**SALTO NEWS**

Gymnastics at Salto just seems to be going from strength to strength. The club has consistently throughout the year increased the number of spaces available for new gymnasts to enter the club. More and more of our longstanding gymnasts are turning to coaching. And I have to say that some of our youngsters are proving to be outstanding coaches. Even the parents are caught up in the hustle and bustle of our thriving club. It has to be said and I can confirm it quite often is, that we have a fantastic facility and it is the intention of myself, the trustees, the Management Committee and our team of coaches to ensure that we make the most of it.

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Play Gym Parental Sessions

Tuesday, Wednesday, Thursday and Friday, 4:30 till 7pm.

Available for siblings of gymnasts who are in lessons. £1 an hour.

Trampolining and General Gymnastics sessions available please contact the office.

The volume of competitions that are made available to our competitive gymnasts is increasing and 2010 will see Salto representation at nearly all General, Artistic and Acro Competitions. I am Confident that our club will be represented at regional and national finals. If we look at the results generally it is quite clear that proportionately Salto wins more than its fair share of Medals.

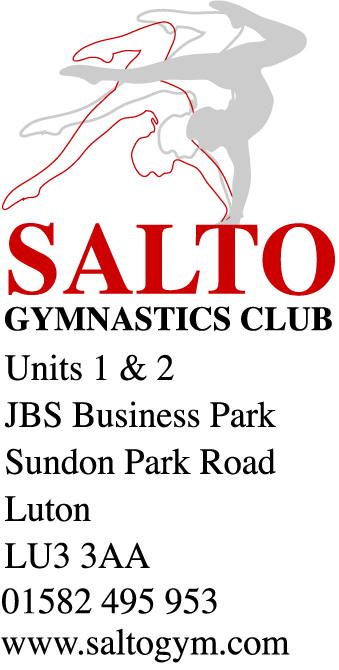
The club as a whole has now completed its restructure. I believe that all gymnasts are in the right groups and working within their levels. The foundation on which the club will move forward and hope to get the best achievements out of all the gymnasts is set. We can now build on that, to hopefully produce some of the best gymnasts in the County. Our sights are set in the future to make our name at regional events. Thanks to Eric Phillips efforts, the name of Salto in tumbling circuits is certainly a force to be reckoned with.

The high light of last year for me was the Christmas Show. To see the coaches throw themselves in to the theme of “A night at the Movies” was very encouraging. Even though I had to groan inwardly as it was only September and my summer holiday was still fresh in my mind!

Again the foothold for our Christmas show is now set in stone and I look forward to many more with fresh ideas.

Helen Matthews

Technical Director

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To Join the **Salto lottery** fill in the form below and enclose a cheque or cash for £1.00 a month for

each number. (i.e 12.00 per number for the whole year)

***See the Lottery notice board near the asymmetric bars***

Please make cheques payable to **SALTO** and write **‘Salto Lottery** on the reverse. **Return with cheque in a sealed envelope clearly marked Lottery, FAO Angie Grainger** and hand in to coach, to be placed in the Lottery tray in reception.

A number will be issued and given to the gymnast/ club member, or if you give me your email address I will email it to you.

The draws are usually the 1stSaturday of each month. Results will be displayed on the Lottery Notice Board.

**Thank you for supporting us, and good luck!**

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I wish to join the **SALTO Lottery**. (**1st Jan 2010 - 31st Dec 2010)**

I enclose £1.00 per number, per ………… months. Total £…………

NAME …………………………… CHILD’S NAME…………………………………………

Your coach’s name and day/time of class …………………………………………

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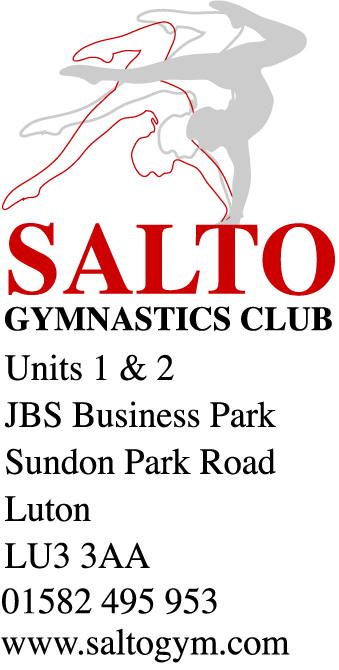
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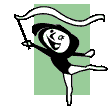
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SIGNED…………………………………… DATE …………………………………

