

## Competition report

July 2017

Deventer, Holland

On the 30<sup>th</sup> of July Janet and I took the senior and junior 1 squads to Holland. The competition was of a very good standard again this year and many of the girls performed very well.

First up on Saturday morning was Issi Cashmore. Issi performed nicely to place 18<sup>th</sup> AA. She also qualified in 3<sup>rd</sup> place to the beam final.

Poppy & Eleanor were next to go. Poppy and Eleanor both did exceptionally well on beam to qualify to the beam final. Unfortunately Poppy had a small mistake on floor which kept her out of the final. Both achieved good scores considering this was one of the first comps on the new code. Poppy placed 11<sup>th</sup> and Eleanor 18<sup>th</sup>.

Finally at the end of the day it was Emily's turn. Emily also had a very steady day. She qualified for all but the floor final so this is a very big achievement as there were a few international performance gymnasts in the line up. Emily finished in 6<sup>th</sup> place AA.

On the Sunday it was the turn of the juniors. Many of these girls have never travelled abroad with the club before so this was extremely good experience for them both inside the gym and out.

Our youngest girls went first. Daisy was our best performer here placing 14<sup>th</sup> AA, 5<sup>th</sup> on vault and 3<sup>rd</sup> on beam. Ellie was just behind in 16<sup>th</sup> place, with a 14<sup>th</sup> on vault & 11<sup>th</sup> beam. Enya came 33<sup>rd</sup> overall which was also quite notable considering there were 70 gymnasts just in their age group.

Our youth B group went next. Florence Self did extremely well to finish 11<sup>th</sup> AA & bars and then 10<sup>th</sup> on floor. Amy Cook managed 30<sup>th</sup> place AA and an 8<sup>th</sup> place on beam. Abigail also competed. She has just recently managed some new skills which she managed successfully. Unfortunately a mistake on the vault kept her from getting a good ranking.

In the afternoon the girls who competed on the Saturday had their finals. Strangely most of the girls made the beam final in each age. Poppy and Eleanor competed in the youth category and placed 4<sup>th</sup> and 6<sup>th</sup>. Issi competed in the junior category. It was unfortunate she had a fall as this meant she placed just outside the medals. Emily made 3 finals out of 4 and performed well on all. The finals are always very nerve-wracking and the girls did very well to get through their routines.

We also had a bit of down time on the Saturday where the girls had a try at bowling.

Wells done to all involved but especially to Janet & Emily who did a great job keeping everything organised.

Levels out of age, 9<sup>th</sup> July

The following weekend on the 9<sup>th</sup> July the girls competed at the Level out of age competition which was held at Dynamo school of gymnastics.

Our senior 2 squad competed first in the Level 4 seniors with some great results. Sophie Moss placed 1<sup>st</sup> overall & on floor, followed by 2<sup>nd</sup> on beam and 4<sup>th</sup> on vault. Florence also competed very well to place 4<sup>th</sup> AA, 2<sup>nd</sup> on bars & floor and 5<sup>th</sup> on vault. Tilly placed 1<sup>st</sup> on bars. All of these girls along with Kirsty & Zoe qualified to the finals. Verity just missed out on a place in the finals by 0.1!

Next up were are level 4 juniors. We had several girls competing here as well. Amy Cook was our top scorer coming 7<sup>th</sup> AA, 2<sup>nd</sup> on bars & 4<sup>th</sup> on vault. Enya who had a good competition placed 9<sup>th</sup> AA, 3<sup>rd</sup> on floor and 7<sup>th</sup> on vault & beam. Both these girls have made the finals. Also of mention were Daisy & Ellie who came 12<sup>th</sup> and 13<sup>th</sup> AA. Edith came a very commendable 5<sup>th</sup> on bars and Abigail was 11<sup>th</sup> on vault which was a big improvement on the previous week.

Our level 5 girls were next who had a mixture of positions but two girls did very well to made the finals. These were Lucy in 17<sup>th</sup> place and Ashley in 18<sup>th</sup> place.

In the last round Issi competed in the level 2 competition. She placed 1<sup>st</sup> on vault and 3<sup>rd</sup> on bars. After such a great start she sadly had to withdraw due to injury.

Nine of the girls have qualified to the regional finals which take place on the 15<sup>th</sup> October.

In age Levels, 16<sup>th</sup> July.

This was another marathon day with girls competing in each round. The first round was the levels 2-4. We had just one gymnast in this. Eleanor put out some impressive routines for her age. The rules for this have just been updated and she tried a few skills out ready for September. She placed 3<sup>rd</sup> AA and on vault & beam, with a 2<sup>nd</sup> place on bars.

In the second round it was the pre level 5's. This is for girls who are too young to compete in the region. The girls did brilliantly in their first comp. There was no AA event here so there was a ranking for each piece. Adrienne's best events were the vault where she came 5<sup>th</sup> on vault and 8<sup>th</sup> on floor. Macey's best events were the vault where she placed 7<sup>th</sup> and the beam where she placed 5<sup>th</sup>. The girls also won a prize the best designed number, so very well done to them both and their parents for the creativity !

Our in age level 5's competed in the next round. There were some very high level girls in this round but I'm sure the girls will have gained valuable experience here. Leonie put in some confident routines on beam and floor. Sophie also performed her routines well on the vault and floor. Jasmine also competed in this round. Having only been in a proper squad for six months these girls are doing well.

In the last round we had Emily and Poppy in the fig section. Emily had a pretty good day finishing 1<sup>st</sup> on beam, 2<sup>nd</sup> on vault and 3<sup>rd</sup> overall. Poppy had an unfortunate error on beam and floor but she still managed a 4<sup>th</sup> place on both. Her best piece on this occasion was bars where she placed 2<sup>nd</sup>. She also placed 2<sup>nd</sup> overall so this was a good way to finish the season for both of the girls.

Competitions start back on the 10<sup>th</sup> September so we can look to seeing some upgraded routines from all the squads.

Vicki