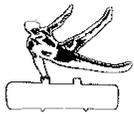


# Douglas Gymnastics



# Club



Club Newsletter – April 2009

## Gold Medal - Celtic Cup 2009



Congratulations to Douglas Gymnast Daniel Fox who represented Ireland last weekend at the 2009 Celtic Cup in Scotland, returning home to Cork with the Gold Medal and Cup. An historic occasion for gymnastics in Ireland, and indeed our club.

Daniel was part of the Irish Team, which was made up by 5 Douglas Gymnasts, the most of any Irish Club. Also on the team was Niamh Rana, Emma Rumley, Adam Dalton, and Ryan Gettings. Chris O'Connor was to compete also, but had to withdraw due to injury.

The Celtic Cup is an annual event between the Celtic Nations (Ireland, Northern Ireland, Scotland, Wales, and lately, the Isle of Man) Both Boys and Girls compete at two age groups, and is one of the most important junior developmental competitions on the circuit.

In the girls minor team, Emma competed on Vault, Bars, Beam and Floor, achieving great scores for the team. In the Junior team, Niamh Rana competed on Vault, Bars and Beam, and at the end of the competition they had achieved third place, and the team bronze medal.

The girls, fresh from the National Team Championships only 2 weeks before (See report later) were very much in competition mode, and performed well on all apparatus. Niamh stuck her beam routine, but had an unfortunate fall after achieving a perfect handstand on the asymmetric bars. Emma in her first outing in the Celtic Cup placed 4<sup>th</sup> in the Irish team of 6.

On the boys side, at U13, Ryan Gettings and Daniel Fox competed on all apparatus. From the off, Daniel was looking in good shape, and was obvious he would do well. An unfortunate fall in his double back somersault dismount on rings, made for a nervy competition, but he fought back with superb performances on Parallel Bars and horizontal bar, to finally clinch the gold medal and the All-Around Celtic Cup for Ireland. Ryan, also had a great competition, competing his Tsukahara Vault, and full twist on floor for the first time. The Team placed 3<sup>rd</sup>, bringing the bronze team medal back home.

At the U17 age group, Adam Dalton was entered on 4 apparatus, but shone on floor and vault, Ireland only had 2 gymnasts at this age group, so could not feature in the team medals.

Also in Scotland from Douglas were Judges Mairead O'Callaghan and Chloe Hegarty, along with coach Tim O'Donovan

It was a superb weekend for the club. Congratulations!

## Gym Closed for Easter

5<sup>th</sup> -16<sup>th</sup> April Inclusive

Normal Classes resume on 17<sup>th</sup>/18<sup>th</sup> Apr

Training as normal on May Weekend

### European Championships – Milan, Italy

As we write, Sarah Wedel is in Milan, Italy, competing at the 2009 European Championships. Competition day is Thursday 2nd April, and Sarah is the only Irish Girl Competing at this major tournament.

She was to be joined by Douglas's Aimee O'Driscoll, but an unfortunate ankle injury at the National Team Championships only 3 weeks ago, meant Aimee could not travel

Sarah, is now a veteran at this level of competition, having competed at the previous European Championships in France, the Netherlands, and Greece. Sarah will be competing on Floor, Vault and on her speciality piece of Beam, so hopefully all the hard work and extra training will come through! By the time you read this, Sarah will have competed, so best of luck Sarah, and do us proud!

### New Equipment!

As you no doubt have noticed, we've added a lot of bright red to the gym! The club has just spent €38,000 on new gymnastics equipment to replace much of the older equipment we had, some of it 30 years old! This was thanks to a €22,500 national lottery grant, as well as a €6,000 Cork City Council Grant, and of course, thanks to you, our members and supporters. Hopefully the new equipment will help us through the next 30 years of Douglas Gymnastics Club!

### New Recreational Class Structure

In early March, we embarked on changing our recreational class structure to cater for additional members in the club. For years, we have brought approximately 60 gymnasts at a time in for an hour, on the hour.

