

Welcome New Members!

About 50 new members have joined our ranks in the past few weeks, and we wish every one of you a hearty welcome to our gymnastics family.

Inter Club Friendly Competition

On 31st January, Douglas, played host to an invitational friendly competition, which saw 317 gymnasts from 4 other clubs around Cork take part. Beyond the 101 gymnasts from Douglas, we had gymnasts from Carrigaline, The Rock Gym Club (Blackrock & Bandon), Beara Gym Club (Castletownbere), and Cobh Gym Club. And of course accompanying the 317 gymnasts were more than 400 supporters!

The event ran in two sections, with all the boys and younger girls in the first part, and the remainder later on in the day. Now, try in a single breath to read out the names of the 101 gymnasts from Douglas who took part!

Donna Lynch, Alanna O'Flynn, Pearl Ner, Anu Slattery, Hanah O'Leary Jeffers, Ellen Buckley, Siofra O'Flynn, Sinead Crowley, Fiona Cartner, Jodie Finglas, Faye Bradley, Ciara Powell, Aoife O'Mahony, Jani Vermaak, Kate Dilloughery, Jennifer Barron, Jenny Wall, Hayley Slowey, Rion Corkery, Laura Cashman, Kiara Murphy, Savanna Healy, Holly Lee, Julia Szpanko, Lexie Harris, Sinead Hartnett Daly, Ciara Duffy, Beth Canniffe-Gavin, Jane Holland, Robyn Kanani, Alima Frode De La Foret, Holly Baker, Ellie Devine, Katie Scanlan, Aoife Leahy, Hannah Mulqueen, Orla Jeffries, Kimberley Sheehan Thomas, Sophie Hennessy, Shannen Kearney, Sive Dorel, Molly O'Connell, Abbie O'Donovan, Meabh O'Halloran, Orla O'Driscoll, Emily Holland, Jessica Pajaczek, Aisling Walsh, Edel Kanani, Aisling Cassidy, Jemma Barry, Anna Cartner, Alison Welch, Orlaith McCarthy, Ava Cudmore, Leanne Tang, Una Samuels, Sandra Suchoparska, Andrea O'Driscoll, Rima Sadzeviciute, Sinead Roe, Lauri O'Callaghan, Michelle O'Sullivan, Amy Batt, Grainne Ni Luasa, Alex O'Neill, Amy Davis, Sinead O'Mahony, Liz Dorgan, Nicole Keating, Tom Dilloughery, Daniel Conroy, Sean Lynch, Daniel McCarthy, Fionnan Quinlan, Blake O'Connor, David Leahy, Raffaello Falcini, Eric Cartis, Joseph Lombard, Mark Leahy, Cian Egan, Jack Sheehan, Sean Horgan, Alessandro Falcini, Michael Barry, Eoin O'Flynn, Killian O'Driscoll, Tanquy Blervacque, Finnian O'Neill, Sean Sweeney, Rory Barry, Eoin Kelly, Matthew Kingston, Adam Sheehan, Jack Murnane, Luke Murnane, Charlie Gowen, Conor MacFeely, Gauthier Blervacque, Matthew Browne.

Congratulations to all the gymnasts who took part, and thanks to all the parents, friends and family who came to cheer them on!

National Level 1 Finals

As mentioned in our January Newsletter, we sent 26 of our gymnasts to Cobh to compete in the Southern Region Level 1 finals, which was a qualifier for the National Finals. It was a good day, with every one of the gymnasts coming home with a medal, and 12 of our girls qualified to Nationals.

The final takes place in Dublin on 28th February. Representing Douglas, and the Southern Region in the final will be: Sadhbh Gash Ruby, Katie Gowen, Olivia Tiernan, Catriona Crowley, Niamh O'Mahony, Laura Gowen, Hannah Healy, Emma Power, Ciara Lynch, Meg Ryan, Kim Morrissey & Aisling O'Flynn.

Best of luck in Dublin Girls!

National Level 7-10 Finals

The National Level 7-10 Finals took place in Dublin on 7th February. We had 5 girls taking part in the level 7 competition. Hannah Hayes, Fiona Buckley, Meg Haugh, Julia Cussen & Aoife Cullimore along with some girls from Carrigaline Gymnastics Club made up the Southern Region Team. The girls performed very well, and a special congratulations to Fiona Buckley, who achieved the National Level 7 Bronze medal for Assymmetric Bars.

