



Sherburn Community Gymnastics Club

Club Information

**British
Gymnastics**



Safe
Effective
Child Friendly

GYMMARK ACCREDITED

Club Mission Statement

To provide gymnastics for all ages and abilities in a safe environment to a high standard so that the children can learn discipline and the benefits of exercise and healthy living.

About the Club

Sherburn Community Gymnastics Club was formed in 2007 with 56 members by the current head coach Amanda Alderson to provide gymnastics for all children in the local community at affordable rates. The club started training in Gymnasium of Sherburn High School. In 2011 the club expanded and opened a second operation at Barlby High School, Selby.

The club has grown over the years and now has a membership of 418 with a waiting list of 30 children. Club members are coached by 12 British Gymnastics qualified coaches. Since SCGC has moved into the new facility we have introduced 13 more classes and have given another 150 children the chance to participate Gymnastics.

Added to normal gym activities SCGC also have a display team who are coached weekly and have represented the club on events such as World Gymnaestrada Switzerland 2011, Helsinki 2015, Gynastique Magique Paris 2017, Gym Fusion 2015, 2016 & 2017 York as well as local gala's. It is planned that the display team will attend Gymnaestrada Austria in 2019. This will provide the children with a unique opportunity to show their talents on a worldwide stage.

During the last two years the club has commenced taking Gymnasts to friendly competitions at The Wire Gymnastic Club – Warrington. The competition is a floor and vault competition where approximately 15 clubs with 450+ competitors take part over two days. This gives the children a chance to compete in front of an audience and test themselves against others of a similar level.

SCGC gymnasts have won medals at all 4 competitions they have attended often outperforming gymnasts who train more hours at other clubs.

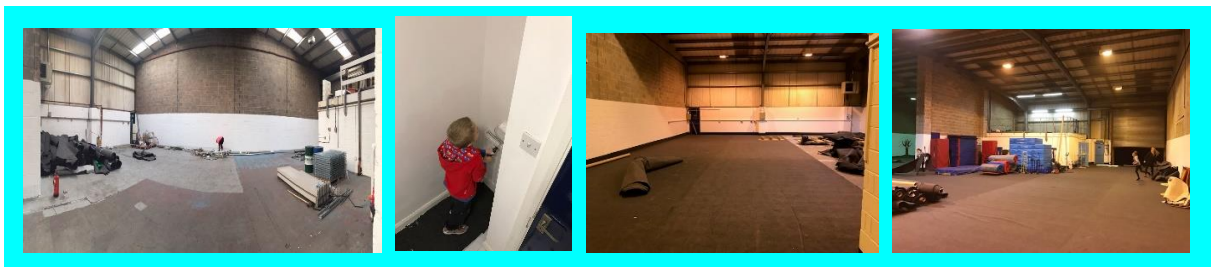
The SCGC coaches have noticed dramatic development in the gymnasts since the move to the new facility and the purchase of new equipment would further and speed up further development.

In 2016 the club became a non-for profit limited company, limited by guarantee and has started the process to become a Registered Charity.

Premises

During 2016 It became clear that SCGC needed its own permanent home as the club had outgrown Sherburn and Barlby High Schools. A permanent home bringing both operations together would enable the club to grow and provide an experience for members that will be unrivalled locally. In February 2017 SCGC signed a ten-year lease on its current premises on the Sherburn Industrial Estate.

Work commenced immediately to transform the Unit from an Engineering facility to a Child friendly Gymnastics Club. All the work was carried out by Coaching staff, gymnasts, friends and family as the club does not have funds to employ local contractors.



Once all the decoration and carpeting were completed a full-size competition sprung floor and tumbling rig was installed (at a cost of £21K requiring Head Coach Amanda Alderson to take out a personal loan to fund the purchase) along with equipment the club already had. The long-term objective is to purchase and install more competition quality equipment and training aids to enable the Gymnasts to further develop their skills. The new SCGC facility was officially opened on Saturday 4th March 2017 by Olympic Medal winning Gymnast Nile Wilson. The event was covered by local BBC News, The Selby times and The York Press.



