

## **Club Management**

A heartfelt thank you to all our gymnasts, their families, and every member of the WGC team. Your tireless efforts throughout the year have once again ensured that our club remains the most sought-after gymnastics club in the region.

Due to the increasing demand for our recreational gymnastics programme, we now offer more opportunities to participate and have fun than ever before. With the introduction of key steps and modified groups, alongside our Floor/Vault and intermediate classes, we have established a clear pathway for those who wish to advance to a more competitive level.

Reflecting on our success at regional and national competitions over the past year, we can confidently say that our club is thriving and well-positioned for the future.

As part of our ongoing efforts to engage with our members, we relaunched our website last year and introduced a brand-new online club shop, offering a wider selection of club-branded items. This year, we plan to revitalise our social media channels, provide regular e-news updates to our members, and create more opportunities for easy interaction as we continuously strive to enhance our services.

We eagerly anticipate the year ahead and the exciting opportunities it will bring.

*Andrew Challis*

## **Community and Development**

Woking Gymnastics Club is dedicated to serving the community and ensuring that the thrilling sport of gymnastics is accessible to as many people as possible.

### **School Gymnastics**

This year, we maintained our weekly collaboration with the children from Horsell Village School. We were thrilled to invite them to our Club Festival, where their participation was a wonderful highlight! Additionally, we supported and attended several school summer events, including those at West Byfleet Junior School, St. Dunstan's School, Barnsbury, and Knaphill Lower School.

### **Leadership Academy**

For participants aged 11 to 17, we offer a Leadership Academy that provides a structured pathway for young people to develop within our gymnastics environment. From our cohort of 14 young leaders in 2023, nine have joined our recreational coaching team. We have loved seeing their growth over the past year and look forward to their continued development with us. Later this month, we will introduce a new group of 10 leaders to the Leadership Academy program for 2024. They will begin their volunteering over the summer, and we are excited to get them started!

Thank you to our coaches for their ongoing mentorship and development of our volunteers, helping us build a strong workforce for the future.

### **Disability Gymnastics**

This year, we have continued to expand our disability gymnastics programme. We now work with three classes each week from Freemantle's School, providing dedicated gymnastics sessions free of charge. Additionally, we have maintained our free sessions for pre-school children from the White Lodge Centre.

Internally, we have increased our class offerings and now provide three dedicated sessions for children with additional needs each week—one for pre-school aged children and two for school aged children. We are extremely proud of the five children from these classes who represented Woking for the first time at the regional disability championships, earning two silver and two bronze medals.

Over the summer holidays, we will once again host our disability gymnastics day, welcoming multiple groups from the National Autistic Society and Sight for Surrey.

### **Staff**

We are very pleased to welcome the following members to our team who have started with us within the last year:

- Megan Avery – Gymnastics for all and Reception/Administration
- An additional 9 Gymnastics Helpers

We are also extremely proud of supporting the below coaches through their most recent coaching qualifications. Congratulations to the following for recently passing their exams:

- Dylan O-Rourke – General Gymnastics Level 1
- Kara McCarthur – General Gymnastics Level 1
- Angela Jabbar – General Gymnastics Level 1
- Oliver Porter – Men’s Artistic Gymnastics Level 1
- Olivia Mitchell-Jones – Men’s Artistic Gymnastics Level 1
- Steve Elwood – Men’s Artistic Gymnastics Level 3
- Margarita Madden – Women’s Artistic Gymnastics Level 4
- Sherrick Reid- Men’s Artistic Gymnastics Level 4



### Club Festival 2024

On Sunday 12<sup>th</sup> May 2024, Woking Gymnastics Club held its annual Club Festival event at the Guildford Spectrum. Our ‘Musicals’ themed event showcased all the club has to offer, with a record number of



recreational gymnasts competing throughout the day. We were so pleased to welcome 420 competing gymnasts this year, many of which it was their first ever gymnastics competition! We also had an additional 150 gymnasts taking part in displays and performances throughout the day, showcasing all the club has to offer.

The event was a great success and was thoroughly enjoyed by all those who attended. We were delighted to have Her Worshipful the Mayoress of Woking – Councillor M Ilyas Raja and the High Sherrif of Woking – Mr Shahid Azeem DL in

attendance. It was also great to welcome special guests Clem and Erika Malcomson and Alister and Heather James, who helped award medals to all winners.

Woking Gymnastics Club would like to thank everyone who was involved with this year’s festival including our dedicated team of staff, coaches, trustees, volunteers, and gymnasts!

*Jessica Spragg*

## Pre-School Gymnastics

Working pre-school gymnastics is dedicated to introducing gymnastics to all pre-schoolers, both mainstream and those with additional needs. We strive to support parents and children, helping them develop physically and intellectually through play. Our environment empowers both parent and child to thrive.

The benefits of pre-school gymnastics are significant. It teaches children about discipline, following directions, movement, and coordination. It builds confidence in their bodies and fosters a positive body image through enjoyable activities. Our goal is to establish a strong foundation of skills and attitudes, giving children a better chance to succeed.