Celtic Cup

The 2010 Celtic Cup will take place in Cardiff, Wales next weekend, on 20th February. Douglas has half the boys national team with Chris O'Connor, Adam Dalton, Daniel Fox and Ryan Gettings. The girls panel was selected on 7th February and from Douglas Sarah Buckley is on the Junior Team, with Niamh Rana as 1st reserve. The Celtic Cup is an annual junior event for the Celtic Nations of Ireland, Northern Ireland, Scotland, Wales, and the Isle of Man.

Best of luck to the Irish Team, and especially the Douglas contingent!

New Tracksuit & Club Kit

Our new tracksuit finally arrived two weeks ago! We're delighted with how it turned out, and hopefully soon, all our gymnasts will have one! At the moment, we only have some of the smaller sizes, but the next batch is due in soon. If you don't yet have one, they are for sale upstairs in the gym on Fridays and Saturdays, along with our hoodies, bags and T-Shirts!



Where do your fees go?

Douglas Gymnastics club is a 'not for profit' community club. We are a registered charity and are run by a voluntary parents committee. Have you ever wondered what we do with the tuition fees you pay each term?

Where did our income come from in 2009?

- 78% of our income came from the tuition fees;
- 15% was raised through various fund raising activities;
- 5% was raised by the summer and winter camps;
- 2% was raised by donations and other income;
- 0% came from club merchandise (we typically break even on selling clothes and merchandise).

So what did we do with the money we received in 2009?

- 29% was paid to some of our coaches and assistants (many of these do this work voluntarily);
- 16% goes to Douglas Community School as rent for the hall;
- 8% goes to Irish Gymnastics for membership fees and insurance;
- 8% goes on administering the club (equipment maintenance, telephone & postage, prizes and sundry items, depreciation etc);
- 4% is invested back into our Gymnasts (we subsidise advanced squad training, cover some travel costs and competition fees);
- 3% is invested in coach education;

It is also noteworthy that during 2009 we purchased €37500 worth of top class gymnastic equipment funded by grants of €28500 and €9000 club funds which is now in use by all our members.

In 2009 we managed to save 32% of all our income. This money was added to the fund we have created to allow us develop our own dedicated gymnastics facility which will dramatically improve the activities we are providing to our members. We promise that any money we are left with each year will be reinvested into the club in order to benefit our community.

We hope to follow broadly the same pattern in 2010 (although we anticipate an increase in coaching costs to further improve the service we offer our athletes). 2010 will hopefully be a big year in enabling us to take a step closer to building our own facility.

We hope this explains clearly how your tuition fees provide the financial support pivotal to the ongoing success of Douglas Gymnastics Club. Should you have any queries about your fees or any other aspect of the club or if you would like to play a part in the new gym development don't hesitate to contact a member of the committee.

Southern Region Level 2-6 Finals

This coming Sunday, 14th February, Douglas plays host to yet another event. This time, it's the Regional Finals for Levels 2-6. Representing Douglas are: Rebecca Lombard, Keana Niernick, Orla Kearney, Millie O'Sullivan, Sinead McCarthy, Ciara Wilson, Ciara Walsh, Zoe Fleury, Tasha Lyne, Eva Buckley, Orla Kelly, Roisin McCarthy, Anabelle Terzic, Aoife Gaar, Kelly Fitzgerald, Bronwyn Cruise O'Shea & Caoilfhoinn Collins.

Best of luck at the weekend girls!

National Womens Team Championships

As if there's not enough going on, we're hosting another competition on 7 March! This time it's a National event, which will see the top Womens Teams from all over Ireland compete for the title of National Team Champions.

The Douglas Team members are: Sarah Wedel, Aimee O'Driscoll, Niamh Rana, Sarah Buckley, and back into the team after a period of 'retirement' is Sheila Quinlan, a stalwart member of Douglas teams for many years.

It promises to be a great event, and will be open to the public. Keep an eye out for more information as the event draws closer.

Special Olympics – National Games

The 2010 National Special Olympics takes place in Limerick from 9th-13th June, and sees over 2000 athletes take part in the largest multi-sport event in Ireland this year. Douglas Gymnastics Club will be very involved – beyond our coaches and judges being used as officials and volunteers, most of our top-class equipment is being shipped to Limerick for the games also!

Cork Sports Partnership – Club Development Grants

Many thanks to Cork City Local Sports Partnership who just last month awarded us a grant of €400, under the Club Development - Small Grants Scheme, to help us continue the development of our club

Calendar

February

14th	Level 2-6 Regional Finals	Douglas
20th/21st	Celtic Cup	Wales
28th	National Level 1 Finals	Dublin

March

7th	National Team Championships	Douglas
13th	London Open	Douglas
20th	National Level 2-6 Finals	Wicklow
28th	Level 2 Coaching Exams	Douglas