Coaches

SCGC has 12 British Gymnastic qualified coaches and are committed to coach development

<u>Amanda Alderson</u>	<u>Becky Gaddas</u>	<u>Hayley Alderson</u>	<u>Josh Avallone</u>	<u>Steph Alderson</u>
Club Roles Club Manager Coaching Development Officer Head Coach Judge Qualifications Welfare Trained Womens Artistic Sports Acrobatics General Gymnastics Pre-School Gymnastics FreeGym TeamGym Floor & Vault Judge First Aider	Club Roles Coach Qualifications Womens Artistic Preschool FreeGym TeamGym First Aider	Club Roles Coach Welfare Trained Qualifications General Gymnastics Sports Acrobatics FreeGym TeamGym Welfare Officer First Aider	Club Roles Coach Qualifications Mens Artistic General Gymnastics	Club Roles Coach Qualifications General Gymnastics Sports Acrobatics First Aider
<u>Simon Marston</u>	<u>Claire Harrison</u>	<u>Zoe Thomlinson</u>	<u>Sophie Liddle</u>	<u>Chloe Storton</u>
Club Roles Coach Welfare Officer Funding Co-ordinator Qualifications General Gymnastics <i>Mens Artistic – Enrolled on course</i> First Aider Welfare Officer	Club Roles Head Welfare Officer Coach Judge Qualifications General Gymnastics First Aider Welfare Officer Floor & Vault Judge	Club Roles Coach Welfare Officer Judge Qualifications Womens Artistic First Aider Welfare Officer Floor & Vault Judge	Club Roles Coach Qualifications General Gymnastics	Club Roles Coach Qualifications Awards Coach
<u>Sam Betteridge- Townend</u>	<u>Caroline Marston</u>			
Club Roles Coach Qualifications Awards Coach	Club Roles Coach Qualifications Awards Coach <i>Womens Artistic – Enrolled on course</i>			

SCGC actively encourage the coaching team to continually develop their coaching skills and further their training. All coaching staff are DBS checked and have undergone safeguarding and welfare training in line with British Gymnastics policies and are trained in first aid.

Classes

Classes are run for all ages and abilities regardless. SCGC have a policy of coaching the child even if that requires one to one coaching.

Classes provided are as follows:

- Baby Gym
- Pre-school
- Level 1 Beginners recreational classes – 4 piece
- Level 2 Intermediate recreational classes – 4 piece
- Level 3 Advanced recreational classes – 4 piece
- Floor & Vault class
- Competition classes
- Boy's specific classes – Beginners & Advanced
- Free Gym- Free running in a controlled gymnastics environment
- My Gym – Especially for teenagers who decide what they want to do during the session
- Open age display team
- Open age adult class
- 4 piece Competition Squad Class – Commencing Soon
- 6 piece Boys Competition Squad Class – Commencing Soon
- Sport Acrobatics Class – Commencing Soon

We currently offer 25 classes during the week, this is soon to be increased to 28 classes subject to interest.

Community

SCGC is committed to providing a safe Gymnastic environment for the local community and communities further afield. Coaches from the club have run term long gymnastics sessions at Riccall Primary School and have held a coaching workshop at Sherburn High School for the PE department.

Sherburn In Elmet has many clubs offering the usual sporting activities such as football, rugby, cricket, swimming and cycling to name but a few. SCGC offers something different that appeals mainly to girls but is open to anybody, is available all year round and is not weather dependent. The gymnasts are taught that everybody is different, they are encouraged to their ability and as part of the coaching process are taught the long-term benefits of healthy eating and physical exercise.

Many of our members live within Sherburn in Elmet and surrounding villages, but we do have members that travel from York, Goole and Castleford to attend our club all passing other more local Gymnastics Clubs on the way.

SCGC has for the last two years participated in the Sherburn Gala and this year had a float to showcase the club.

We have had two open days at the new facility which have been free to the community to come along and try gymnastics.