We are currently running 22 classes during the week:

- Our 5 PlayGym sessions are very popular and even more so during the half terms and holidays.
- Our 3 Fun4Baby drop-in sessions provide new mums and dads with an incredible learning environment where their babies need for physical activities can be met in a fun and safe way supported by trained and friendly staff.
- For our babies who started walking, we have 3 Fun4Toddler drop-in sessions.
- 4 Structured Classes are available to preschoolers accompanied by an adult.
- 6 Independent Classes are available to preschoolers from the age of three who are ready to attend class without a parent.
- We also provide 2 classes for The White Lodge centre, Freemantle's school, and Pond Meadow school who supports children with additional needs, young people, adults, families and carers in Surrey and surrounding areas.
- Our Preschoolers also took part in the recent Club Festival and were ever so cute taking part in the display. Additionally, our Independent made us so proud by taking part in their first ever gymnastics competition!

Our coaching team of, Edith, Debbie, Gemma, Craig, and Jamie are an integral part of our pre-school development programme, and we appreciate their dedication and passion for the little ones coming through our doors.

We soon will be introducing some new coaches to our pre-school team, so keep your eyes peeled in the new term!

With sadness we said goodbye to Nhora who left during Easter because of health issues. She will be sorely missed by us all and we are very proud of her receiving the Lifetime achievement award at our annual Club Festival.

Thank you to our Trustees and Club management for providing us with the support we need to make pre-school a fun, creative and enjoyable experience.

Together we can make this the best pre-school gymnastics experience ever!



*Edith Nell*

## Recreational Gymnastics

Our recreational department has continued to thrive and grow this year, with 920 members participating in gymnastics on a weekly basis. We have continued to grow our Key Steps and additional needs classes to ensure gymnastics is accessible for all and that we provide the best opportunities at a grass roots level.

This year we have made many developments to our Recreational system by renewing and reimagining a more engaging curriculum that are recreational gymnasts follow. Improving their experience and ensuring that they learn a broad range of gymnastics skills.

### Badge testing

Our in-house badge progression scheme begins with Level 1 through to 3 for our pre-school gymnasts, and Levels 3 to 12 for all recreational gymnasts. Once 16 of the 20 skills within each level have been mastered, gymnasts will be awarded a certificate and badge in recognition of their achievements. As our gymnast's progress through the levels, the skills become progressively more challenging.

We are in the process of developing a new badge scheme so that it more closely mirrors our new recreational curriculum. It is our hope that the new scheme will also help to better communicate a child's personal progress.

### Coaching

In conjunction with our improvements to the curriculum, we have also targeted developing and supporting our team of coaches so that we can provide a higher standard of coaching. To improve the expertise of the team we have provided regular, on hand mentoring and have supported 12 coaches by signing them up to external coaching courses. We hope to continue this next year with the addition of more coaching clinics.



### Competition success

This year our Floor and Vault gymnasts have continued to impress with their drive, commitment and enthusiasm this year. Our Floor and Vault lead, Zadesha Tobias-Nchese has worked tirelessly to improve the standard of the squad by focusing on execution and technique. Some competition highlights over the last year include:

-South East Intermediate – 2 golds, 5 silver and 2 bronze medals, plus an additional five gymnasts qualifying to move to the advanced level.

-South East BSG – All gymnasts finishing in the top 6 and 6 gymnasts medalling.



Our youngest members from Key Steps have also had a busy year under the watchful eye of Sherrick Reid and his team of coaches. They have competed in 3 competitions this year, giving them the opportunity to demonstrate their improved style and skill level.

In addition to these competitive groups, we have also added a new additional needs competitive team. They participated in their first ever external competition last month with all gymnasts finishing in the top 3 of their groups.

*Rebecca Brikett*

## Women's Artistic

**"The greatest rewards aren't found in the destination.**

**The greatest rewards are found in the journey!"**

Being part of Woking Gymnastics Club – a club with rich, successful and infamous history – is a privilege and honour and in my role as a Head of Women's Artistic. It's my duty to continue the legacy of creating a healthy, nurturing and enjoyable environment to enable for our gymnasts to fulfil their aspirations.

I am fortunate to work alongside a great team of coaches who support me with that mission – Margarita Padilla, Zadesha Thobias, Amy Rolfe, Poppy Davies and Charlotte Barnard – whose love for the sport, dedication and determination make it possible.



We currently have twenty-two gymnasts, split into three groups, training from a few hours a week to twenty hours plus and representing the club from county to national level.

As always, the Voluntary season begins with the SE FIG & Voluntary Levels Regional Championship in September, where girls brought home plenty of silverware including Kimberley Ly's coveted All Around title in Voluntary Level 2, silvers for Lily and Annabella on Bars and Beam respectively alongside some great personal achievements from all the girls.

Later, in October 2023 our "Bronze" girls shone on the competition floor at the SE Classic Championship showing some beautiful gymnastics and bringing home another silver medal won by Bella-Rae Cheeseman on Bars.