***TUMBLING 2009***









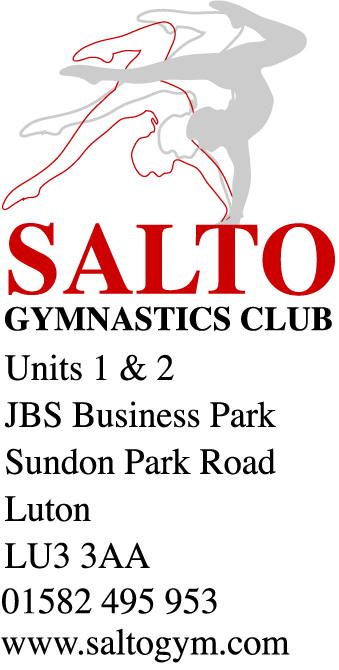
2009 saw the introduction of the ‘Elite’ Grades into the National Development Plan to try and eliminate the big step up from the old grades to FIG levels. This represented a big challenge to some of our senior gymnasts but 3 of them stepped up to the mark and challenged for honours at the British Championships.

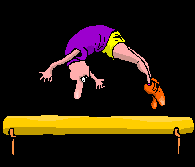
The season started early in February with the Regional qualifiers for the British Schools Acrobatics Championships. Salto gymnasts dominated the women’s competition taking 5 of the six places available in the finals. Chloe Wyles and Amy Tonkin were triumphant in the Under 11’s, Joanna Matthews and Ella Cooper were successful in the Under 13’s and Farah Eradhun comfortably won the Over 13’s. Elliott Brown was once again dominant in the Men’s under 13 events. Unfortunately Chloe aggravated an injury in the competition which prevented her from competing in the finals and ultimately led to her premature retirement from the sport.

Next up was the regional qualifiers for the British NDP Finals. With ‘Elite’ gymnasts having direct entry to the finals it was left to those competing at National level to fight it out for the one final place in each age group. Georgia Locket won the 13+ National Level 1, Marcus Doyle, the 13 + Men’s National Level 3, and even Lucy Young overcame her aversion to doing somersaults to record a victory in the National 2, 13+ age group.

The first 2 weekends in May were spent in Stoke. Firstly, the British Schools finals where the competitors compete on floor mats as opposed to the sprung tumble track we have at the gym. Anyone who saw Beth Tweddle tumble on something similar at the BBC Sports Personality of the Year (no I wasn’t watching X factor) would realise just how difficult it is. Her somersault barely left the floor! Everyone performed extremely well with Joanna picking up a silver medal. An injury in warm up meant that Elliott was unable to perform his normal tumbles, so a quick rethink meant that he had to complete 3 very basic passes and despite this still managed to win a silver medal. Only Farah left disappointed. Having led after 2 passes with some dynamic tumbling, she managed to over rotate a front somersault which left her with no option but to stop and tumble out of the medal positions.

Next up was the British NDP Championships and with some gymnasts only having a couple of training sessions to prepare following the Schools this was going to be a tough weekend. Nevertheless all our gymnasts performed exceptionally well and with a bit more luck may have come home with more medals. Georgia Locket finished 5th, Lucy Young just 0.4 off a medal finished in 4th with Marcus Doyle 0.45 off a medal also in 4th. In the ‘Elite’ Level 2, 10-12 year old age group Joanna Matthews was even closer to a medal, finishing just 0.05 behind the 3rd placed gymnast. In the 15 + age group Farah Erahdun finished 5th, again just 0.30 off a podium finish. However it was not all quite a case of what might have been when Elliott Browne powered down the track to score a massive 79.45 for his 3 tumbles nearly 3 marks clear of his nearest rival to become British Elite Grade 2, 10-12 Men’s tumbling champion.