Funds

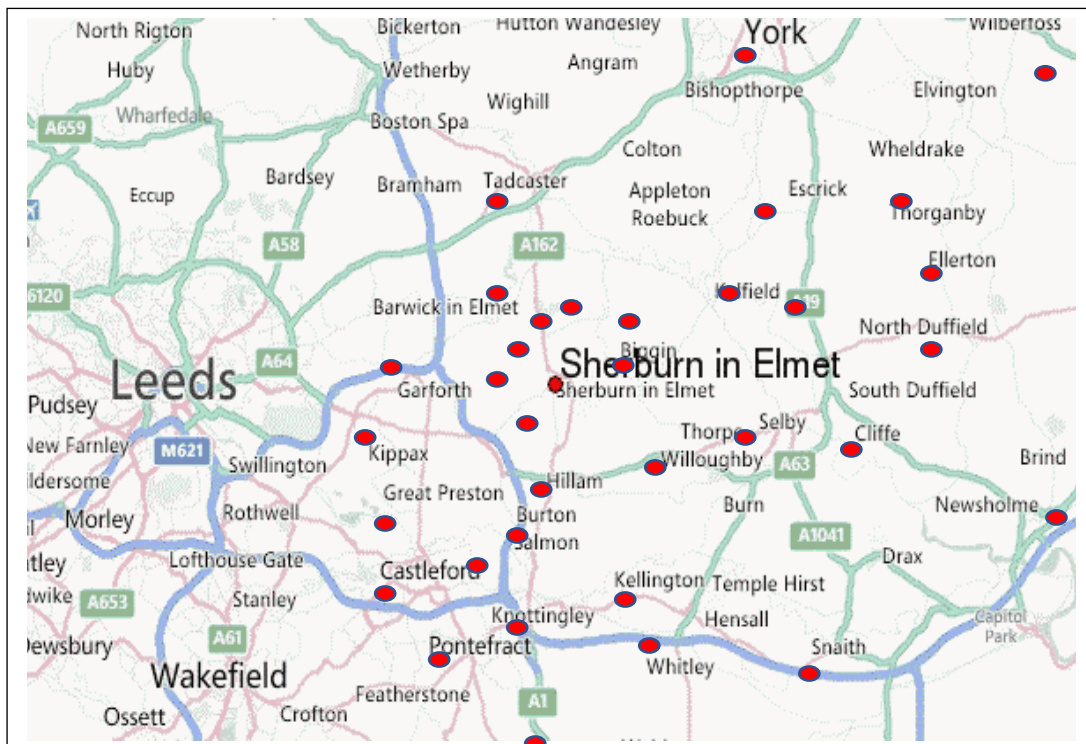
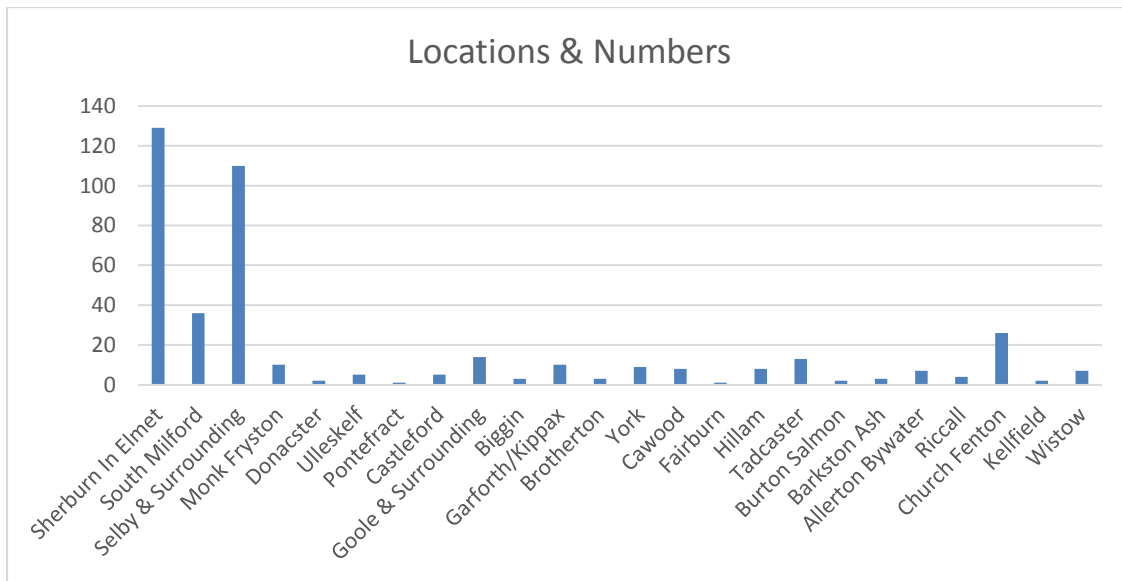
SCGC was created as a community gymnastics club to make it accessible to all. SCGC have a fee structure that is approximately 20% cheaper than other Gymnastics clubs around. This has its own implications, whilst trying to offer something to all it means that once all the outgoings are paid there is little surplus to purchase equipment that the club desperately needs to continue to grow and be able to offer more classes and reduce waiting lists.