Our new structure has approximately 40 gymnasts coming in every 30 minutes for an hour, so we are making better uses of the resources we have, while catering for the demand in the community for the services we offer. Douglas Gymnastics Club is now in a position to clear our waiting list for the first time in about 15 years, and open to the club up to new members. This has necessitated a lot of organisational changes, so please bear with us during this time.

### National Team Championships

On the 8th March, Sarah Wedel, Aimee O'Driscoll, Niamh Rana, Sarah Buckley, and Emma Rumley travelled to Dublin to compete at the 2009 National Womens Team Championships. This is the most important National event for the girls as it is a qualifier for the National All-Around and Apparatus Events, as well as being the qualifier onto the Irish Squad. Douglas has a great history at this event, and hasn't not placed in many many years.

This year was no different, with the Douglas girls placing 3rd out of the 7 teams competing. It was a nail-biting event, with 4 of the top teams taking part in the afternoon session, from the 4 provinces – Douglas from Cork, Nadia Gym Club in Ballina, Salto Gym Club from Lisburn, and Excel Gym Club from Kildare.

To add to the excitement was a TV crew from RTE, who showed footage from the event on the OB sport programme. (You can see is again online at: <http://www.rte.ie/tv/obsport/>)

The girls started the competition on bars, with good solid routines from all the gymnasts, on to beam, and again, the girls pretty much nailed all parts of the routines. With just floor and vault left, we knew things were looking close, and the tension was rising.

In the end, the event was won by Salto Gym Club, followed by Excel gymnastics club. We were in third, just 1 mark behind Excel – an extremely narrow margin in a team competition.

There was some fantastic Individual results from the girls. In the Minor age group Emma now ranks 2nd out of the 16 competing gymnasts, and in the Junior section, Niamh ranks 7th, and Sarah 10th out of 21 gymnasts while Sarah Wedel ranks 2nd in Ireland while Aimee 3rd. On the individual apparatus, Emma Rumley now ranks 2nd in Ireland on Bars, as well as 2nd All-Around for her age group. Niamh and Sarah now have top 10 rankings on bars also. Sarah Wedel ranks 1st on Beam, and 2nd on Floor, while Aimee ranks 1st on Vault and 3rd on Bars.

# Douglas Gymnastics



# Club



## Easter Training Camp - Scotland

27 Gymnasts, 5 coaches and 2 chaperones, will this Sunday travel to the Scottish National Training Centre in Largs, Scotland for a week long intensive training camp. The boys and girls from our Advanced and Intermediate groups, will use the first week of the easter holidays to hone their existing skills, while using the superb facilities in Largs to achieve and perfect additional gymnastics skills.

## Club Championships

Congratulations to all the gymnasts who took part in the 2009 Annual Club Championships. Over 150 gymnasts took part in the competition on 21st February. The girls competed on Vault, Bars, Beam, and Floor, while the boys did Floor, Vault, Parallel Bars, and Bar.

In the coming weeks, we are also introducing a new grading system, with progressions on all apparatus, which will make things a lot more interesting. Stay Tuned!

## Coaching Courses

Congratulations to Douglas coaches Rachel O'Bryne, Naomi Lutrell, Ruth Farmer, Ailbhe Kennedy, Ruth Nagle, Fiona Duggan, Una Lehane, Maria O'Sullivan who all completed the Irish Gymnastics Coaching courses held in Cork over the past few weeks. 26 coaches in total from all over munster took part in the course which was run by Douglas coaches Tim O'Donovan and Debbie McDonnell under the auspices of Irish Gymnastics and Coaching Ireland.

## International Judging Course

Congratulations to Mairead O'Callaghan who travelled as the sole Irish Representative to the International Judging Exam in Slovenia in January. Mairead placed 24th in the World, a fantastic result.