The last few months have been spent preparing for next year’s round of competitions. However, in preparation for this, the County Championships were held at Salto in December with a number of gymnasts competing for the first time. The official results have yet to be published therefore I am doing this from memory, so apologies to anyone I may have missed out. Ebonee Roberts-Edema won a silver medal in the Regional B tumbling and Abbie Lampard won gold in Regional D. Alex Mitchell and Nishant Chavda won gold & silver respectively in their individual Men’s age groups at National 1. In National 2 Lauren Hill won gold in the Women’s 13 + age group, with Hayley Jesson in 3rd. Megan McLaughlin won the 11/12 age group with ‘little’ Lauren Hill in the bronze medal position in the 9/10 age group. In the National 3, Paige Jordan won the 9/10 age group whilst Samantha Jesson and Jenny Grainger had to settle for 2nd & 3rd respectively in the 13 + age group.

At ‘Elite’ Level, Joanna Matthews came 2nd in the 10/11/12 age group, whilst Georgia Downing and Elliott Browne won their age groups in Elite 3.

2010 will present us with some more challenges. Already I have had a large number of entries for the Schools competition, with a number entering for the first time. More gymnasts will be looking to compete at ‘Elite’ Level, with the greater completion that it brings and perhaps this year one or more of our gymnasts may be knocking on the door of the national squad.

Relax, Stretch &  
Breathe -

Yoga based exercise

for Pregnancy

& Birth

Suitable for all stages of pregnancy

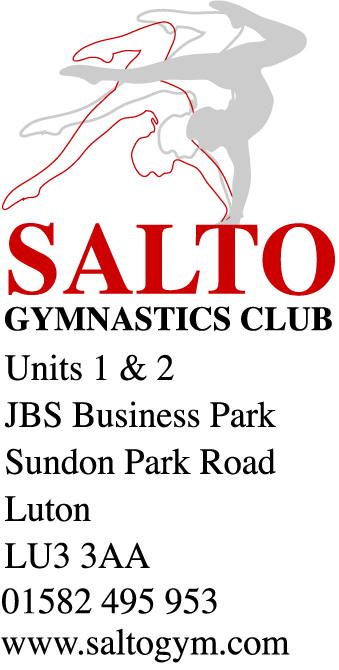
Saturdays 2:45 – 4:45pm at SALTO

Courses cost £66 for 6 weeks

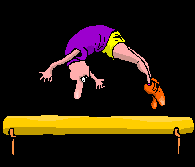
Please contact us to find out the dates of the next course and to book on [bookings5L@nct.org.uk](mailto:bookings5L@nct.org.uk) 0844 243 6891

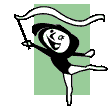
 Registered Office: Alexandra House, Oldham Terrace, London W3 6NH Web-site: www.nct.org.uk  
Office and Admin: 0870 770 3236 Breastfeeding Line: 0870 444 8708   Pregnancy and Birth Line: 0870 444 8709   
Registered Charity Number: 801395    Registered Company number: 2370573 (England)  
The NCT wants all parents to have an experience of pregnancy, birth and early parenthood that enriches their lives and gives them confidence in being a parent.

***An Air of Distinction At SALTO***









For the Gymnasts competing at the Bedfordshire County Grades at the weekend marked a **Distinctive** performance. Not only did the event bring about pass marks for all gymnasts involved, no less than 12 passed with distinction.

In Grade 14 group 8/9 SALTO took all three qualifying places for the regional finals in Ipswich. Bethanie Turner, Kesia Sawdon and Emma Sheehan took 1st 3 places respectively. Team Mate Summer Rodell narrowly missed out on the medals after a fall on the beam, but still managed a distinction.

Other members of the W

Womens artistic squads claiming their places at Ipswich were: Lauren Hill U11, Tegan Read Elite, Paige Jordan U11, Lauren Hill O11, Eavion Richardson O11, Annabel Powell Elite, Sam Jesson Elite and Georgia Downing Elite. All qualified in 1st Position.

Taking silver medals to Qualify were Hollie Chadwick U11 and Emily Powell Elite.

And taking the Bronze to qualify was Megan Mcglughlin.

The Gymnasts will now go on to represent the County at the regional finals on the 9th May 2010 at pipers Vale.

***GG Report - Peterborough***

At Salto our commitment to general Gym Competitions truly got under way at the weekend when a group of gymnasts from our competing squads went to the eastern Counties General Gym regional Championships. A host of medals were one on the day. Top medallist was from our General Gym Squad Ferial Siad wining 3 Gold’s and a silver medal in her age group.