SCGC really does make gymnastics accessible to all, we have when required waived training fees for children whose parents were struggling financially until they were able to start payments and have offered reduced payments for families struggling to send siblings to train. The club operate a term/monthly payment scheme but if this is not practical for the family, payments on a pay as you train weekly basis have been offered.

The club has received donations from 'The Odd Fellows Arms' Sherburn In Elmet, this being their prize money from the Tug of War competition at the Sheburn Gala.

The Elmet Lions purchased a new Vault table for the club.

The communities Our Gymnasts come from



External Competition Achievements



SCGC Gymnasts External Competition Achievements

				
The Wire Gymnastics Club Christmas Extravaganza December 2015	Olivia Rogers -Overall competition - Dancer Emily Rogers -Overall competition - Blitzten A Ellie Todd - Overall competition - Blitzten B Ellie Todd - Vault - Blitzten B Matilda Nesbitt - Floor - Blitzten B	Olivia Rogers -Floor - Dancer Emily Rogers -Floor - Blitzten A Ellie Todd - Floor - Blitzten B Ellie Cunningham- Vault - Blitzten B Matilda Nesbitt - Overall competition - Blitzten B	Ellie Cunningham- Overall competition - Blitzten B Leila Betteridge-Townend - Floor - Blitzten B Emily Marston - Vault - Blitzten B	13
The Wire Gymnastics Club Road To Rio July 2016	Emily Simpson - Overall competition - Beijing 10 & over Emily Simpson - Vault - Beijing 10 & over	Livia Lenter - Vault - Beijing 10 & over Emily Simpson - Floor - Beijing 10 & over Emily Marston - Vault - Athens 10 & over	Ellie Todd - Overall competition - Athens 10 & over Ellie Todd - Floor - Athens 10 & over Aiesha Veerasamy - Vault - Athens 10 & over	8
The Wire Gymnastics Club Christmas Extravaganza December 2016	Lucie Furness - Vault - Dancer Under 10 Emily Marston - Overall competition - Prancer 10 & over Emily Marston- Floor-Prancer 10 & over	Evie Gaddas - Vault - Rudolph under 6 Hollie Gaddas - Vault - Dancer under 8 Thomas Marston - Overall competition - Santa boys Thomas Marston - Vault - Santa boys Ellie-Rose Poulter - Overall competition - Dancer Under 10 Emily Marston - Vault -Prancer 10 & over	Jack Harrison - Overall Competition - Santa boys Jack Harrison - Floor - Santa boys Ellie-Rose Poulter - Vault - Dancer Under 10 Ellie-Rose Poulter - Floor - Dancer Under 10 Emily Simpson - Vault - Prancer 10 & over	14
The Wire Gymnastics Club Beach Party July 2017	Michela Beverly - Floor - Cuba 10 & over Rosa Evans - Vault - Cuba 10 & over Rosa - Overall - Cuba 10 & over Jack Harrison - Floor - Boys set 1	Michela Beverly - Overall - Cuba 10 & over Leila Betteridge-Townend - Vault - Blitzten B Emily Marston - Overall - Martinique 10 & over	Emily Marston - Floor - Martinique 10 & over Thomas Marston - Vault - Boys set 1 Jack Harrison - Overall Competition - Boys set 1	10
The Wire Gymnastics Club Winter Wonderland December 2017	Caitlin Reynolds - Vault - Dancer under 10 Liberty Schofield - Floor - Dancer 10 and over Liberty Schofield - Overall - Dancer 10 and over Ellie Todd - Vault - Vixen 11 and over Leila Betteridge-Townend - Vault - Vixen 11 and over Leila Betteridge-Townend - Overall - Vixen 11 and over Emily Marston - Vault - Comet	Leona Arundel - Floor - Dancer 10 and over Leona Arundel - Overall - Dancer 10 and over Ellie Todd - Overall - Vixen 11 and over Emily Macey - Floor - Vixen 11 and over Emily Marston - Overall - Comet Emily Simpson - Vault - Comet	Lillie Roberts - Vault - Dancer 10 and over Katie Bell - Vault - Prancer 10 and over Ellie Todd - Floor - Vixen 11 and over Emily Macey - Overall - Vixen 11 and Over	17

