

As with the Club's website, the Facebook Page also acts as a marketing tool to attract future gymnasts in the area from parents that use Facebook.

We look forward to interacting with you on Facebook!



Equipment Maintenance



We are always looking for willing volunteers to be part of the equipment team. These parents give valuable time to inspect and maintain the equipment on a rotational basis, so that we can be confident that the children are safe. If you feel you can help in any way, please ask a committee member or senior coach.

Equipment

We have recently purchased a new red high bar, which we are finding really useful, as it is so versatile, even if it is challenging to put out!

THANK YOU



A big thank you to all who collected the Sainsbury's Active Kid's vouchers. We have ordered some trophies for Club Champs, much needed storage boxes and other smaller items for the benefit of the gymnasts.

A big thank you to the new 4:30 register team who are: Paul Senner, Belinda Pullan, Kate Wilkinson, Juliet Reed, Claire Weatherhead and Helen Thomas.

FUNDRAISING

If there is anyone willing to help with fund raising and also help with filling out grant application forms, the leaders would be very grateful. Please email Penny Collins at: penelopecollins@gmail.com

PHOTOGRAPHY



Just a reminder that we don't allow photographs of the gymnasts to be taken with either cameras or mobile phones, without the permission of either the committee or senior coaches. Photographs may be taken at Club Champs competitions but if you have any photographs of children other than your own daughters, they may not be published on Facebook or any website.

PARENT INFORMATION SLIPS

If you are emailed or given Parent Information slips, it would really help us if you would fill them in and return them to Julie Donaldson. When we come to organise events like Club Champs, it's really useful to know who we can ask to help with the numerous small tasks involved.

COACHING NEWS

We've had a massive training programme for coaches during the past year and it's still ongoing. The following five coaches passed their WA UKCC Level 1 exam: **Caroline Henderson, Victoria Frampton, Rachel Westcott, Nicola Fuller** and **Caroline Waterworth**. **Annie Fuller** also passed her WA UKCC Level 2 exam. Congratulations to all the coaches for the amount of hard work and dedication they put into their work.

Amanda Coles is presently undertaking a Level 1 course and **Nicola Fuller**, a Level 2 course, which will take her until September to complete. Good luck to them both.

AGM

Date for Your Diary

The SAADI AGM is being held on Tuesday 16th October 2012 at 8:00pm in the Redbourn Meeting Room. It would be great to see as many parents/carers as possible.

SAADI UNIFORM

Loops & Gloves are now in stock at £8.50 a set or £5 for a single item (various sizes available).
All gymnasts using the metal bar should have their own set.

SAADI uniform is available to view and try on at the gym, making it much more convenient to purchase. Order forms are kept on the side of the uniform cupboard in the changing room, along with the contact details, or can be downloaded from the website www.saadi.org.uk

Please contact Claire directly if you have any queries at all or would like to try anything on.

NEW FOR SUMMER 2012 - Uniform Hire for Competitions

Following a recent Committee Meeting a decision has been made that, as well as the relevant SAADI leotard, SAADI tracksuits should now be worn by participants to all external competitions.

Leotards remain available for hire at £3.00 each loan and should you also need to hire a SAADI tracksuit the combined charge will be £5.00. Please see Claire for sizing as tracksuits come up rather large.

AVAILABLE UNIFORM

Tracksuit	£42.00 Child / £44.00 Adult
Gym Bags	£5.00
Polo Shirts	£10.00 - £12.00
Fleeces	Childs - £17.50 Adults £23.00
Amber Leotards	£32.00
Bronze Leotards	£37.00 - £42.00
Hand Guards	£10.00
Wristbands (Double Length)	£5.00
Loops and Gloves	£8.50 a set / £5.00 for a single item
Competition Leotards available to hire	£3.00 each loan
Competition Tracksuit & Leotard available to hire	£5.00 each loan

Outgrown your leotard or other items of uniform?

Please keep hold of them as we are considering a second hand uniform sale early in the Autumn Term.

Details to follow via the SAADI notice board on return to the gym in September.

SAADI CONTACT LIST

Committee		
Club Leader	Penny Collins penelopencollins@googlemail.com	01727 873866
Chairman / Welfare Co-ordinator	Petra Carroll	01442 260835
Treasurer	Simon Godley	01727 859101
Minutes Secretary	Fiona Wilbraham	01727 848371
Uniform Representative/Welfare Team	Claire Motyczak	01582 767022
Notice Board/Newsletter/Changing rooms	Nicky Reardon	01727 861389
Parent Co-ordinator/Welfare Team	Julia Donaldson	01727 763020
Member	Gill Callow	01582 833513
Other contacts		
Competition Secretary	Claire Moreland	01727 857152
Membership	Jackie Aldridge	01727 860915
Redbourn Recreation Centre		01582 626202

TERM DATES 2012

Summer Half Term – No Training	Wednesday 6 th June 2012
	Thursday 7 th June 2012
	Saturday 9 th June 2012
Summer Term – Last Session	Saturday 21 st July 2012

Autumn Term – First Session	Wednesday 5 th September 2012
	Thursday 6 th September 2012
	Saturday 8 th September 2012
Autumn Half Term – No Training	Wednesday 31 st October 2012
	Thursday 1 st November 2012
	Saturday 3 rd November 2012
Autumn Term – Last Session	Saturday 15 th December 2012

Spring Half Term – First Session	Wednesday 9 January 2013
	Thursday 10 January 2013
	Saturday 12 January 2013
Spring Half Term – No Training	Wednesday 20 th February 2013
	Thursday 21 st February 2013
	Saturday 23 rd February 2013
Spring Term – Last Session	Saturday 13 th April 2013

PARENT REPRESENTATIVES

12.00 Class	Steve Jackson & Claire Motyczak
2.00 Class	Julie Donaldson & Kathryn Sanderson
4.00 Class	Debbie Campion & Tony Moss
4.30 Class	Paul Senner & Belinda Senner

EQUIPMENT PUTTING OUT AND AWAY 2012

Once again **THANK YOU** to all parents and gymnasts who help to set out and put away the equipment for each gym session. We do rely on the help of parents for this and it would be really helpful if some more of you could lend a hand, as well as the reliable regulars. If we all pitch in the kit can be put away on a Saturday in 15 minutes, allowing the gymnasts and our volunteer coaches (some of whom will have been coaching for 6 hours) to go home and relax. If you currently do not get involved because you are unsure of what goes where, or how things are done, please ask a coach, committee member or regular helper – they will be more than happy to point you in the right direction. **On Wednesdays and Thursdays, if you absolutely have to lift share, make sure that the designated driver can stay and help, otherwise we can't get out all the equipment we need.**



If you know your daughter will be absent from a training session, mark the date in the register and tell her coach, or email: penelopencollins@googlemail.com or telephone Penny Collins prior to the session.

This allows the club to organise the sessions effectively.

PLEASE CHECK THE NOTICE BOARD REGULARLY FOR INFORMATION, RESULTS AND UPDATES THROUGHOUT TERM

Lastly, have you moved, changed your mobile, land line number or e-mail address? If so, please let us know so that we can keep our contact details up-to-date - thank you.