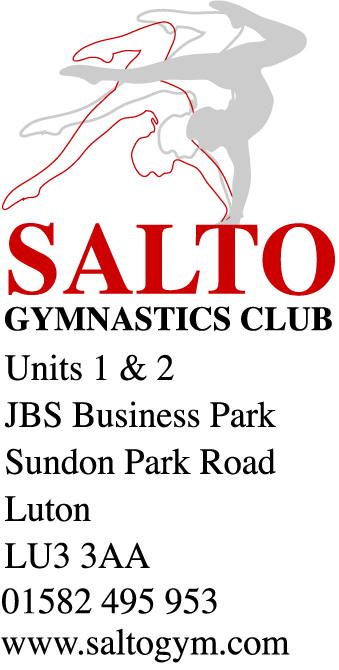
From our development Squads Emily Mitchell won, 3 gold’s followed by Kerryn Alderson who took 2 silvers. Alliyah Omar took a Gold and a bronze and Anna Beesley 2 Bronze. Roni Roberts – Edema secured a bronze on Bench.

Jemma Doherty achieved 2 silver onfloor and Jazz Sears took 2 silvers. Jodie Walsh took the Bronze on vault and Chloe Benning silver on Vault.

Not to be outdone the boys gave a Stirling performance. Top medal winner for the boys was Charlie Nelson who took medals in all apparatus 2 gold’s silver and a Bronze. William Walford gold and 2 silvers and Jack Davies a bronze on floor.

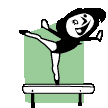
Important Dates

Top medallist in this group was Lauren Stott taking Gold on Floor and Beam and Silver on Bars. All gymnasts competing in the third Group are to be commended. Due to the large entry in the event the Competition did not finish until 8.15pm. They then had to travel back from Peterborough! A big thank you to the Gymnasts and their parents for their commitment.









General Gymnastics

|  |  |  |
| --- | --- | --- |
| Contact | Issue | Email |
| Helen Matthews | Issues related to Artistic Gymnastics | artistic@saltogym.plus.com |
| Mark Jesson | Astar leotards orders and enquires | astarleotards@saltogym.plus.com |
| Amanda Browne | External Hire and Costs | Bookings@saltogym.plus.com |
| Mark Jesson | Volunteers, Ideas,Events | Fundraising@saltogym.plus.com |
| Carl Richardson | Non specfic club enquiries | [info@saltogym.plus.com](mailto:info@saltogym.plus.com) |
| Carl Richardson | Club administration or comments | Managementcommit-tee’saltogym.plus.com |
| Helen Matthews | New and Existing non-salto Youth Fitness Membership Enquiries | [membership@saltogym.plus.com](mailto:membership@saltogym.plus.com) |
| Amanda Browne | Party External Hire and Costs | [parties@saltogym.plus.com](mailto:parties@saltogym.plus.com) |
| Jean Large | Issues related to Acrobatic Gym-nastics | [sportsacro@saltogym.plus.com](mailto:sportsacro@saltogym.plus.com) |
| Amanda Browne | Issues related to Subs and payments | [subscriptions@saltogym.plus.com](mailto:subscriptions@saltogym.plus.com) |
| Mark Jesson | For the zone orders and enquiries | [thezone@saltogym.plus.com](mailto:thezone@saltogym.plus.com) |
| Carl Richardson | Charity related matters | [trustees@saltogym.plus.com](mailto:trustees@saltogym.plus.com) |
| Adam Downing | Contributions or suggestions regarding website | [webfeedback@saltogym.plus.com](mailto:webfeedback@saltogym.plus.com) |
| Noreen Wolfe | Child welfare and protection including CRB Checks | welfare@saltogym.plus.com |

**SALTO** Summer Fun Day

and Sleepover

Saturday 19th June - 10.00am onwards

Gymnasts, families and friends of all ages welcome

Trampolines



MC900295284[1]

Play Gym

Fastest Rower with prize

Penalty Shoot Out with prize

BBQ Candy Floss



Candy Floss

Tombola and Other side stalls

……and much more

Fun, Games + BBQ from 10am – 2pm FREE ENTRY



Evening Disco + BBQ 6.30pm – 9.30pm £5 each

Sleepover from 9.30(Age 8+)( including Evening Disco + BBQ) £15 each

SIGN UP!

**Please note Saturday gym sessions will run as normal and Tickets are available from the office.**