Parents Comments

Following our second interclub competition on Sunday 22nd April, here are a few comments from our Gymnast's parents posted on social media.

'thank you all so much, XXXX loved her first comp and hasn't stopped smiling all day'

Michelle Goldthorp

'Excellent comp again. XXXX is delighted with her bronze, thank you and all staff for all your hard work' **Louise Haigh**

'Well done to all involved, XXXX had a great experience. Thanks for the opportunity'

Nikki Jones

'Well done everybody involved – very professional and enjoyable, XXXX loved it!'

Sarah Garrard

'XXXX had a fab day, her first comp she was very nervous. Thankyou to the coaches getting her confidence back, proud mummy and daddy even her brother was proud'

Caroline Darnbrook

'Big well done to all that competed today, and thanks to everyone that made it happen! You all work so hard for our kids. Thankyou. XXXX loved it, his first comp, he can't wait for the next one' **Sarah Davidson**

'A massive thank you to all the coaches (and non- coaches, Volunteers) today for organising yet another great comp day and experience for the children, a big well done to all who competed I Know I have one very happy and proud little lady who wants to say a big thank you to the coaches for their teaching and support you have given her you are all truly amazing' **Sarah Barton**

'XXXX tried various gymnastic classes over the past couple of years and this club is by far the best as it caters for boys as well as girls. He loves it and so do we. Keep up the good work'

Tamsyn Quormby

'Well done to all the children today! And thank you to all the staff and coaches that made today! You all work so hard for the kids and you do a fantastic job!' **Donna Coope**

Press Reports



New Premises Opening March '17



Internal Club Competition April '18



External Competition July '16



Gymnastique Magique Paris 2017



Fashion Show Fundraiser 2017

Equipment Wish List

Gymnastic Equipment is Expensive, we have chosen to use Gymnova Equipment as they have a long and trusted history. Gymnova has equipment that is hard wearing and will stay in good condition given the continual use it will have.

Gymnova (3240/3245) 'Rio' Asymmetric Bars with natural fibre handrail	£2,878.80
Gymnova (7080) Custom Folding Asymmetric Bars Matting	£1,438.80
Gymnova (3230/3235) 'Rio' Asymmetric Bars with natural soft handrail	£2,758.80
Gymnova (3915) Compact Parallel Bars + Matting	£4,198.80
Gymnova (3405) Pedestal Base Vaulting Table	£2,278.80
Gymnova (2921) Vault Table Pedestal Base Surround matting	£898.80
Gymnova (2101) Vault training Runway	£778.80
Gymnova (3612) Compact Beam with Integrated Matting X 2	£2,878.80 ea
Gymnova (3540) Pommel Horse	£2,098.80
Gymnova (3581/3584) Pommel training mushroom & handles	£717.60
Gymnova (0261/30) Coaching Blocks 2m x 1m x 30cm X 2	£430.80 ea
Gymnova (0261/60) Coaching Blocks 2m x 1m x 60cm X 2	£598.80 ea
Gymnova (0261/90) Coaching Blocks 2m x 1m x 60cm X 2	£838.80 ea
BEEmat Coaching Blocks 2m x 1m x 60cm X 2	£425.00 ea
BEEmat Coaching Blocks 1m x 1m x 60cm X 2	£237.50 ea
Gymnova (7075) Jersey covered foam Block x2	£562.80 ea
Gymnova (7051) Standard PVC Safety Mats x 4	£898.80 ea

Most apparatus require fixing kits and fitting by the supplier at an additional cost.