## National Judging Course

Fresh from Slovenia, Mairead then ran a National Judging Course in Cork, which saw over 30 judges attend from all over Ireland. Douglas had a strong representation at the course, with Elaine Duggan, Chloe Hegarty, Rachael O'Sullivan, Emma Hamill, Kate Luttrell, Sarah Canning all attending the course from Douglas. The exam isn't until May, so the hard studying is ongoing!

## National Level 7-10 Finals

On 22nd March, Douglas hosted its most prestigious competition to date, the National Intermediate Level Apparatus finals, with over 70 gymnasts from all over Ireland taking part. Douglas had two entered - Sarah Buckley, placing 4th on Vault, and Aoife O'Keefe placing 4th on Beam. This was the first time such an event has been held outside of Belfast or Dublin in many years, made possible by all our new equipment!

## National All-Around & Apparatus Championships

Douglas will host the most prestigious event we have ever held on the 9th/10th May. The National Womens All-Around and Apparatus Championships along with the Junior Mens National Championships will travel to Cork for the first time. This will bring all the top Irish Gymnasts to Douglas for what promises to be a spectacular weekend of Gymnastics. Stay tuned for more information!

## Additional Grants

We just learned that we were successful in getting a €4,000 grant from Cork City Council for additional equipment. We also received €750 from Cork City Sports Partnership towards coach education. Many thanks also to Cllr Chris O'Leary, Cllr. Deirdre Forde, Douglas Community Association, and Neasa Long for their recent donations to the club.

## Douglas Gymnastics Club – Logo Competition

Douglas Gymnastics Club is 30 years old this year, and one of the events we are holding to commemorate this is a competition to redesign our club logo. Our logo was designed many years ago, and has served us very well, but the club is considering the possibility of revamping our club logo in order to see us into our next 30 years.

### Prize

The competition will be judged by the committee of Douglas Gymnastics Club, and if an entry is deemed suitable to replace our existing logo, **the winner will receive free tuition for a term with the club.**

### Rules

1. The logo should be based loosely on our current logo.
2. When designing the logo, think about how it would fit on t-shirts/tracksuits/bags etc. – i.e. should essentially be circular/crest shaped.
3. It does not necessarily need to contain the text "Douglas Gym Club",
4. The club colours are black and white, but 1 additional colour may be used also.
5. The logo should be clear enough to be recognised from a distance.

### Entries

You can either do your artwork on paper, or via email. The last day for entries on paper is Saturday May 2nd. Please give your submission to the registration desk upstairs in the gym, with your name & phone number clearly marked on the back. The last dates for a computer entry is 9th May. Logos should be emailed to [logo@douglasgym.com](mailto:logo@douglasgym.com).

### Some Ideas

- Remember that there are both boys and girls in the club.
- Consider drawing some gymnastics skill in the logo, or perhaps make some of the letters out of people.
- Here are some to give you an idea. Perhaps look at the Internet to see examples of some other gymnastics logos. – NB – we can't use a logo that has been copied!



**Get Drawing & Good Luck!**

### Upcoming Events - April

1st – 5th	European Championships	Italy
5th – 10th	Club training trip	Scotland
10/11/12th	Gym Closed (Easter)	
18/19th	Level 1 Coaching Course	Douglas
26th	Munster Final Special Olympics	Cork

### Upcoming Events - May

2nd/3rd	Mens Intro Coaching Course	Douglas
9th	National Womens All-Around Final	Douglas
9th	National Mens Junior Champs	Douglas
10th	National Womens Apparatus Final	Douglas
17th	National Mens Level 1-4 Champs	Dublin
23rd	Gym Closed (Athletics Event)	

### Douglas Gym – Development Project

As you know, our plans are to develop our own permanent gymnastics facility, and discussions in this regard are ongoing.

Our main goal is to build our own premises, but if you know of any possible pre-existing structures that have become recently vacant, or on the market that would suit a sports club, please let us know!