All this success led to Woking GC successfully gaining seven places in the South-East Regional Squad.

After a short break it was time for the Home Nations Championships in 2024, where our FIG girls performed some exquisite routines to gain not only a valuable experience but some accolades too including top 10 AA finishing for Kimberley at the Welsh Championships, and top 5 finishing for Annabella Higgins on Floor at the Scottish Championships.

After a vicious selection process, Kimberley Ly earned the right to represent herself and Woking GC at the most anticipated and prestigious home competition – The British Championship 2024. Despite the fact it was her first major competition on podium she delivered brilliantly to end up in top half all-around, alongside some very tough opponents.



With all the national competition over, all eyes were once again back to the regional events to crown their respective regional grades champions.

Woking GC confirmed their status as one of the leading clubs in the region by winning dozens of medals across the different age groups including the Beam titles in Excell 1 by Annabelle Chau, and Excel 2 by Nicole Murdzhanova, plus maintaining the top spot in R&C from Bella-Rae in Performance 3.

Although it was the very first competition for our Development Squad, you'd be forgiven thinking otherwise watching their fantastic performance in Pre-Excel 1, where Larissa Fernandez came 3rd on Beam and 2nd in R&C.

It was not all done at this point, with Lily Clarke-Moss taking the stage at the National Sports Centre, Dublin. As first year senior, to end up 5th All Around and winning a fantastic bronze medal on bars, competing alongside some exceptionally talented and experienced gymnasts, is something to be extremely proud of.

None of this would have been possible without the tremendous effort and support of all the squad coaches who are always there encouraging, nurturing and doing their absolute best to ensure girls will enjoy their gymnastics journeys.

A massive congratulations to Margrita, who has finished her WAG Level 4 award this year and also was invited once again as a guest coach to the very famous "Dragon" camp in GAGE Gymnastics, USA.

I'd like to thank them all, as well as Simon and all the boys' coaches, our parents for their continued trust, and the support and the whole admin team.

*Plamen Lichev*



## Men's Artistic

### Coaching Team

Simon Elliott, Craig Woodhams, Steve Elwood, Sherrick Reid, Oliver Porter, Jamie Lewis, Olivia Mitchell-Jones & Jack Dadswell.

Woking Gymnastics Club has a proud history of high-level Elite Men's Artistic gymnastics with currently 37 boys in the Squad. Our Boys' Squad are enjoying enviable successes at national and international level, including a number of boys in national/home nations age group squads. Squad members are usually specially selected from our pre-school and recreational classes.

My role as Head of Men's Artistic is to develop and nurture the gymnasts and coaches within the squad to produce high level elite gymnastics. I am passionate in furthering the



boys' squad to continued competition successes in national and international recognition and selection.



I am responsible for planning and delivering a progressive development strategy for the boys to see them realise their full potential. This is in conjunction with encouraging and furthering my team of coaches in their coach education, knowledge and skills for their personal development and ambitions.

Boys start at 4 hours, leading up to 26 hours per week, working across two facilities. Boys in the main squad are competing at regional, national and international level competitions.

I am proud of all the boys in the squad for their dedication and commitment in continuing their training throughout 2024. We have had some amazing results in the last 12 months, congratulations to all gymnasts:

2023 National Grades:	William Brierley 3rd Level 1 Elite All-Around and gained British Foundation Squad Fabian Higgins 5th Level 1 Club All-Around and gained British Reward Camp at LNSC Fionn Kelly 6th Level 3 Club All-Around and gained British Reward Camp at LNSC Ben Porter 3rd Level 6 Elite All-Around and gained British Junior Squad
Futures Cup International:	Joshua Porter won a Bronze on P-Bars for Team England
English Championships:	Jay Coote 2nd on Vault in the U16 age category Oliver Porter 6th All-Around and 2nd on P-Bars in the U18 age category
British Championships:	Ben Porter 4th All-Around in the U16 age category Jay Coote 2nd on Vault in the U16 age category
London Open:	Ben Porter 1st All-Around in the U16 age category Jay 5th All-Around in the U16 age category Oliver Porter 3rd All-Around in the U18 age category

British Teams:	Mac Griffiths and William Middleton competed in the U12 Regional Team Caden O'Shea, Ben Porter, Jay Coote, Max Veo-Creek and Rio Chandiram finished 2nd
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Joshua Porter and Oliver Porter gained a place in the England Squad.

For an in-depth look at all the competition results, please look at the competition results tab on our website.

Woking once again won the South-East Presidents Cup, which means Woking was the most successful MAG gym club in the South-East region.

Steve completed his MAG level 3, and Sherrick completed his MAG Level 4.

Craig is currently doing his Level 5 MAG coaching qualification.

Joel Ireland passed his Regional Judging exam.

Thank you to all the men's coaching team, and everyone at Woking for your hard work and dedication in the last 12 months. We are looking forward to even more success over the next 12 months!

*Simon Elliott*